Willow HOUSE AT THE MEADOWS

A Meadows Behavioral Healthcare Program

Located in Wickenburg, Arizona

Admissions: 866-352-2075

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

RELATIONSHIP HEALING FOR WOMEN

Willow House at The Meadows offers a specialized, inpatient program for women struggling with trauma, intimacy and relationship issues, and sexual concerns. In a safe, supportive environment, patients receive the highest level of care to rebuild confidence and create relationships that support long-term healing.

ABOUT US

We help women reconnect with themselves and others by promoting emotional well-being, fostering relational intimacy, and supporting personal growth. Our immersive, trauma-focused model accelerates healing and lays the groundwork for lasting joy, connection, and pleasure.

WHAT WE OFFER

- Detox
- 45-day stay
- Full-time medical physician
- Individualized care from a board-certified psychiatric provider
- CSAT-certified therapists
- On-site, 24-hour nursing staff
- High staff-to-patient ratio
- Weekly one-on-one sessions with a primary counselor
- In-depth trauma work using trauma-informed therapies
- Identify and treat underlying causes
- Brain Center with bio/neurofeedback
- Dietary support as needed from a Registered Dietician
- Family programming
- Aftercare planning

WHAT WE TREAT

- Relationship and intimacy disorders
- Childhood trauma
- Love addiction
- Substance use disorders
- Sexual trauma
- Domestic violence
- Mood disorders
- Sexual issues
- Boundary issues
- PTSD
- Personality disorders
- Co-occurring disorders
- Disordered eating
- Partner betrayal

PROGRAMMING

We begin with a thorough assessment to understand each woman's specific challenges and how they impact her relationships, self-worth, and daily life. Every patient then participates in Survivors, a workshop that builds insight and relational skills in a safe and supportive setting. Personalized care plans may include psychodrama, Somatic Experiencing®, Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Post-Induction Therapy (PIT), small groups, 12-Step, and other evidence-based approaches to support meaningful, sustainable recovery.

Family Engagement
When appropriate, we offer in-person family work to provide our patients and their loved ones a safe space to engage in open and honest communication while exploring family relational issues. We also focus on relapse prevention to ensure a smooth transition back to their home environment and daily life. When patients leave our care, they will have an aftercare plan and the support of our robust alumni program to keep them engaged.

EXPERIENTIAL THERAPIES

We support growth in every dimension—emotional, physical, intellectual, social, and spiritual. Holistic activities and experiential therapies help women reconnect with themselves and others in new and transformative ways.

- Trauma-informed yoga
- Mindfulness and meditation
- Tai chi
- Ropes and challenge courses
- Acupuncture
- Equine therapy
- Expressive arts therapy
- Defense classes
- Nutritional consultation
- 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.