



Star City Recovery Expands Holistic Treatment Offerings with Enhanced Creative Therapy Programs

February 17, 2026

TARZANA, CA - February 17, 2026 -

Star City Recovery, a premier addiction treatment center in Tarzana, California, has announced the expansion of its holistic therapy programs to include enhanced creative and expressive therapy options for clients seeking comprehensive addiction recovery. The expanded program builds upon the center's existing therapeutic framework to provide additional pathways for emotional healing and self-discovery.

The luxury alcohol rehab Los Angeles facility has integrated new creative therapy modalities including expanded art therapy sessions, music therapy, and creative writing workshops into its residential treatment program. These additions complement the center's existing evidence-based treatments and provide clients with diverse tools for processing emotions and experiences during their recovery journey.

"Creative therapies offer our clients alternative ways to explore and express feelings that may be difficult to articulate through traditional talk therapy alone," said Erik B, Clinical Director at Star City Recovery. "We have seen remarkable breakthroughs when clients engage with these modalities, particularly those dealing with

trauma alongside substance use disorders. The non-verbal nature of many creative therapies allows individuals to access and process emotions in a safe, supportive environment."

The enhanced program comes as research continues to demonstrate the effectiveness of creative therapies in addiction treatment. Studies published in peer-reviewed journals have shown that incorporating artistic expression into treatment plans can improve engagement, reduce anxiety, and support long-term recovery outcomes. The luxury drug rehab Los Angeles location has designed its expanded offerings to align with these evidence-based findings while maintaining the personalized approach that characterizes its treatment philosophy.

Clients entering the residential program undergo comprehensive assessments to determine which therapeutic modalities will best support their individual recovery goals. The treatment team then creates customized plans that may include various combinations of creative therapies alongside traditional individual and group counseling, trauma therapy, and other evidence-based interventions.

The facility's tranquil environment in Tarzana provides an ideal setting for creative exploration and healing. The center features dedicated spaces for artistic activities, including areas for visual arts, music, and movement therapies. These spaces are designed to promote comfort and creativity while maintaining the privacy and dignity that clients deserve during their recovery process.

Star City Recovery serves individuals struggling with alcohol and drug addiction, as well as co-occurring mental health conditions including anxiety, depression, PTSD, and eating disorders. The center's dual diagnosis approach ensures that all aspects of a client's health are addressed simultaneously, recognizing the complex relationship between substance use and mental health challenges.

The center accepts most major PPO and POS insurance plans with out-of-network benefits, making comprehensive addiction treatment accessible to those who need it. The admissions team provides confidential insurance verification to help prospective clients understand their coverage options.

Star City Recovery is a licensed addiction treatment facility offering comprehensive residential programs for individuals seeking recovery from substance use disorders and co-occurring mental health conditions. The center combines evidence-based treatments with holistic therapies in a comfortable, supportive environment designed to promote lasting recovery.

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For more information about Star City Recovery, contact the company here: Star City Recovery Erik B (323) 676-0698 whizgi2017@gmail.com 4640 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.

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