

The Ranch is located on 2,000 historic acres, 45 miles west of Nashville, nestled among the beautiful woodlands and rolling hills of Tennessee, along the scenic Piney River. Used cooperatively as a hunting ground by Cherokees, Creeks and Chickasaws, the land nourishes the body and spirit today as it did centuries ago. Visitors often say they feel a healing presence there, and it is true — healing is witnessed at The Ranch every day.



recovering trust



Programs

Licensed by the state of Tennessee, The Ranch's therapeutic programs and services include a comprehensive range of modalities used to identify and address the underlying causes of self-defeating behaviors, addiction and trauma. We provide comprehensive gender specific treatment for men and women ages 18 and over. Medically supervised detoxification is available to those clients who are in need. Our treatment plans are focused structured and personalized - honoring individual needs, diversity and learning styles.

Every Ranch client receives daily group therapy and two individual therapy sessions weekly and also up to 140 hours of specialized treatment. At The Ranch, we provide a broad range of specialized programming including EMDR, somatic therapy, equine-assisted psychotherapy, brain-spotting, energy healing, family sculpting, psycho-dramatic role-play, workshops and 12-step support. The specific needs of our clients are met on a case by case basis by choosing from this array of clinical specialties.

The Ranch utilizes an integrated and individualized treatment approach to address:

Trauma/Post-traumatic Stress Disorder (PTSD)

Substance Abuse/Chemical Dependency/Alcoholism

Eating Disorders: Bulimia/Anorexia/Binge Eating Disorder/Disordered Eating Patterns

Sex and Pornography Addictions

Love and Relationship Addiction

Mood Disorders: Depression, Bi-polar Disorder, Anxiety Disorder

Codependency/Self Defeating Relationship Patterns/Anger Issues

Grief and Loss/Complicated Bereavement

Personality Disorders/Self Harm Behaviors



recovering life



Recovery from Substance Abuse and Addiction

At The Ranch, we believe our clients flourish best in an environment of support and respect where they can make healthy choices and are responsible for the consequences of those choices. Our approach, while different from many traditional programs, is valued by many substance abuse treatment centers that actively refer their clients to us for ongoing treatment, because our program builds on our client's previous recovery work in powerful ways. As we support our clients in continuing and deepening their use of 12-step sponsorship, meetings, and step work, we encourage them to broaden their focus to explore how they are creating every aspect of their lives. We help them to identify addictive patterns of behavior and address the underlying issues that can compromise their sobriety, health, and self-actualization. The Ranch provides a beautiful 12-step walking trail deep within the woods where clients can actively take steps towards freedom from their addiction.



Trauma & PTSD Program

The Ranch provides comprehensive treatment for survivors of all types of childhood and/or adult trauma. Post-traumatic Stress Disorder, Acute Stress Disorder, Dissociative Disorder, Panic Disorder and Obsessive Compulsive Disorder - all can effectively be addressed by our multi-disciplinary team. Our staff are licensed and certified to provide innovative and proven techniques, including EMDR (Eye Movement Desensitization and Reprocessing), somatic therapy, art therapy, brain-spotting, equine-assisted psychotherapy, experiential role-play, ropes and adventure therapy, journaling, yoga, sweat lodge and other spiritual ceremonies.

Our physicians are informed and comfortable working within the most current western pharmacological data and research, along with traditional eastern medicine and nutraceuticals. Our philosophy gives attention to the mind-body-spirit connection empowering each person to fully express feelings - changing negative beliefs from survive to thrive.

Therapists at The Ranch are master's level trauma specialists who hold Level II EMDR training. Experienced milieu managers provide support and containment continuously during the day and night at our gender specific residence homes.



recovering truth

Integrative Eating Disorder Recovery

The Ranch Eating Disorder Program offers an integrative approach to assist women struggling with Bulimia, Anorexia, Binge Eating Disorder, disordered eating patterns, and body image issues. Clients seeking longer-term care for managing and healing an eating disorder will find an integrated, trauma based, holistic methodology in a gender centered home-like setting, surrounded with the natural beauty of middle Tennessee.

We keep the setting intimate, with no more than 10 in residence at a time. This ensures that everyone receives the customized attention and nurturing support needed to effectively heal. Our team of Physicians, Nurses, Therapists and Nutritionists coordinate to provide the support and supervision needed to relearn the skills of healthy daily living - emulating real life. Clients are guided by these expert staff to be responsible for their own meal planning and preparation.



Highlights of our Eating Disorder Program:

Individualized meal plans developed with each client by a Registered Dietitian, which includes a minimum of two individual sessions per week.

Direct exposure to food, labels, "fear foods" and "binge foods".

Staff supported and monitored meals with post meal processing.

Food journaling to challenge and support food consumed along with accompanying emotions and beliefs.

Mindful eating practices including gentle meals.

Exposure to real-life situations including restaurant meals, group dinners, dessert, shopping and dining with non-eating disorder individuals.

