



**Costa Rica
Recovery**

It's a pleasure to meet you!

Presented by James Villalobos

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**Costa Rica
Recovery**

Meet Your Presenter

James Villalobos

Location: California

Healthcare Industry Experience:

30+ years across hospitals, pharma, and frontline care.

Veteran & RN Insight:

U.S. Navy Hospital Corpsman and Operation Desert Storm veteran, combining mission-driven care with clinical expertise.

Passionate Advocate:

Believes everyone deserves a second chance—offering practical, compassionate support to clients and families.

Beyond CRR:

Volunteers with USC's Street Medicine Collaborative, bringing healthcare to underserved communities in Los Angeles.

Why Choose Costa Rica Recovery?

What sets us apart isn't just the setting – it's the depth of care we deliver.



Discreet, Healing Environment

Clients recover in complete privacy, immersed in an intentional space to make them comfortable



Excellence Across the Board

The level of care you'd expect in the U.S. – without the six-figure cost



Costa Rica Does the Rest

Weekly trips to experience the ocean air, jungle stillness, and cultural richness that accelerates healing





CRR Mission

To initiate and sustain recovery through holistic practices, innovation, and evidence-based care. We don't just follow the research – we bring it to life in real people's lives.

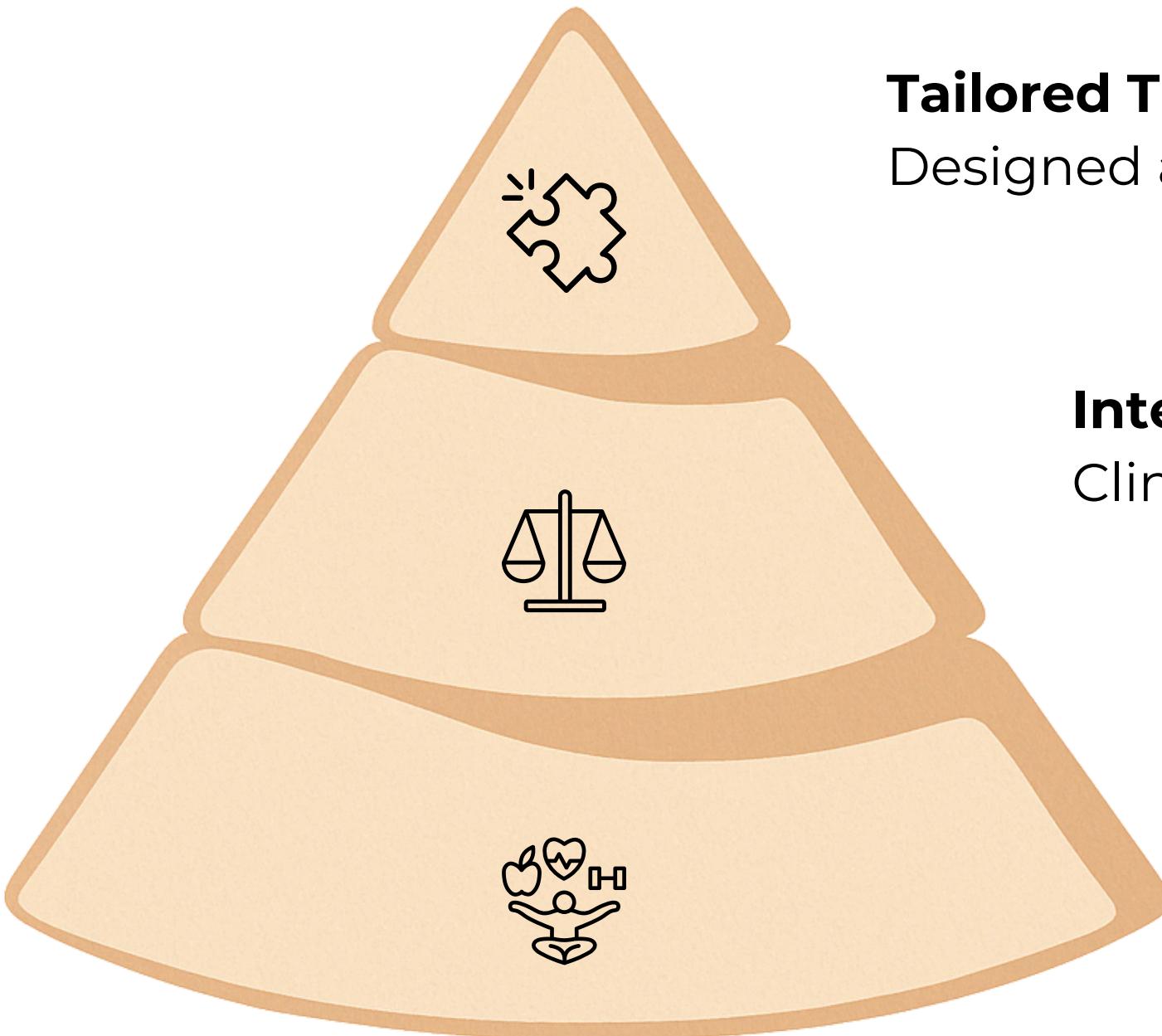


CRR Vision

