

Reclaim Your Self, Your Health & Your Dreams

ASTARA offers a unique, one-on-one treatment program tailored to uncover and resolve the blocks to love and fulfillment that fuel all addictions. Through ASTARA's Intensive Outpatient Program, you will be empowered to discover your true potential and reclaim your life.

The ASTARA Team

Marilyn Wise, LICDC, Director

Addiction Counseling, Reiki, Clinical Hypnosis,
Certified Passion Test Facilitation

Barbara Bakus, DO

Integrative Medical Assessments, Nutritional Counseling

Kathy Hammonds, BS Dietetics,

Nutritional Counseling, Yoga Therapy, Lifestyle Coaching

Lynn Klimo, MD, DECP, Integrative Psychiatrist

Holistic Psychiatry

Connie Lawrence, MSW, LSW, CET II

Psychodrama, Trauma Counseling

Michelle Martin, Ed.S.

Psychological Testing, Energy Psychology, Tae Kwon Do

Jane Mishkind, Ph.D., ATR

Art Therapy & Ayurvedic Consultation

Jared West, LAc

Acupuncture, Qi Gong

Roseann Zoft, RYA, CFT, MaryAnne Jage, CYI,

Krysti Lyn, CYI

Yoga Therapy, Fitness Training

Addiction keeps you from being your best, authentic self

**Though destructive, it's often used to numb
unresolved feelings or stress. Addiction is
the behavior you want to stop — but can't.**

Don't just scratch the surface.

ASTARA can help you overcome addiction, discover the person you want to be and recover for good.

The ASTARA Program provides affordable, compassionate treatment for individuals with all types of addictions including:

Alcohol, drugs, smoking, food, love/sex, gambling,
Internet, TV, work, shopping.

Find out if ASTARA is right for you.

Free 20 minute consultation.

All contact is strictly confidential.



Holistic Addiction Recovery

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AstaraAddictionRecovery.com



ASTARA

Holistic Addiction Recovery Program

**Care for the whole person
mind, body & spirit**



We help you find your way home.

Tailored Care for Your Individual Needs

Care plans are created from a wide range of possible therapies. ASTARA finds the path that is right for you.

One size does not fit all.

ASTARA sets itself apart by integrating holistic and conventional therapies within a treatment plan tailored to an individual's needs. The program offers a combination of individual therapies, group sessions and family support.

The ASTARA program provides healing therapies that work on multiple levels: physical, mental, emotional and spiritual. Through this integrative approach, we care for the whole person, mind, body and spirit. Evidence shows that recovery is stronger when the whole person is treated; not just the addiction.

Therapies that we use include:

Physical

Acupuncture
Energy Medicine
Integrative Medical Assessment
Laser Light Therapy
Muscle Release Therapy
Qi Gong
Reiki
Tai Chi
Tai Kwon Do
Yoga for Recovery Program

Mental

Cognitive Therapy
Guided Imagery
Holistic Psychiatry
Hypnosis
Positive Psychology
Reprogramming Limiting Beliefs

Emotional

EFT (Emotional Freedom Techniques)
Inner Child Work
Psychodrama
Beyond Forgiveness Course

Personal Purpose & Vision

The Passion Test
Vision boards
Living the Light Course

Spiritual & Inspirational

A Course in Miracles
Cinema & Books
Laws of Attraction
The Twelve Steps



"Most of the shadows of this life are caused by standing in your own sunshine."

- RALPH WALDO EMERSON



ASTARA

Empowers freedom from addiction through an individualized, integrative, holistic outpatient program.

Understands addiction can be a symptom of unhealed trauma and false limiting beliefs.

Releases addiction and helps you find your true self.

Provides effective, professional healing modalities to restore the natural state of vibrant health in mind, body and spirit.

Believes in the inherent goodness and potential of each individual.

Opens the opportunity for unlimited personal growth through recovery from addiction.

ASTARA is highly effective and affordable

ASTARA
Holistic Addiction Recovery Program

From the minute I came into ASTARA, I was treated with respect and concern that made me feel like I wasn't alone and that I was worth helping. The staff created a comfortable atmosphere of trust. Instead of a fear-based approach to recovery, they focus on the positive aspects of a new beginning. Instead of being filled with despair and anger, I am now filled with hope and love. I am, and will always be, forever grateful to them for that. I finally have myself back...

- Andy