Body image group and yoga.

Eating Disorder Anonymous meetings with staff assisted 12-step assignments.

Emphasis on integrating body with mind and spirit.

EMDR, art therapy, experiential role-playing, gestalt and sensory therapy.

Coping skills based on sensate re-focusing, satiety development, including activities designed to replace self-injurious behaviors.

Eating disorder specific adventure therapy and equine-assisted psychotherapy groups.

Spiritual exploration and development, wellness groups and activities.

Family of origin groups.



Residential Accommodations

The Ranch offers single gender residences for privacy and safety in a peaceful, serene environment. Each of our lovely homes and their beautiful grounds provide unlimited opportunities for each client to become conscious of and integrate body, mind and spirit.

Hilltop House

Hilltop is a contemporary log home boasting vaulted ceilings, a floor to ceiling stone fireplace in the living room and a spacious kitchen ideal for cooking. The open staircase leads to the upper level, which offers large bedrooms, a loft and private terrace. Hilltop House can accommodate up to 11 clients.



Lake House

Lake House is a European inspired country chateau which is nestled in the rolling pastures of the Piney River Ranch. Each room is spacious in design and offers 10 clients comfortable living quarters with breathtaking views of the countryside. The circular dining room and modernized kitchen provide a gentle setting for community meal times.

Overlook House

A warm and inviting southern styled ranch home, Overlook House consists of two residences - both located on one of the highest ridges of the picturesque Piney River Valley. This welcoming space and loft unite to create ample accommodations for eight clients. An expansive front porch greets each day with a breathtaking view of the tranquil pastures of The Ranch. Developed in 1832, this land was the first homestead for the Pinewood Plantation.



River House

"River House is one of the most unique therapeutic settings today."

Two dwellings: The "Depot" and "Bunkhouse" combine to create River

House and are located on the site of the old Pinewood Mansion adjacent to the scenic Piney River. The Depot was formerly the train Depot for the city of Lyles, a neighboring community and was relocated to the Pinewood Mansion property in the early 1970's. Completely restored and remodeled with a contemporary kitchen, the Depot remains in close proximity to an authentic cowboy Bunkhouse. Together, both buildings accommodate 12 clients. A pre-civil war era smokehouse now serves as a group room for clients in residence.



Spring House

Spring House is a warm and inviting ranch-style home located on 17 prestigious acres bordering the tranquil Piney River. Built in 1996, the eclectic interior consists of a charming dining area, open kitchen and comfortable bedrooms with living space for 10 clients. This picturesque setting affords each an opportunity to explore and begin their recovery journey. The living room is spacious with a cozy fireplace. The backyard borders a woodland trail that leads to a spring-fed creek. Spring House embodies the welcoming spirit of The Ranch.



recovering freedom

recovering passion



The Center for Relationship & Sexual Recovery at The Ranch

In response to the pressing need for specialized intimacy disorder and sexual addiction treatment, we have joined with internationally known author, addiction specialist and educator Robert Weiss, LCSW, CSAT-S to create THE CENTER FOR RELATIONSHIP & SEXUAL RECOVERY at The Ranch. For over 20 years, Rob has been a key figure in the evolution of effective, focused and integrity-based relationship and sexual addiction programs. We welcome his deep understanding of these concerns along with his extensive clinical knowledge and empathic approach to relationship and sexual disorders' treatment. THE CENTER FOR RELATIONSHIP & SEXUAL RECOVERY is dedicated to the treatment of problems such as Serial Infidelity, Love & Relationship Addiction, Compulsive Masturbation, Cyber-Porn Addiction, Anonymous Sex, Sexual Boundary Problems, Voyeurism, Exhibitionism and Prostitution along with the inevitable relationship, health, and legal crisis that accompany these behaviors.

Our primary therapeutic goal at THE CENTER is to disrupt and eliminate the problem patterns of sexual behavior, while helping our clients regain dignity, self-respect and the trust of those they love. Sadly, both men and women can suffer from these types of issues, which are often exacerbated by alcohol and drug abuse, unresolved grief, and related life stressors, such as early trauma, neglect and abuse. THE CENTER'S treatment process is designed to help assess, identify and resolve these concerns, often found to be the underlying catalysts for sexual acting out and intimacy disruption.

At the heart of our state-of-the-art, gender-separate sexual disorders' treatment programming is a commitment to healing the shameful sexual secrets, family dysfunction, and wounded relationships that unsurprisingly accompany problem patterns of sexual behavior. While specifically dedicated to the treatment of relationship, sex and intimacy disorders, THE CENTER FOR RELATIONSHIP & SEXUAL RECOVERY AT THE RANCH also draws upon the wealth of experienced clinical staff, already skilled in treating highly complex and emotionally challenging issues. We utilize all of our resources to help clients stop self-defeating, shameful behaviors, develop insight into the emotional issues that lie beneath dysfunctional sexual acting out and ultimately reclaim their healthy authentic selves.



recovering you