To be Central America's benchmark for personalized recovery – known for outcomes, integrity, and transformative care.

Personalized Curriculum & Approach

Our model is built on three pillars:



Tailored Treatment Plans

Designed around each client's specific goals and needs

Integrated Modalities

Clinical care combined with holistic practices for deeper healing

Experiential Recovery

Moments that go beyond talk – designed to spark self-discovery and breakthroughs

Clinical Team Overview

Sharon Fallas, MD – Clinical Team Director

- **Education:** Psychology, Ulacit University (Costa Rica); Psychopedagogy, Ucacis University (Costa Rica)
- **Expertise:** 8+ years in mental health and addiction therapy; clinical psychology, psychopedagogy, trauma-informed care, individual and group therapy (Gestalt, ACT, mindfulness-based approaches), dual diagnosis treatment, family systems therapy
- **Research Interests:** Integration of holistic modalities in SUD treatment; emotional resilience
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Additional Information: Licensed in psychology; Certified SMART Recovery Facilitator; Fluent in Spanish and English; Expertise in humanistic counseling and emotional resilience; Passionate about lasting emotional growth and compassionate, holistic, tailored support.



Clinical Team Overview (cont.)

Dr. Bryan Alfaro, MD – Medical Psychiatric Support

Education:

- Medical degree with specialization in Psychiatry and Mental Health (exact university not specified in public listings)

Expertise:

