

Higher Path Living is an Innovative Recovery Experience.

Higher Path Living's quality aftercare program is complementary to the Ibogaine experience and tailored to the individual. At HPL, we help the person heal the root causes of addictive behavior with a holistic body, mind and spirit approach. After Ibogaine detox, we provide a continuum of care to help the individual create the life of their dreams.

The Body.

Proper Nutrition - To strengthen the body following Ibogaine treatment as guests learn the importance of making healthy food choices.

Exercise - Physical exercise plays an important role in recovery and this is reflected in our weekly schedule.

Other activities - Yoga & Meditation · Fitness/ Athletic Club Membership · Essential Oils · Reiki Healing · Fire Cupping · Salt Cave · Drum Circle · Massage Therapy and Hiking.



The Mind.

Individual and group therapy sessions. Clients at HPL may attend 12-Step meetings, SMART or Refuge Recovery if they so choose. Guests learn how to recognize, control and alter their thinking

The Spirit.

During the Ibogaine detox, aspects of the person's past are revealed. We'll help you understand these visions and process any traumatic events.

The revelations about your future that occur during Ibogaine detox usually have to be followed with pro-active steps.

It's also important to find *purpose and meaning* in life... things you want to achieve, passions you want to explore and the new role you want to play in life.

Leisure activities - such as movies, concerts, museums play an important part in enhancing your spirit. If the aftercare experience isn't fun, then recovery becomes just avoiding drug use.

The Launch.

Most of our guests find jobs, develop relationships and move on to independent living as they become fully integrated into life. Becoming the person you always wanted to be is no longer a dream...it's reality.



by using Cognitive Behavioral Techniques. We also use Relapse Prevention, Exposure Therapy and evidence-based addiction treatment.



Higher Path Living is a caring environment where you will develop your own approach to recovery. Our aftercare program is highly professional, ethical and life changing. **Amenities include:** Semi-private and private rooms, queen-size beds, luxury linens, 40" flat screen television with streaming video, all meals, laundry facilities, an upscale home in a safe community. From \$6,800 per month.

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