



A Meadows Behavioral Healthcare Program
Located in Wickenburg, Arizona

Admissions: 866-352-2075

In-Network Providers: BCBS, Carrum, First Health, Sana, MultiPlan/PHCS/HMN/AMN/RAN, TRICARE, PNOA, TriWest Healthcare Alliance/VACCN

SAFE AND CONFIDENTIAL TREATMENT FOR MEN

Gentle Path at The Meadows offers safe, confidential treatment for men struggling with sexual compulsivity, intimacy issues, sexual trauma, or other related concerns—many of which are rooted in trauma. We provide the security of a psychiatric hospital in a warm, residential setting designed for healing.



ABOUT US

Since its founding, Gentle Path has set the standard in compassionate, trauma-focused treatment for sexual addiction. Patients experience our Survivors trauma work and benefit from Dr. Patrick Carnes' model, the Meadows Model, and evidence-based therapies like neurofeedback—all designed to address the psychological, physiological, and relational complexity of compulsive sexual behavior.

WHAT WE OFFER

- Full-time physician on site
- Psychological testing
- Individualized care from a board-certified psychiatric provider
- CSAT-certified therapists
- Addiction specialists
- 24/7 care from our professional psychiatric nursing staff
- Weekly one-on-one sessions with therapist
- High staff-to-patient ratio
- In-depth trauma work
- Brain Center with neurofeedback
- Rainbow Advocate and Educator Therapist for LGBTQIA2+ individuals
- Support from a registered dietician
- Recreation therapists
- Family programming led by Certified Partner Trauma Therapist
- Aftercare planning

WHAT WE TREAT

- Sexual addiction*
- Intimacy disorders
- Relationship issues
- Sexual trauma
- Emotional trauma/PTSD
- Sexual anorexia
- Sexual identity issues
- Substance use disorders
- Co-occurring mood disorders
- Mental health conditions
- Attachment disorders

**Sex addiction continued care is offered at The Meadows Malibu.*



PROGRAMMING

Treatment begins with comprehensive psychological testing, interpreted by a board-certified psychologist, to build a personalized care plan. Our expert team uses a range of approaches—including psychodrama, Somatic Experiencing®, Eye Movement Desensitization and Reprocessing (EMDR), Accelerated Resolution Therapy, Internal Family Systems, Dialectical Behavior Therapy, Cognitive Behavioral Therapy, Post-Induction Therapy, small groups, and 12-Step, and more—to promote meaningful, lasting recovery

Family Engagement

Gentle Path offers support and involves the patient's loved ones whenever possible. Our family program helps educate, promote healing and communication, and come to a place of peace and resolution. When appropriate, we offer in-person family work to give our patients and their loved ones a safe space to engage in open and honest communication while exploring family relational issues.

EXPERIENTIAL THERAPIES

Healing requires a shift in perspective. Our experiential therapies help patients process emotions, deepen self-awareness, and connect in new ways. These activities make internal struggles more accessible so patients can work through what's holding them back.

- Trauma-informed yoga
- Mindfulness and meditation
- Tai chi
- Ropes and challenge courses
- Acupuncture
- Equine-assisted psychotherapy
- Expressive arts therapy
- Recreational activities
- Spiritual counseling

BRAIN CENTER

In addition to traditional therapies, patients receive neurofeedback to help regulate brainwaves and ease the physical effects of trauma. They also have access to cranial electrotherapy stimulation, heart rate variability training, and other techniques that support the healing process.



Marie Woods, LMFT, CSAT-S, CMAT, CPTT, SEP Executive Director



Marie Woods, LMFT, CSAT-S, CMAT, CPTT, SEP, is the Executive Director of Gentle Path and Willow House at The Meadows. A seasoned clinician and AAMFT Approved Supervisor, Marie specializes in sex addiction and complex trauma, including relational and developmental trauma. Trained in Post Induction Therapy and Brainspotting, she brings extensive experience from residential, inpatient, and outpatient settings. Since joining MBH in 2013, Marie has served in multiple roles including workshop facilitator, primary therapist, and Director of Outpatient Services, launching The Meadows Outpatient Center–Atlanta in 2023. She holds degrees from Troy University and the University of Southern Mississippi and is currently pursuing a doctorate in Marriage and Family Therapy. Marie is dedicated to therapy that fosters deep healing and sustainable change—and outside of work, she enjoys crafting, hot yoga, and life with her husband and their many pets.