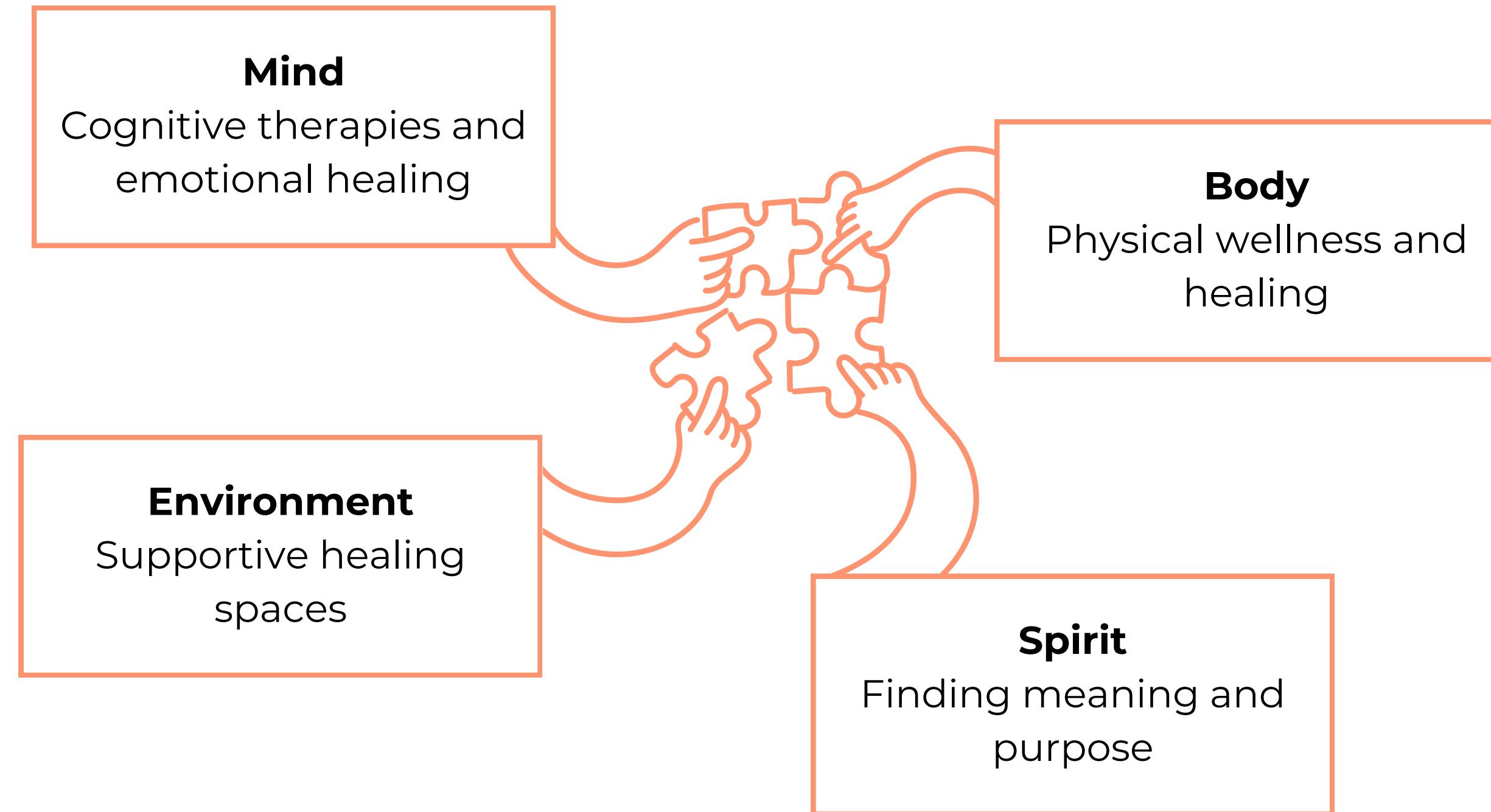
- Psychiatric assessment and medication management for substance use and co-occurring mental health disorders
- Experience in holistic, evidence-based addiction treatment within a multidisciplinary team
- Skilled in stabilization, treatment planning, and ongoing psychiatric support for clients recovering from alcohol, drug, and dual diagnoses

Additional Information:

- Fluent in Spanish; serves both local and international clients
- Focused on compassionate, patient-centered care in a residential treatment setting



Holistic Model of Recovery

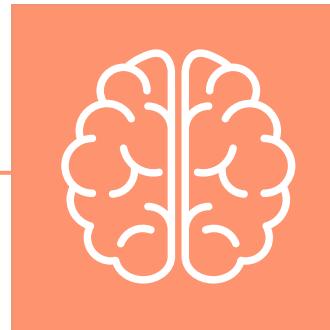


Core Clinical Therapies and Psychoeducation

Cognitive Behavioral Therapy (CBT)

CBT is one of the most effective treatments for substance use disorders, significantly reducing relapse and improving abstinence rates compared to usual care.

