



STATES OF MIND

# ANOTHER DAY, ANOTHER CAUSE FOR STRESS. HOW CAN WE STOP SPIRALING?

## THE PILATES HOSPITAL

The perks—and price tags—at today’s high-end mental health facilities make them seem like spas. But the very best among them offer much more.

By Augusten Burroughs

On the first day of school in the fall of 1972, Tammy Snodgrass stood up for show-and-tell in her green and tan plaid gauchos, white cotton turtleneck, and single blond side ponytail, and smugly announced, “This summer my dad went to Germany for the Olympics and saw Mark Spitz win seven gold medals.” As proof, she held up a photograph so grainy and blurry it could have depicted a German male stripper with her father.

My dad had not been watching sexy mustachioed swimmers in Munich that summer, because he had been committed to McLean, the private psychiatric hospital just outside Boston, for alcoholism. My mother was a poet, so when she spoke of McLean it was with reverence, even awe. Both Anne Sexton and Sylvia Plath had stayed there. “Your father could meet Elizabeth Taylor. Wouldn’t that be exciting?” she asked, her eyes wide and wild. “I should think about what I might serve. Do you think my chicken l’orange is good enough for Liz?”

Soon after my father’s return, my mother was committed to the Brattleboro Retreat in Vermont, another old-school private psychiatric hospital. For the

remainder of my childhood and adolescence, she would be “sent up” to Brattleboro for the intense psychotic episodes she experienced every autumn.

When I was 14, I myself was briefly committed to a private mental hospital, and at 30 I entered rehab for alcohol abuse. As you can see, psychiatric facilities are in my DNA, so I know the best of them are on the East Coast. Just ask yourself: Where would Katharine Hepburn go?

The post–World War II Minnesota Model for the treatment of addiction remains the basis of most abstinence-focused 12-step programs. The Hazelden Betty Ford Foundation is the gold standard for in-patient treatment of alcoholism and drug addiction. But what if your issue is not addiction but depression or anxiety, or your 19-year-old kid has borderline personality disorder? Maybe you suffer from a “treatment-resistant” diagnosis. How about if you’re a rock star or an A-list actress or the CEO of a Fortune 500 company and you feel broken or your marriage is falling apart or you’re about to retire and don’t even know who you are? What if you “have it all,” yet you feel empty?

Personally, I would never seek mental health treatment on the West Coast, especially not in Malibu. My feeling is, if there’s

a Barbie named after your city, you need to go somewhere else to deal with your bipolar II. Stylish California places seem to advertise heavily and lure celebrities with exotic services that blur the line between treatment and spa.

In New England you have the oldest, most elite private mental health treatment facilities in the country. McLean (founded 1811) is still around, though it’s now associated more with Harvard Medical School than with suicidal midcentury poets, which I’m not sure is an improvement. The Brattleboro Retreat (1834) has continued to evolve and expand its range of treatment from the days when my mother was literally strapped to the bed. But there are unique 21st-century treatment options at high-end facilities that, while luxe, are about more than meditation and cucumber water.

Silver Hill Hospital is a private, non-profit psychiatric hospital nestled on 44 bucolic acres in New Canaan, Connecticut. It resembles a small, exclusive liberal arts college, but you can’t get electroconvulsive therapy at Wellesley.

Founded in 1931, Silver Hill provides treatment to about 3,000 patients a year. It’s primarily self-pay; the exception is the heavily supervised ward where they have ➡

JACOPO RAULE/GC IMAGES (WEINSTEIN); GETTY IMAGES (TRAFFIC); JOHN MOORE/GETTY IMAGES (PUTIN); SCOTT OLSON/GETTY IMAGES (TRUMP); MANDEL NGAN/ED JONES/APP/GETTY IMAGES (KIM); SPENDER PLATT/GETTY IMAGES (NYSE); ALBIN LOHR-JONES/PACIFIC PRESS/LIGHTROCKET VIA GETTY IMAGES (RALLY); SHUTTERSTOCK (E-MAIL); GETTY IMAGES (AK-47); JOHN MOORE/GETTY IMAGES (ZIKA); GETTY IMAGES (ICONS)



➡ 39 beds for patients in a state of acute psychiatric crisis. The remainder of Silver Hill is organized around numerous houses, in which each patient typically shares a room with another patient. The average stay is a month, and it's historically popular with celebrities, since the secluded location offers privacy, with limited cell phones or laptops. (Plus, it's a mere 75-minute drive from the Upper West Side.)

