

Cottonwood Specialized Support

Equine-Assisted Therapy (On site)



Spiritual Drumming



Sound Bath Healing



Reiki



Craniosacral Therapy



Brainspotting



24 hr. Medical and Psychiatric Support



Somatic Experiencing



7-Day Comprehensive Assessment Program



Neuroaffective Relational Model (NARM)



Holistic Practices



EMDR



Trauma-centric Philosophy



Acupuncture



Acudetox



Cottonwood Tucson is
in network with:



We also accept out-of-network insurance
and private pay.



For more information, please contact
888-912-1195 or 520-581-7999.



4110 W. Sweetwater Drive
Tucson, AZ 85745
CottonwoodTucson.com

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Cottonwood
TUCSON

Understanding Healing Hope

Since 1984, Cottonwood Tucson has been a leader
in delivering exceptional mental health care.

Primary issues addressed in treatment
at Cottonwood include:

- Major Depressive Disorder | Generalized Anxiety
- Bipolar I/II | Chronic Suicidal Ideation
- Treatment Resistant Mood Disorders
- Co-Occurring Disorders | Substance Use Disorder
- Substance Misuse | Trauma and PTSD | C-PTSD
- DID | Borderline Personality Disorder | Military
- Sexual Trauma | Self-Harm | Codependency
- Grief and Loss | Disordered Eating
- Process Addictions | Gambling Disorder
- Sex Addiction or Compulsivity | Love Addiction
- and Avoidance | Video Game Addiction
- Identity and Life Transition Issues



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Equine-Assisted Therapy (On-site) A powerful experiential modality where clients interact with horses to build trust, regulate emotions, and develop insight into relational patterns. The presence and behavior of the horse offer immediate, nonjudgmental feedback that supports emotional healing.

Spiritual Drumming This rhythmic practice uses the drum as a tool for meditation, grounding, and emotional release. It supports spiritual connection and inner balance through repetitive sound and movement.

Sound Bath Healing An immersive experience where harmonic tones and vibrations from instruments like singing bowls promote deep relaxation. Sound healing can reduce anxiety, support emotional processing, and reset the nervous system.

Reiki A gentle, non-invasive energy healing technique where practitioners channel energy to help reduce stress, promote clarity, and support emotional and physical healing. Clients often report a sense of calm and centeredness after sessions.

Craniosacral Therapy A hands-on therapy that uses light touch to release tension in the central nervous system. This subtle approach can alleviate pain, support emotional regulation, and promote deep relaxation.

Brainspotting A focused brain-body therapy that helps access and process trauma stored deep in the brain. Through specific eye positions, clients are able to process unresolved experiences and move toward healing.

24-Hour Medical and Psychiatric Support

Around-the-clock access to medical and psychiatric professionals ensures safety, stabilization, and integrated care throughout treatment. This comprehensive support is essential for clients with complex or co-occurring needs.

Somatic Experiencing A body-oriented approach to healing trauma that gently helps clients renegotiate and release traumatic energy stored in the nervous system. It emphasizes awareness of physical sensations as a pathway to emotional healing.

7-Day Comprehensive Assessment Program

A short-term, intensive evaluation designed to provide a full clinical, psychological, and medical picture of an individual's needs. This process includes diagnostics and treatment recommendations tailored to the individual.

Neuroaffective Relational Model (NARM) A clinical model that focuses on healing relational and developmental trauma. NARM integrates neuroscience and attachment theory to support identity, self-regulation, and connection.

Holistic Practices A range of integrative treatments that address the physical, emotional, and spiritual dimensions of recovery. These may include mindfulness, nutrition, expressive arts, and other wellness-based interventions.

Eye Movement Desensitization and Reprocessing (EMDR)

An evidence-based therapy that uses guided eye movements to help individuals process and resolve trauma. EMDR is widely recognized for its effectiveness in treating PTSD and other anxiety-related disorders.



Trauma-Centric Philosophy Our entire approach is rooted in the understanding that trauma underlies many behavioral health challenges. We create a safe, respectful, and empowering environment that prioritizes trauma resolution.

Acupuncture A traditional Chinese medicine practice where fine needles are inserted into specific points on the body to promote energy flow. It is used to reduce pain, support detox, and restore overall balance.

Acudetox

A specialized form of auricular acupuncture used to support substance use recovery. It targets points on the ear to reduce cravings, ease withdrawal symptoms, and promote emotional balance.