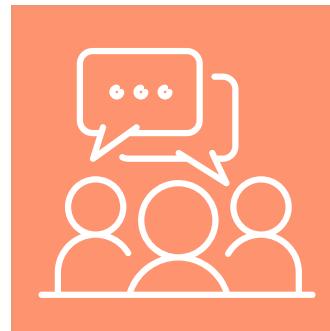
[Read Study](#)



Rational Emotive Behavioral Therapy (REBT)

REBT significantly reduces irrational beliefs, anxiety, and stress in patients with substance use disorders. Meta-analyses and clinical trials show REBT leads to improved self-control, lower impulsivity, and better psychological well-being, reducing relapse risk.

[Read Study](#)



Dialectical Behavior Therapy (DBT)

DBT reduced substance use frequency and improved treatment retention in individuals with borderline personality disorder and SUD.

[Read Study](#)



Core Clinical Therapies and Psychoeducation (cont.)

Trauma-Informed Therapy

Seeking Safety (trauma-focused CBT) decreased PTSD and substance use severity in women with SUD and PTSD, with effect sizes $d = 0.67$ for depression and $d = 0.42$ for PTSD symptoms.

[Read Study](#)



Psychiatric Evaluation & Medication Management

Psychiatric evaluation and medication management are essential for identifying and treating co-occurring disorders, improving outcomes and recovery. Integrating these approaches increases treatment engagement and stability, especially for clients with complex needs.

[Read Source](#)



Connection to the Recovery Community

Evidence-Based Benefits

Reduced Relapse: Peer support groups lower relapse risk by 35% and increase days of abstinence.

Improved Well-being: Community engagement decreases depression and anxiety, and boosts quality of life.

Social Support: Strong, healthy relationships with non-using peers enhance treatment retention and long-term sobriety.

CRR Application

- Connects clients to peer groups, 12-step meetings, and alumni events.
- Encourages independent, supportive relationships for lasting recovery.
- Ongoing community engagement combats isolation and reinforces sobriety.



Holistic, Evidence-Based Wellness Modalities

Yoga

80% of yoga participants with alcohol use disorder achieved recovery or significant improvement, compared to 48% in the control group

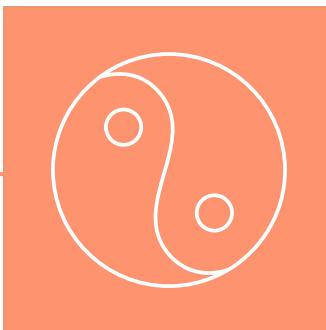
[Read Study](#)



Tai Chi

Tai Chi and Qigong exercise significantly improved depression, anxiety, and quality of life in drug users

[Read Study](#)



Mindfulness

Yoga and mindfulness interventions significantly reduce substance use, anxiety, and depression in SUD populations

[Read Study](#)



Holistic, Evidence-Based Wellness Modalities (cont.)

Nature-Based Therapy / Ecopsychology

A 2024 review found 85% of studies on nature-based interventions for substance use reported positive outcomes, including reduced cravings, improved mood, and greater well-being.



[Read Study](#)

Sound Healing

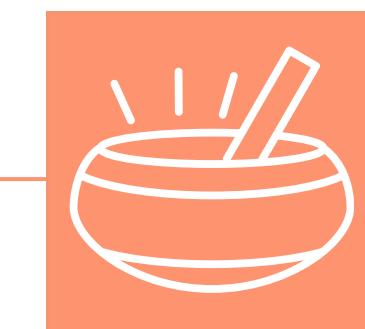
A randomized trial found Tibetan singing bowl meditation reduced tension, anger, fatigue, and depressed mood by 19–27% after a single session, with the strongest effects in adults aged 31–60.



Fitness & Nutrition

Nutrition and physical activity counseling in SUD treatment led to 22% less sugary drink intake and up to 47% higher activity levels post-intervention.

