Star City Recovery Unveils Effective Alternatives to Sound Therapy

October 14, 2025

TARZANA, CA - October 14, 2025 -
Star City Recovery, a detox and residential treatment facility in Los Angeles, recently updated its treatment modalities. These can serve as an alternative to sound healing for those who wish to become clean and sober while developing the skills to stay that way.

For those detoxifying from alcohol, drugs, or other toxic substances, Star City Recovery?s clinical team provides 24/7 monitoring. The detoxification program is specifically designed to be a safe, supportive, and medically supervised environment.

Through this, Star City Recovery?s staff helps clients to better manage their withdrawal symptoms while restoring them physically, mentally, and emotionally. Through the creation and utilization of a treatment plan tailored to the client?s needs, Star City Recovery staff treat not just a client?s addiction but their entire person.

Traditional sound therapy can help someone struggling with addiction to reduce their stress, their anxiety, and to improve their overall well-being.

To help clients to do all of that and more, Star City Recovery provides many different forms of therapy. Specifically, Star City Recovery offers Individual, Group, Couple Group, Trauma, and Holistic Therapies, among others.

Individual therapy includes one on one sessions with experienced, professional therapists. There, clients can work with therapists to discover the underlying causes of their addictions. By doing so, they?ll be better able to deal with not just the symptom of addiction, but that which causes it.

In group therapy, patients can develop social skills, learn to express themselves better, and grow with and from those who face similar struggles to their own.

Couple Group therapy involves multiple couples in relationships doing the same. There, couples can learn how to better and more constructively communicate with their partners, among other skills. Through this, Star City Recovery helps clients to improve their lives as well as their relationships.

Trauma therapy, sometimes referred to as ?trauma-informed therapy,? can help clients to learn how to better deal with their triggers, to process their trauma, and to strengthen their ability to regulate their emotions. Always, this is facilitated by a trained, experienced trauma therapist.

Holistic therapy at Star City Recovery treats the entire person: their body as well as their mind. Depending on the client?s personalized treatment plan, this can include a nutritional plan designed for the client, creative therapies such as art and music, physical activity that helps the client to improve their energy levels and their strength, spiritual counseling to enhance inner peace, and so much more.

?We?re proud to offer many therapies and treatments that have been proven to help those struggling with addiction as well as mental health challenges to overcome. We understand that not everyone is a good fit for sound therapy, which is just one of the reasons that we offer so many different forms of treatment. That way, we can create a personalized treatment plan that can fit your exact, specific needs. If you or someone you love are struggling, reach out,? said a spokesperson from Star City Recovery.

To learn more about Star City Recovery?s alternatives to sound therapy as well as all of the ways they can help, they can be reached through their site or by calling 323-676-0698 or visit https://www.starcityrecovery.com.

About Star City Recovery

By delivering uniquely personalized, clinically-proven treatments in a nurturing, healing environment, Star City

Recovery has helped many to overcome addiction as well as mental health challenges.

The experienced, trained staff at Star City Recovery helps every client to develop the skills for long-term success so as to find their inner strength and live the lives that they want to live.

Star City Recovery
4640 Dunas Ln,
Tarzana, CA 91356
323-676-0698

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For more information about Star City Recovery, contact the company here:Star City RecoveryErik B(323) 676-0698whizgi2017@gmail.com4640 Dunas Ln. Tarzana, CA 91356

Star City Recovery

Star City Recovery?Drug & Alcohol Rehab in Los Angeles offers luxury, evidence-based treatment with private rooms and compassionate, personalized care. Our expert team guides clients toward lasting recovery with dignity, privacy, and 24/7 support.

Website: https://www.starcityrecovery.com/?utm_campaign=pr

Email: whizgi2017@gmail.com

Phone: (323) 676-0698

