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LOCAL NEWS

Deepak Chopra aligns himself with Paradise Valley rehab

Grand opening held for \$1.5M holistic treatment centre for addictions

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NOVEMBER 20, 2009

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One of the world's most famous self-help gurus is lending his name to a newly-opened Paradise Valley addictions centre.

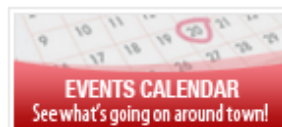
Deepak Chopra has affiliated himself with the Paradise Valley Wellness Centre, which had its grand opening Friday (Nov. 13). It's the first time the proponent of mind-body healing has had an official relationship with an addiction treatment centre anywhere in the world.

"I'm very happy to have collaborated with [centre founder Nirmala Raniga]," said Chopra in a video addressing the two dozen people in attendance.



Zoe Szuch/The Chief

The Paradise Valley Wellness Centre's pristine setting is meant to enable the holistic healing approach espoused by Deepak Chopra.



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- Good idea, but Sept. 2010 is too soon
- I don't like the busing situation
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Chopra, a world renowned author of more than 55 books and leader in the field of mind-body healing, was looking for an addictions centre that espoused his philosophy – a place where the well-established Chopra Centre could refer patients to deal with their addictions in the holistic and spiritual way for which it is known, according to a news release.

And Chopra has long considered B.C.'s Sea to Sky Corridor as having special spiritual significance, states the release.

Chopra Centre co-founder and medical director, Dr. David Simon helped Raniga establish her centre and its affiliation with Chopra. The Paradise Valley Wellness Centre is a concept based on the mind, body and spiritual well being developed in the book Freedom from Addiction by Dr David Simon and Deepak Chopra.

Simon said the facility is built on the concept of healing through transformation.

“Transformation is different from change. Change you can go back and forth. Transformation, once you take that step, the door closes behind you,” Simon said.

Chopra and Raniga met two years ago in Whistler at the Seduction of Spirit workshop. Raniga, a devout Hindu, acknowledged Chopra to commemorate the sacred day of Guru Purnima, devoted to spiritual teachers.

When Raniga told him she worked in the field of addictions, Chopra expressed interest and asked that she meet with Simon for further discussions.

Raniga said she was surprised by easy the affiliation between the centre and the world-renowned Chopra blossomed.

“My intentions for this facility was always there, but I didn't know it was going to be this easy [to involve Chopra,]” she said. “There was just a level of understanding with us.”

In true Chopra fashion, the Paradise Valley Wellness Centre encourages the integration of mind, body and spirit in an attempt to establish wellness. Patients can expect to receive typical medical consultation as well as spiritual assessments as well as therapeutic treatments including meditation and yoga.

“A great deal of addiction stems from spiritual pain – the need to fill the ‘hole in your soul,’” says Raniga.

Regardless of whether an individual is addicted to shopping or addicted to approval from their superiors, Simon said, addictive behaviours are conditioned behavioural patterns that serve a temporary purpose for the individual.

“What we've come to recognize is that every addictive behaviour is a substitute for love. If you can't get love from a relationship, you get it from eating too much, smoking too much, drinking too much or other,” said Simon.

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Raniga has more than two-decades of experience running several out-patient treatment programs in the greater Vancouver area, but this in-patient, residential facility is a first for her.

“My spiritual desire is to be able to share what I’ve learned,” said the Fiji-born therapist. “One of my visions over the last several years is to establish a high-quality, residential treatment centre with a wellness component and my intention also included having Dr. Deepak Chopra being part of the centre.”

Acting District of Squamish mayor Coun. Doug Race said treatment facilities are not only necessary but also welcomed in the community.

“In a perfect world, centres like this wouldn’t have to exist but the reality is, they are very much needed.”

Squamish resident Allan Barr said if Paradise Valley Wellness Centre existed in the past, he might have not been an alcoholic for so many years.

“It’s not an easy process but the closer it is to home, the better because it takes a lot of courage.”


Nestled on a 10-acre property between the mountains and the Cheakamus River, the \$1.5-million facility can house up to 16 patients at a time. The centre employs 25 physicians who provide treatment for a wide range of addictive behaviours including alcohol abuse, drug use, gambling, nicotine addiction, overeating as well as sexual addictions.

Raniga encourages anyone battling addiction or anyone wishing for treatment information to call the Paradise Valley Wellness Centre at 1-888-802-3001.

The first patients of the Paradise Valley Wellness Centre are expected to walk through the doors on Jan. 4, 2010.

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 plato says...

This is wonderful!

Posted on November 26, 2009 @ 11:35 am PST | Report post to Editor | 2963276

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