[Read Study](#)



[Read Study](#)

Aftercare Program Overview

The purpose is to bridge residential treatment and independent living, as well as to support long-term recovery, personal growth, and relapse prevention

How It Works:

- Each CRR program participant is paired with a clinical follow-up coordinator before discharge
- Individual remote sessions (Zoom/Google Meet) for guidance, accountability, and support

Session frequency tailored by program length:

- After 30-Day Program:
 - 2 biweekly sessions over 1 month
- After 60-Day Program:
 - 2 sessions in month 1, followed by 1 session in month 2
- After 90-Day Program:
 - 2 sessions in months 1 & 2, followed by 1 session in month 3





Aftercare Program Focus Areas

Relapse Prevention

- Ongoing review and updating of personalized relapse prevention plans
- Early identification of warning signs and use of coping skills in real life

Triggers & Coping Strategies

- Explore daily triggers and stressors
- Apply evidence-based coping skills (grounding, distress tolerance, cognitive reframing)

Support Systems

- Strengthen connections with family, mentors, sober peers, and recovery groups
- Address barriers to connection and build healthy, supportive relationships

Daily Structure & Purpose

- Maintain and adapt healthy routines (work, study, volunteering, self-care)
- Promote accountability, stability, and personal growth

Mental & Emotional Health

- Ongoing support for emotional regulation, resilience, and stress management
- Use of therapeutic tools (journaling, mindfulness, behavioral activation)

Real Transformations



3 reviews · 2 photos

★★★★★ 2 months ago

"I'm forever grateful to the Costa Rica Recovery Center in San Jose, Costa Rica, for being a beacon of hope during my darkest days. The unwavering care and compassion provided by their exceptional staff not only saved my life but also empowered me to rediscover my purpose.

As a veteran who served during the Persian Gulf War, I've had the privilege of linking up with the VA to pay it forward and support fellow veterans on their recovery journeys. Today, I'm proud to be a healthy, positive role model for my loved ones, friends, and community.

I wholeheartedly recommend Costa Rica Recovery Center to anyone seeking a world-class recovery program. Their dedicated team and comprehensive approach will provide you or your loved one with the tools and support necessary for lasting transformation. Thank you, Costa Rica Recovery, for giving me a second chance at life."



14 reviews · 3 photos

★★★★★ 2 months ago

This place changes your life. They have a great team of staff who genuinely care about your well being and they teach you all the tools you need to get your life back on track. If you need help with addiction I highly recommend Costa Rica Recovery!



5 reviews · 1 photo

★★★★★ 2 years ago

My son went to CR Recovery four years ago as a last ditch effort. He had been to many pricey rehabs in the states, but shortly after getting out, he would relapse. He was in bad shape. He went to their extended living arrangement after initial treatment and it was there he began getting connected with NA / AA. The support and community from CR Recovery made all the difference. He has decided to stay in Costa Rica and is truly happy for the first time in his life. Addiction is tough, but CR Recovery was a life saver for him.



8 reviews · 2 photos

★★★★★ a year ago

This is an amazing place. The staff is amazing - they really care about you and it shows. Special shout out to Eddie, really helped me through the hard times, especially at the beginning of my treatment. Food is great. Thank you CRR -Kris

The real proof is in the stories.



This has been one of the most positive experiences in my life. I had been through rehab before, I left sober, but I never left feeling better.

What initially stood out to me most was the compassion, spread out by everyone in the building. This is a place of joy and healing.

You can hear the laughter and feel the energy when you enter, and it stays with you when you leave.

