Lighthouse Treatment Center Initiates 'Armed Torques' Program

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Anaheim, California - The Lighthouse Treatment Center, a leading drug and alcohol addiction recovery facility located in Anaheim, California, is proud to announce that it is initiating the Armed Torques Mind Health program. A training workshop was held on March 19, 2024 by creator Scott T. Peterson, LCSW and this activity will be an ongoing weekly group. The initiative signals the Lighthouse Treatment Center's commitment to incorporating innovative strategies that significantly benefit clients' mental health and well-being.

Armed Torques is a program that incorporates elements of movement-based mindfulness, Cognitive Behavioral Therapy (CBT), and ancient symbolism to empower individuals towards a healthier mindset. During the training, Peterson imparted his knowledge to Lighthouse Treatment Center staff and facilitators, teaching participants how to train clients in integrating thinking, feelings, and behavior to manage overstimulation and reactive responses effectively.

According to Peterson, Armed Torques' innovative methodologies have carved out fresh ways of addressing mind health. By integrating movement and a "game" approach, clients can better visualize and experience with their bodies how their mental state impacts different areas of their lives.

"At the heart of Armed Torques is a fundamental belief that mindset matters. Our mindset or thinking drives the bus, with our behaviors and feelings being critical passengers that are affected by our mindset," Peterson explained. "Armed Torques? aim is to provide individuals with movement-based mindset tools that they can use to address their thinking patterns. Our techniques like the B.A.T. and H.A.T. allow participants to slow down and be more mindful of their thoughts, feelings, and actions. The program serves as an efficient method for managing overstimulation and reactive behaviors."

Scott Peterson, an inventor and a licensed clinical social worker with over 30 years of experience, also said that aside from movement-mindfulness techniques, they also incorporate art in their processes.

?We also have our new Wrap Birds that incorporate an art process giving people a chance to express themselves in a fun and engaging way that encourages opening up and sharing. Wrap Birds also replicate the process of making an ancient Torque,? Peterson added.

The Lighthouse Treatment Center has long been recognized for its comprehensive approach to addiction recovery, incorporating evidence-based practices with holistic treatments such as yoga, meditation, and evidence-based therapy. Its adoption of the Armed Torques program underscores its mission of providing clients with cutting-edge treatment modalities that address various aspects of addiction.

Gilbert Carmona, Clinical Director of Lighthouse Treatment Center, shares that the new group will be a valuable addition to the facility's existing treatment modalities. He says that the Armed Torques Program not only complements their current holistic approach but also offers different techniques to help clients manage their thoughts, feelings, and behaviors.

"The essence of our work at Lighthouse is always to elevate the standard of care we provide. We are always looking for new, effective ways to enhance our client's recovery journey. Armed Torques' approach aligns perfectly with our philosophy of treating the whole person - mind, body, and spirit," said Carmona. "The Armed Torques training offers us an additional layer through which we can facilitate our clients' journeys toward growth. We are excited to provide this advantageous set of tools that can help our clients on their path to recovery and personal development. We hope that by incorporating these techniques, our clients will be better equipped to navigate challenges and triggers in their daily lives.?

The Armed Torques training exemplifies the Lighthouse Treatment Center's dedication to offering the highest standard of care to its clients. This recent development through the integration of this new activity illustrates the unwavering resolve of the Lighthouse Treatment Center to constantly improve its addiction treatment processes.

By embracing these new approaches, the Lighthouse continues to fulfill its mission of helping individuals achieve lasting recovery and promoting overall wellness. It also shows that the Anaheim drug and alcohol treatment center remains at the forefront of therapeutic innovation, consistently exploring and adopting new processes to better serve its community.

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Lighthouse Treatment Center

Lighthouse Treatment Center is a complete-care drug and alcohol detox and addiction treatment facility in Orange County, California, and has helped over 20,000 people recover from alcoholism and substance abuse over 20 years of business.

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