



SOBERMAN'S™ *Estate*

A better life for the rest of your life.™

Soberman's Estate is a state-licensed, nationally accredited, world class Behavioral Health and Residential Treatment Center located in Cave Creek, Arizona. We provide discreet, individualized, sophisticated recovery and wellness services for professional men to recover from alcoholism, substance use disorders, other addictions, and co-occurring issues such as trauma, anxiety, stress and depression.

Located in the beautiful Sonoran Desert of Arizona, Soberman's Estate offers a full suite of clinical, medical, holistic, and spiritual modalities all on-site. We teach men how to live a better life for the rest of their life.



480-595-2222



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www.SobermansEstate.com



Your Team

The staff to client ratio at Soberman's Estate is 2+ staff members for each client. With a 10-bed maximum, each client has a wealth of individual attention and resources to assist their healing journey.

Team members at Soberman's Estate pride ourselves in taking an ethical, compassionate approach to ensure we're putting the best interests of our clients first.

In addition to our award-winning clinical and medical teams, we have a caring, understanding, supportive operations team, a five-star Executive Chef to cook you fresh nutritious meals, a professional fitness coach to keep you in shape, an Equine Therapist and Meditation Coach to heal your mind, spiritual leaders to aid your spiritual growth, a Therapeutic Yoga Instructor to connect your mind, body, and spirit, a licensed acupuncturist, and more.



Your Treatment

Onsite Treatment Modalities and Services May Include but Are Not Limited to:

- Individual and Group Therapy*
 - Cognitive Behavioral Therapy
 - DBT Skills Building
 - Eye Movement Desensitization and Reprocessing
 - Motivational Interviewing
 - Solutions Focused Therapy
 - Trauma Resolution Therapy
- Art Therapy and Music Therapy
- Board Certified Psychiatrist and Addictionologist
- Continuing Care and Alumni Services
- Equine-Assisted Therapy
- Family Therapy and Support
- Nutrition Education and Experience
- Registered Nurses, Nursing Assessments/Monitoring
- Reiki
- Therapeutic Massage and Acupuncture
- Yoga, Meditation, and Fitness

*Each client receives individual therapy a minimum of three times per week, and group therapy a minimum of five times per week.



Your Facility

Our 5-acre property is discreetly located 30 miles north of the Phoenix Airport in the serene Sonoran Desert, surrounded by miles of majestic hiking trails. The Treatment Center was founded in honor of Jeff Prager and Jerry Josen, who passed from alcoholism and an opioid overdose. Every detail is considered to create a tranquil, healing, comfortable, luxurious, safe, supportive environment for men; a place where Jeff and Jerry would have wanted to go. We have all medical, clinical, spiritual, and holistic modalities on-site.



Our facility includes:

Shadow of the Saguaro Labyrinth
Greenhouse • Stables • Putting Green
Basketball • Jacuzzi • Ping Pong
Fitness Center • Art Studio • Music Studio
Fire Pit • Zen Garden • Horseshoe Court
Swimming Pool and Grotto and more...

