

The Renew Center of Florida

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Do You Want Measurable Progress Not Endless Therapy?

- ⇒ Are you or your loved one struggling, but **residential treatment doesn't feel like the right fit**, and weekly therapy hasn't been enough?
- ⇒ Are you seeking **discreet, concierge-level care** that is customized to your situation rather than group-driven or one-size-fits-all?
- ⇒ Do you feel **stuck, misdiagnosed, or exhausted by treatment** that hasn't led to real, lasting change?
- ⇒ Are you a **high-performing individual or family** looking for root-cause healing with **clear, measurable progress**?
- ⇒ Are you a parent seeking **guidance and stabilization for your teen**, without shame-based or punitive approaches?

Our Specialities: An Integrated Approach to Whole Person Healing

Teens, parents, and modern-family stress

- **Parent coaching for teens** (defiance, shutdown, school refusal, vaping/weed, friend drama, phone dependency)
- **Teen anxiety + perfectionism** (panic, "can't breathe" episodes, test anxiety, performance pressure)
- **School refusal / avoidance loops** (somatic symptoms, morning panic, refusal escalations)
- **Self-esteem + identity distress** (social comparison, body image, isolation)
- **Family conflict / high-conflict co-parenting** impacting kids

Behavioral addictions & tech-related mental health

- **Video gaming addiction / compulsive gaming**
- **Social media addiction / doomscrolling / attention dysregulation**
- **Pornography compulsion / compulsive sexual behaviors** (teens and adults)
- **Gambling behaviors** (sports betting, online gambling escalation)
- **Work addiction / burnout** (high performers, executives, founders)

Mood issues that need more than "weekly therapy"

- **Bipolar spectrum** (stability planning, relapse prevention, sleep routine, medication collaboration)
- **ADHD and Difficulty with Motivation and Focus**
- **Personality Complexities stemming from trauma**
- **Treatment-resistant depression / chronic depression**
- **Treatment-resistant anxiety / chronic anxiety**
- **Emotional dysregulation** (intense mood swings, impulsivity, self-harm, self-sabotage patterns)
- **Postpartum mood issues** (anxiety, depression, identity disruption)

Anxiety that's escalating or "body-based"

- **Panic disorder** (ER visits, cardiophobia, fear of dying)
- **Phobias** (flying, driving, choking/vomiting, elevators, medical phobias)
- **Health anxiety** (constant symptom checking, reassurance loops)
- **OCD patterns** (intrusive thoughts, contamination, relationship OCD, checking)
- **High-functioning anxiety** (successful on the outside, falling apart privately)

Sleep, nervous system, and stress physiology

- **Insomnia** (especially anxiety-driven insomnia and "wired but tired")
- **Nightmares / trauma-linked sleep disruption**
- **Stress-related somatic symptoms** (GI distress, tension, headaches, dizziness)
- **Panic-on-waking / cortisol spikes** / morning dread patterns

Substance use in "gray zones"

- **Teen marijuana use** (motivation decline, anxiety rebound, dependency patterns)
- **Adult cannabis dependence** (sleep reliance, mood destabilization, withdrawal anxiety)
- **Alcohol overuse** without "rock bottom"
- **Prescription misuse patterns** (sleep meds, stimulants, benzos—carefully managed support)

Trauma & complex trauma that needs integrative care

- **Complex PTSD / developmental trauma / TBI**
- **High-functioning trauma** (achievement masking, emotional numbness, relationship problems)
- **Narcissistic abuse recovery / coercive control recovery**
- **Flashback memories and body memories**
- **Accidents and personal injury/Sexual abuse survivors**
- **Impacts Physical/emotional/psychological abuse** on current life
- **Medical trauma** (procedures, childbirth trauma, chronic illness stress)
- **First responder / healthcare worker trauma** (moral injury, burnout + PTSD overlap)

Grief and life transitions with complicated features

- **Complicated grief** (stuck grief, prolonged grief symptoms, "can't move forward")
- **Traumatic grief** (sudden loss, overdose loss, suicide loss, homicide-related grief)
- **Divorce / betrayal trauma**
- **Identity collapse after a major life change** (empty nest, retirement, relocation)

Relationship and attachment-focused intensive work

- **Couples and family intensives** (repair after betrayal, conflict cycles, shutdown/pursuer patterns)
- **Dating burnout + attachment wounds**
- **Intimacy blocks** (fear of closeness, avoidance, performance anxiety)

- **Family-of-origin patterns** impacting adult relationships

Eating, body image, and control-related patterns (higher-acuity outpatient)

- **Disordered eating** (binge/restrict cycles, emotional eating, compulsive exercise)
- **Body image distress** and social comparison loops
- **Trauma + food** (numbing, control, self-worth)