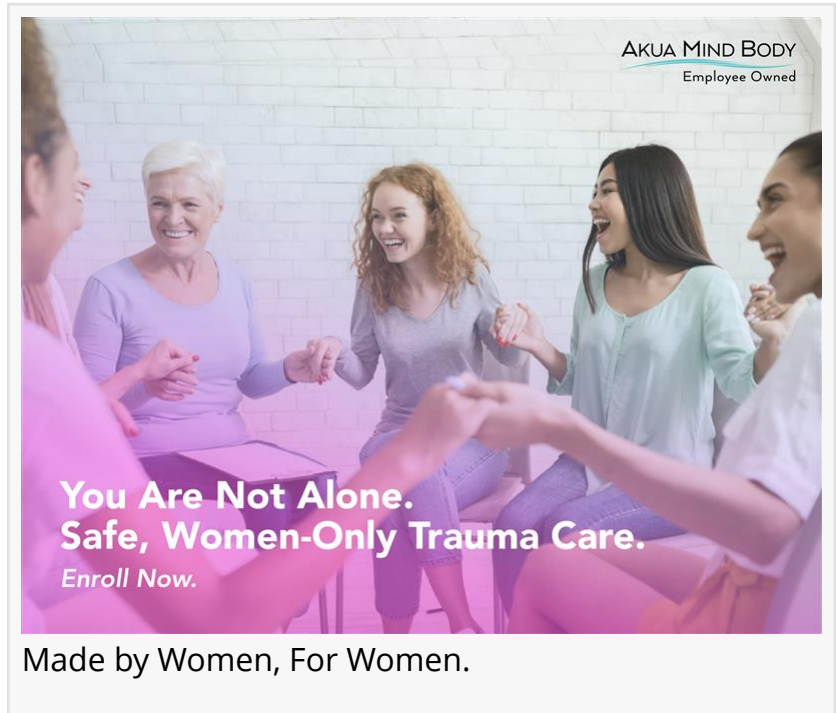


# New Women's Trauma Program by Akua Strong in San Diego

*Akua, a leading behavioral health provider, proudly launches its specialized Women's Trauma Program in San Diego, delivering compassionate, evidence-based care.*

SAN DIEGO, CA, UNITED STATES, February 20, 2025 /EINPresswire.com/ -- [Akua Mind Body](#), a recognized leader in mental health and addiction treatment, proudly announces the launch of its innovative Women's Trauma Program at its established San Diego location. This groundbreaking program offers a unique and powerful blend of evidence-based therapies, personalized care, and holistic healing practices, all within a safe, supportive, and women-only environment.



Building on Akua Mind Body's longstanding commitment to the San Diego community, this specialized program addresses the distinct needs of women seeking recovery from trauma and addiction. Recognizing that recovery is deeply personal, our approach reflects this. Akua recognizes the courage it takes to seek help, and we're here to support you every step of the way.

“

Empowering women through trauma-informed care is at the heart of our mission. This program provides a safe space for healing, growth, and lasting recovery.”

*Tony Guerena, Vice President,  
Akua South*

“We've served the San Diego community for years, and we've heard the call for more specialized, trauma-informed care for women, ” says (Neely Weir, Program Manager at Akua Mind Body).

“Our new Women's Trauma Program is our answer to that call. It's a sanctuary designed to empower women to heal from the inside out, addressing the root causes of addiction and

trauma in a way that truly transforms lives. We're here to support women in recovery on their journey to lasting well-being."

At the heart of the program is a deep commitment to community. Our intimate setting fosters genuine connection and shared experience, empowering women to support each other's healing. We believe that true healing flourishes in a space of understanding and shared strength. We address the complex issues surrounding women and mental health and mental health in women.

Whether you're looking for women's rehab or a women's recovery centre, we offer compassionate and comprehensive care. Akua Mind Body's expert team of therapists and specialists provides individualized care. "Our team of experts works closely with each woman," continues (Neely Weir, Program Manager at Akua Mind Body), "developing a personalized roadmap to recovery that integrates evidence-based practices with holistic healing modalities. If you're looking for women's mental health support, we can help."

The Women's Trauma Program features a comprehensive range of therapeutic modalities, including EMDR, CBT, yoga, art therapy, and sound healing. These are complemented by medication management, daily transportation, and comprehensive aftercare support. Our focus extends beyond treatment to empower women to rebuild their lives, and our aftercare program is designed to facilitate a smooth and successful transition back into daily life. The San Diego center offers evening sessions with an all-female staff, creating a safe and comfortable space for vulnerability and healing. We specialize in treating co-occurring disorders, recognizing the complex interplay between trauma, addiction, and mental health.

We are dedicated to addressing these challenges comprehensively, empowering women to achieve lasting well-being. If you're searching for women's program near me, our program can address addiction in a supportive and specialized environment. Akua Mind Body continues to serve women throughout the San Diego area. This new program significantly strengthens our commitment to providing compassionate, effective, and truly transformative care for women seeking to heal from trauma and addiction, including PTSD. Limited spots are available; enrol today to begin your healing journey.

Heal. Empower. Thrive. Trauma Recovery for Women in San Diego. Discover more and begin

**AKUA MIND BODY**  
Employee Owned

**Comparison Of Our Treatment Modalities**  
Never get confused again! Our qualified experts will advise the best treatment service for you.

**EMDR**  
Focuses on our senses and eye movement.

**CBT**  
Focuses on treating us psychologically.

**Somatic Therapy**  
Helps release pent up emotions through mind-body techniques.

**Breathworks**  
Deepens relaxation to soothe both mental and physical illnesses.

**Expressive Music Therapy**  
Helps people express emotions and feelings through their own artistic process like singing or playing an instrument.

**Sound Healing**  
Uses music, tones and sound vibrations played in therapeutic ways, combined with meditation and self-reflection.

**AKUA Strong Women's Trauma Program**  
Call Us Today. **(949) 799-2577**

Women's Trauma Program Comparison of Treatment Modalities

your journey to healing at (<https://akuamindbody.com>). Your search for women's trauma Program or a trauma program for women ends here, Call now at (949) 799-2577.

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