

ABOUT US

Located in the tropical paradise of Key Largo, Florida, [Kinder in the Keys Treatment Center](#) is a healing program committed to providing high-quality care in a private environment that fosters renewal, restoration, and healing for adult women who are in recovery from trauma-related disorders that include anxiety and depressive disorders, PTSD, and any co-occurring disorders.

Our Trauma Resolution Program focuses on dealing with stressful and traumatic incidences in one's life. We offer a unique approach to mental health treatment. Our anxiety disorder, trauma recovery and depression treatments draw upon research in lifestyle medicine as well as other psychotherapeutic modalities to bring our clients to a better resolution of mental health issues. Our distinctive and effective approach has earned us the prestigious [JCAHO accreditation](#), a recognition that is the hallmark of a high quality program.

WHAT WE TREAT

- ♥ Trauma
- ♥ Depression
- ♥ PTSD
- ♥ Anxiety

FIND THE BEST TREATMENT PROGRAM

- ♥ Residential Treatment
- ♥ Intensive Outpatient
- ♥ Short Term Care
- ♥ Standard Outpatient

TREATMENT MODALITIES

- ♥ Trauma Recovery Therapy
 - Experiencing a traumatic event—such as abuse, loss, or an accident, can lead to emotional difficulties, including panic attacks, anxiety, PTSD, acute stress disorder, or dissociative states.
- ♥ Psychotherapy Modalities
 - Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Group Therapy
- ♥ Medical Modalities
 - Your personal medical history will be taken at admission and your physical health will be monitored.
- ♥ Holistic Modalities
 - Music Therapy, Art Therapy, Meditation, Mind/Body Therapy, and Spirituality
- ♥ Physical Health + Exercise
 - Exercise assessment and recommendations that include personalized fitness program that may include anything from high-intensity workouts to yoga—we will personalize a program for you. Located in the beautiful Florida Keys, you can also kayak, paddleboard, snorkel, boat, and fish.
- ♥ Nutritional Therapies
 - Nutrition is a core part of a healthy lifestyle so at Kinder in the Keys we place an emphasis on nutrition counseling and education. This includes not only providing healthful, organic, non-GMO meals, but also instruction on how to create meals like this once you return home.
- ♥ Dolphin Therapies
 - This provides a unique, therapeutic, motivational and educational dolphin assisted therapy programs. These programs are designed for adults through the use of innovative therapy techniques, which enables participants to discover and achieve desired goals, strengths and to maximize potential for individual fulfillment.

[Verify Your Benefits Here](#) and we will work with your insurance company to gather coverage information and let you your options. If you have any questions about the insurance or admissions process, please feel free to contact us 24 hours a day, 7 days at **800-KIK-4046**.

Why Kinder in the Keys

- ♥ An alcohol/drug-free environment
- ♥ Morning lecture group and meditation
- ♥ Cognitive behavioral therapy (CBT), EMDR, and interpersonal skills
- ♥ Morning process groups
- ♥ Process groups on women's issues, self-concept discussion
- ♥ Weekly session with primary therapist
- ♥ Family program
- ♥ Self-esteem development and group
- ♥ Psychodrama
- ♥ Trauma resolution
- ♥ Weekly session with case manager
- ♥ Resident issue groups and boundary setting
- ♥ Life skills, budgeting and goal setting groups
- ♥ Alumni program fitness, yoga and nutrition group
- ♥ Education groups for anxiety disorders
- ♥ Education groups for depression disorders
- ♥ Mediation and relaxation techniques
- ♥ Dolphin Therapy.

Kinder In The Keys is JACHO accredited as of March 2019.

This is a tremendous accomplishment for our facility and is a highly recognized accrediting agency.