Dr. John Santopietro was made president and medical director in September 2017, a transplant from the world of public mental health into the rarefied world of the private clinic. "I needed to be at a place where I knew I could send a member of my family," he says. "That's a pretty strong litmus test." At first I misunderstand him and think he's confiding that he has had his wife committed, but no. He is clearly proud of and impressed by his staff. "Extraordinary clinicians—smart, curious, always wanting to learn more."

In describing the Silver Hill culture, he says, "It's a strong mission-driven clinical culture that fiercely believes in individuality. The individual who comes into treatment here, in this clinical moment—I don't care what diagnosis they had in the past—I want to know who is this human being, this totally unique human being. It's this fierce, fighting spirit that protects this space for that human being to tell their story."

I ask Santopietro if I'm being unfair about my aversion to West Coast treatment centers. Without being specific, he says, "There is an exuberance to get into the market and business of providing care—in part because they see it as a market opportunity, in part because they are driven for health. But I think, going forward, we need to be really careful about figuring out what is good, solid, evidence-based, excellent mental health and addiction treatment and what is something that is trying to look like that."

After our meeting I'm given a brief tour of the campus. I visit one of the houses for "male dual-diagnosis patients." The communal area is tastefully decorated

and comfortable. The kitchen has upscale appliances and a clay tile floor. The table is handmade, artisanal. I ask my tour guide, "If Adele came, would she have to share her bedroom with somebody else?" She smiled and said, "If Adele were to come, she could have a private room, but she also might have a roommate. I've seen that a lot. The celebrities who come here, they're often at rock bottom. Humble, you know?"

Stockbridge, Massachusetts, is located among the Berkshire Mountains and has remained seemingly unmolested by time. It looks like a town Norman Rockwell conjured (which isn't surprising, since Rockwell lived here for years), and it's home to one of America's most venerable private residential psychiatric hospitals, the Austen Riggs Center, founded in 1919.

The expansive white brick building

resembles one of the more modest Newport "cottages" enjoyed by the Gilded Age elite. There are no locked wards at Austen Riggs. Having an identity crisis? The phrase itself was popularized at Austen Riggs by legendary developmental psychologist Erik Erikson.

Dr. Andrew Gerber has been the medical director and CEO for two and a half years. In his mid-forties, Gerber looks younger and speaks with the excitement of someone half his age. As any listener will understand immediately, he is also brilliant. He radiates genuine warmth and exhibits not a trace of arrogance; this is a new breed of psychiatrist. The first thing I notice in his office is that he has not one but two Apple monitors for the MacBook Pro on his desk (thus, three screens), plus a 65-inch touchscreen Windows PC on the adjacent wall.

"The first step seems to be to acknowledge how little we know," he tells me. "We understand exactly how the heart works, how the kidney functions. We should be in the same place with the brain, but it turns out this three-pound organ is orders of magnitude more complicated than the rest of the body put together." He becomes animated, speaking passionately. "Okay, it's really nice to have a name for something. Like *chair*. But *chair* doesn't describe every chair. *Book* doesn't describe every book." He leans forward, resting his wrists on his knees. "When somebody isn't feeling well, we say they have, for example, depression, as if this somehow explains the majority of what they're experiencing. And, of course, anybody who has been depressed knows that's not true; every depression is different. The individuality of something as simple as depression is unique, and when you add in anxiety, some psychosis, bipolar disorder, you get that every diagnosis in psychiatry is a weak approximation or model of the person sitting across from you."

Gerber glances down at the floor, then right back up at me. "This is where psychiatry has done the worst: believing too much that these terms are wholly descriptive. I don't mean

to say every term should be thrown out. We need words to describe PTSD, but that's the starting point. We must recognize the limitations of the language and understand the subjectivity of the individual. You have to understand the narrative of their personal experience."

