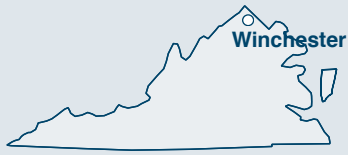
New Lifestyles

(Young Adult Program)

Member Since: 2002

Phone: (540) 722-4521

Executive Contact: Kenneth L. Cuave, PsyD.
Admission Contact: Paul Hill, PsyD



Gender:	Coeducational		
Ages:	18 to 26		
Grades:	High School Completion and College		
Enrollment:	10		
Duration:	1 year		
Founded:	1985	Address:	230 West Boscawen Street
Email:	nladmit@newlifestyles.net		Winchester, VA 22601
Fax:	(540) 722-0223	Airport:	Washington Dulles

Website: www.newlifestyles.net

New Lifestyles is an intensive, therapeutic program for emerging adults located at the northern tip of the Shenandoah Valley in Winchester, Virginia.

Committed to the unique needs of individuals ages 18 to 26, New Lifestyles provides a clinically intensive transition experience for students with average to above average intellect who present with Axis I and/or Axis II diagnoses to include:

- mood disorders (depression, bipolar disorder);
- anxiety disorders;
- eating disorders;
- personality disorders and traits (dependent, avoidant, narcissistic, etc.);
- learning and attention disorders; and
- Aspergers spectrum disorders including NLD.

Central to a student's work at New Lifestyles is his or her participation in intensive individual and group psychotherapy sessions. Individual sessions are provided two to three times weekly, and therapy groups meet an additional four to six times weekly. Therapy sessions focus on clinical issues that impact a student's participation and progress. Specialty treatment tracks are available in the areas of affect regulation, executive functioning, anxiety management, and recovery. Other program components consist of health and recreational activities and psycho-education groups that focus on skill development in a variety of areas including social skills, interpersonal relationships, life competencies, and career and work exploration. A financial component of the New Lifestyles program requires students learn how to manage a checking account, pay bills, and plan and manage a budget.

Individual Psychotherapy Available: Yes
Accreditation, Licensure: Clinical Psychologists licensed by State of Virginia
Professional Affiliations: NATSAP-Young Adult Affiliate Member; APA; SACAVA