



Summit Malibu Announces New Clinical Director Dr. Kim Chronister, PsyD

Summit Malibu Expands Services and Significantly Improves Clients Motivation to Decrease Substance Abuse Behaviors

MALIBU, CALIFORNIA, UNITED STATES OF AMERICA, July 14, 2016 /EINPresswire.com/ -- FOR IMMEDIATE RELEASE

MALIBU, CA - (July 14, 2016) - Media commentator and author of Amazon bestsellers "FitMentality" and "The Psychology Behind Fitness Motivation," Dr. Kim Chronister, PsyD, has been named the new Clinical Director of [Summit Malibu](#).

Licensed psychologist Dr. Kim Chronister is widely recognized for her experience in the eating disorder space through her use of Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI). Dr. Chronister helps those struggling with addiction, eating disorders, alcohol dependence, anxiety, and depression regain motivation to desist substance abuse behaviors.

"We are pleased that Dr. Chronister has joined the Summit Malibu team as our Clinical Director so we may continue providing our clients with the best opportunity for recovery," said William Oswald, Executive Director and Founder of Summit Malibu. "Her unique expertise with eating disorder treatment, strong clinical experience and dedication to enhancing the overall well-being of our clients is an enormous compliment to our already exceptional program offerings."

Through group psychotherapy, Dr. Chronister helps clients engage in adaptive and hands on activities that encourage individuals to be proactive in their journey to decrease stress, improve mood, and enhance overall life satisfaction. Her group work focuses on meaningful and relatable curriculum, resulting in significant program improvements.

"Summit Malibu is a world-renowned drug and addiction rehabilitation facility. Our leadership is dedicated to providing high quality care as well as relevant programming to ensure our clients' success," said Dr. Kim Chronister, PsyD. "As we integrate Motivational Interviewing (MI) with relevant group interactions and activities to our existing programs, Summit Malibu will continue to provide exceptional and meaningful programming for healing and recovery, helping our clients to live life with a healthy balance."

Kim Chronister earned her doctoral degree in clinical psychology from Alliant International University (CSPP). Her clinical experience includes working with patients struggling with substance abuse in community, residential, inpatient hospitalization, partial hospitalization, and intensive outpatient settings.

In addition to her clinical work, Dr. Chronister has contributed on topics regarding addiction, exercise motivation, relationships, eating disorders, alcohol abuse, and other mental health issues for Women's Health Magazine, Livestrong, The National Psychologist, NPR, and Yahoo News.

For more information about Dr. Chronister's group treatment or Summit Malibu, please contact

310.457.0787 or visit <http://summitmalibu.com/>.

~ more ~

ABOUT

Summit Malibu

Summit Malibu is a Joint Commission accredited boutique Drug and Alcohol Treatment Center on close to five acres of land overlooking the ocean in Malibu, CA. Summit Malibu was co-founded in 2007 by William Oswald, who has over 35 years as a pioneer in the industry, and helped found Cocaine Anonymous, and Steven Booth who has seen the effects of addiction in his own family. The program at Summit Malibu is rooted in the principle that recovery from addiction requires treating the mind, the body, and also finding spirituality. With a focus on individual treatment sessions and using a variety of different techniques, clients are given the tools needed to build the foundation for a new life, free from the bondage of alcoholism and addiction. For more information about Summit Malibu, visit <http://summitmalibu.com/>.

For media inquiries contact:

Julie McCann

Director of Marketing

jmccann@summitmalibu.com

310.457.0787

###

Julie McCann

Summit Malibu

310-457-0787

[email us here](#)

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2016 IPD Group, Inc. All Right Reserved.