In our Snapchat-paced society, Austen Riggs stands alone with its unique long-term residential program based on intensive psychotherapy. The minimum length of a residential stay is six weeks, the average is 10 months, and some patients stay for years. The depth and quality of the exploration is made possible by the length of the stay. Gerber says, "For something as complicated as a human being, the notion that difficulties that have evolved over decades—and powerful experiences—that all of this is going to be reversed in a week or two is not only crazy, it's an insult to what it means to be a human being. Some things need more time. We work with each individual on a personal level with what they need, what they want, what they decide for themselves. From six weeks to six years. It's not based on a manual."

The majority of patients have been in other facilities and often come labeled "treatment resistant," a phrase that irks the doctors at Austen Riggs. As one psychiatrist says, "It implies the patient somehow failed, and not the treatment." Austen Riggs was instrumental in identifying borderline personality disorder, one of the most complex and most studied psychological conditions.

"Our patients will always tell you, the most important thing here was the relationships—with therapists, with each other. They help each other. It gets them better," Gerber says.

This is echoed by the director of nursing, Barbara Turner Hart. "We think about, how is this person unique? How are they different from the diagnosis they have? What are their strengths?" She continues, "We operate in a non-authoritarian way. We're citizens of the world with you, trying to make sense of your understanding, of why you get into trouble in your relationships." What she says next I find startlingly insightful. "Many of our patients are experts at what has not worked for them. It's for us to listen, listen, listen. I mean listen as in, say nothing."

Spencer Biel, the associate director of the therapeutic community program, is youthful and sharp and speaks of how symptoms are often attempted [CONTINUED ON PAGE 146]



QUIET DIET  
Turns out current events may be more of a health risk than a good pastry chef.

## IS IGNORANCE THE NEW BLISS?

Those glued to cable news are putting their sanity—and their waistlines—in jeopardy.

By Marisa Meltzer

The Washington doyenne Sally Quinn was recalling with horror one of the nights following the 2016 election. It wasn't the results that had shaken her, not really. "I ate nine huge chocolate chip cookies when I got home from a party," she says, still reeling. "I may have gained 15 pounds in the six months following the election."

And, she added, stress eating isn't limited to one side of the political aisle. "I'm not just talking about Democrats. Republicans too. No one is happy here in DC."

The election of Donald Trump triggered all manner of controversial sociopolitical developments around the world, but it also ushered in a sort of emotional and physical bloat that comes from consuming an increasingly crippling news cycle: North Korea, immigration, healthcare, Russian hacking. It's enough turmoil to make even the most diehard clean eater consider the

dessert menu. Call it the Trump Bump.

Pants are feeling tighter beyond the Beltway, too. Barbra Streisand has blamed Trump for making her put on a few pounds. Last spring she tweeted, "I start the day with liquids, but after the morning news I eat pancakes smothered in maple syrup!" Stephen Colbert told a reporter last fall that Trump—and a lot of bourbon—had made him gain 15 pounds. Judd Apatow and Jane Krakowski have also talked of their stress-related weight fluctuations. One exception: Lena Dunham told Howard Stern that her weight loss was a result of postelection "soul-crushing pain and devastation and hopelessness."

Trump is himself a victim of the Trump Bump. According to Rear Admiral Ronny L. Jackson, the White House physician, President Trump is six foot three inches tall and weighs 239 pounds, just one pound ➡



### SPECIAL TREATMENT

*There is nothing institutional about them. Welcome to the best mental health facilities money can buy.*

**Silver Hill Hospital** Set on 44 acres in New Canaan, CT, this private facility (above) takes in 3,000 patients a year. FROM \$1,350 PER DAY FOR THE TRANSITIONAL LIVING PROGRAMS, SILVERHILLHOSPITAL.ORG

**The Austen Riggs Center** Located in the Berkshires in Massachusetts, this facility pioneered the term *identity crisis*. FROM \$55,000 FOR A 6-WEEK STAY, AUSTENRIGGS.ORG