- Justin K



4 reviews

★★★★★ 2 months ago

This place saved my life. Literally rescued me from a dangerous situation and kept me safe and sober. I have been battling addiction for many years and have been in treatment in Canada and Costa Rica. Nothing clicked until I found Costa Rica Recovery. Their program was different from the rest. They treated me with empathy and compassion from the beginning. Once I detoxed I began the long journey of holistic and therapeutic healing. My recovery didn't come overnight. It took many months with various ups and downs to fully accept what they were offering. Once I surrendered my self will and listened to their professional advice, I was able to take the actions I needed too. I was told I only had to change one thing, Everything! Leaving Canada opened my eyes about the negativity and temptation I was surrounded with. Costa Rica has now become my home where I am able to live a happy and fulfilling life. I have a huge group of likeminded friends here and I have stayed connected with the centre and staff since leaving. Many of the people I have met throughout my stay are sober and living their best lives. I have been fortunate to refer many people from Canada and the USA to come and get the treatment they needed. I have become an advocate for Costa Rica Recovery and their life changing program. If you are done suffering and need the help to change your life. This is the place and I'd be glad to recommend it and help anyone through the process. A special thanks to the whole staff and especially Rich, who personally picked me up from one of the most scary experiences of my life and became the mentor, with the compassion and tough love I needed. The owner Scott, is the most caring and selfless person I have ever met. I would not be alive today if it wasn't for him and Costa Rica Recovery. Thank you from the bottom of my heart.



2 reviews

★★★★★ 2 years ago

I have nothing but positive things to say about Costa Rica Recovery. The staff are amazing and they really believe in what they do. They taught me a new way of life and I am very grateful. I now have 1 year sober after 15 years of addiction. My quality of life has already improved so much since I did their 90 day program. I can't thank the team at CRR enough.



1 review

★★★★★ 2 years ago

Costa Rica Recovery saved my life. The staff is like my second family. I always felt safe, loved and being guided in the right direction. Of course the program has the 12 steps included but the new holistic approach is also applied. The combination is powerful, take what works for you. For myself the extra things like Breath work, Yoga, early morning gym works put me back into routine. I will say it was needed because the food is so good I ate way too much.

If you are on the fence but feel you need help... just make a call and speak with the loving staff... most of which have been where you are and recovered

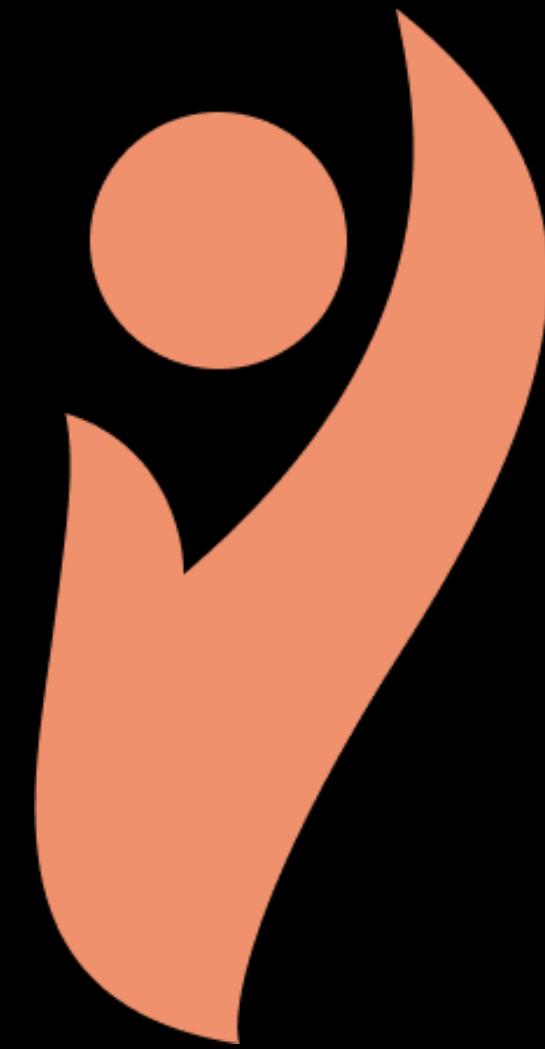
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Thank You

For your dedication to care that changes lives.



**Together, we can make healing happen in a sanctuary &
program designed to care for the whole person.**



Costa Rica
Recovery