**Privé-Swiss** This ultraexclusive center has locations in Connecticut and Southern California. Patients stay in private homes or beachfront villas. REPORTED TO BE APPROX. \$120,000 FOR A 30-DAY STAY, PRIVESWISS.COM

**McLean** This hospital near Boston was the setting of Susanna Kaysen's memoir *Girl, Interrupted*, which was adapted into a film starring Winona Ryder and Angelina Jolie. \$55,300 FOR A 14-DAY STAY AT THE PAVILION, MCLEANHOSPITAL.ORG

COURTESY SILVER HILL (SILVER HILL); EVERETT COLLECTION (MARIE ANTOINETTE)



➤ away from what the Centers for Disease Control considers obese. After his annual physical's results were published in January, many dissenters pointed to photos of the president in golf shorts or boarding Air Force One as evidence that his diet of Big Macs and well-done steaks was failing him. The MSNBC host Chris Hayes suggested that skeptics who believed he was lying about his weight call themselves "girthers." The president has since tweaked his diet, trading the cheeseburgers for more greens, "at least some of the time," according to Bloomberg.



## EVEN THE MOST DIEHARD CLEAN EATERS ARE CONSIDERING THE DESSERT MENU. CALL IT THE TRUMP BUMP.

Blind item: There's the attractive forty-something woman of high visibility and previously exemplary lifestyle who finds herself eating potato chips and chicken fingers with her kids. She gained a couple of pounds, which distressed her so much that instead of quitting while she was ahead, she just gave up. She stopped exercising and stays up late at night watching romantic comedies just to feel better. There's also the high-profile couple experiencing marital difficulties. He's more conservative and sees the political situation as a potential opportunity, while she has become quite involved in the #MeToo movement. They used to work out together, but for the past six months neither has gone to the gym, and they now have three-hour dinners and heated political discussions while their sex life dwindles. And there's the 50-year-old entertainer who can't focus on his work, is overcome with anger and despair, and

keeps leaving the country, hoping that when he returns things will be different. "He has gained weight, drinks heavily, and is talking about moving away permanently, something he never said before in the past 10 years I've cared for him," Schwartz says.

At the private Upper East Side gyms owned by the trainer Dennis Remorca, the atmosphere is similar to that in the aftermath of the '08 financial crisis. Remorca has noticed clients coming more often to battle stress (and the bulge). "It's one time they don't have to think for themselves. They can unwind and trust in the trainer," he says. Plus, they can tune out the news for a bit: "We have a TV, and I usually just leave it on NY1 [the local news channel], which feels like a neutral station. I have more politically driven clients, and for them I'll put on a Netflix show."

He's not the only fitness professional making executive decisions about his clients' viewing habits—Life Time, a chain of gyms with 130 locations, banished all cable news channels from its large screen televisions in January.

But is ignorance of world events the only way to avoid health detriments like the Trump Bump? Those who are not resigned to spending the next election cycle wallowing in a diet of comfort food, wine, and news blackouts have come up with some alternatives. Deepak Chopra warns that stress is actually quite useless in light of current events. "Stress pushes us out of equilibrium, affecting the whole system, because every mental 'Hell no!' sends a message to your cells in biochemical form," he says. "Trump isn't a saber-toothed tiger, and there's no way to flee or fight against the craziness being stirred up. Equally useless is fighting imaginary battles, reliving the past, and trying to adopt a fixed attitude of indifference, mockery, anger, or irony."

Osteopath Habib Sadeghi, who specializes in emotional healing and is the author

of the Gwyneth Paltrow-approved book *The Clarity Cleanse* (see opposite page), woke up to 135 SOS messages from his patients the day after the election. Meanwhile, Julie Macklowe, founder of the skincare line Vbeauté and wife of William Macklowe Company president Billy Macklowe, has begun to listen to the meditation app Headspace daily. "I only read the paper in the morning and try to not pay attention until the next day. I turned off my news alerts, and I stopped using Twitter, and I sleep with my cell phone in a different room," she says. Quinn, meanwhile, likes to go somewhere warm for a spell in the winter. Usually her friends' busy Capitol Hill schedules keep them from joining her. This year, on the other hand: "Everyone is coming to Barbados." Will spending money replace consuming calories as the coping mechanism of choice?

Disconnecting, though, has its limits. Sooner or later you have to come back to reality. The sweet spot seems to be a healthy combination of both frames of mind. Thrive Global media magnate and author of *The Sleep Revolution* Arianna Huffington relies on her "cherished habits": a news detox, followed by a full night's sleep, a bath, meditation, dinner with friends, or a sanity-restoring call with her daughters. "Trust me, you won't miss anything," she says. "While I can't control what the president—or anyone else, for that matter—says and does, I can control how I react and what productive things I can do with my energy. Living in a state of perpetual outrage isn't good for us. So take care of yourself, and then you'll be more effective in whatever form your civic engagement takes. It's like what they say on airplanes: Secure your own mask first before helping others."

The point, Huffington adds, is to engage with the world but to be selective in how you do it. A diet of MSNBC may make you feel as addled as living on chocolate bars. "I'm not at all saying to ignore what's going on—precisely the opposite. Be engaged, but be productively engaged. This means being deliberate about making the time to step out of the storm, into the eye of the hurricane," Huffington says. When we do this, she argues, we're more effective, resilient, and creative in rising to the challenge.

Chopra, predictably, takes the long view: "Staying well, in this case, is the best revenge." ☞

A\_M/GETTY IMAGES (COCKTAIL); COURTESY GOOP PRESS (BOOK COVER); JOHN SALANGSANG/BFA/REX/SHUTTERSTOCK (SADEGHI)

# GOING CLEAR

A bible for our anxious times.

Habib Sadeghi's *The Clarity Cleanse* was published just this past December, but you wouldn't know it from the religious fervor its acolytes express for it. You see, this slender tome has transcended the self-help genre to become a gospel for our very anxious times, a self-care palliative and instructional manual to smooth our frayed edges. How did it get there? Did the zeitgeist demand it, or were we just waiting for someone to talk us down from the ledge? Is Gwyneth Paltrow responsible? Breathe. Let's review the making of a pop culture phenomenon.

**ELEVATOR PITCH** It's a cleanse—for your mind.

**WHY YOU NEED IT** "It's an exploration into how unresolved emotional trauma creates a biological environment favorable to disease," says Sadeghi (*top right*). "Healing requires clearing the mind of all the mental noise and preconceptions about health in order to create a space for new realizations and healing to enter."

**ELECTION DRAMA** "I'm a family doctor, not a politician. What I saw right after the election, more pervasive than just overeating and gaining weight, was a surge of insomnia, anxiety, depression," Sadeghi says. "I am seeing a shift in the physiological terrain of those patients who are continuously angry. Usually this shift can be translated into various autoimmune diseases downstream."

**THE EPIPHANY** After being diagnosed with cancer 20 years ago as a medical student, and with no options other than radical surgery followed by chemotherapy and radiation, Sadeghi started to explore how chronic emotional stress might be linked to disease. After his recovery he began to use his newfound understanding of how the mind and body work together to create health—or disease—with his patients at the Be Hive of Healing Integrative Medical Center in Agoura Hills, California.

**THE GWYNETH EFFECT** Sadeghi worked with Paltrow on the Stand Up 2 Cancer telethon

and became a mentor. *The Clarity Cleanse* was published by her Goop Press, and she wrote the foreword. If his name sounds familiar, it's because he and his wife Sherry Sami explained to Goop readers the concept of "conscious uncoupling," which was how Paltrow described her divorce from Chris Martin.

a goop press book  
**HABIB SADEGHI, DO**

12 Steps to Finding Renewed Energy,  
Spiritual Fulfillment *and* Emotional Healing



*the*  
**CLARITY  
CLEANSE**  
foreword by **GWYNETH PALTROW**

**CELEBRITY CULT** The staff at Be Hive declined to name celebrity disciples, but they helpfully pointed to the blurbs contributed by Anne Hathaway, Demi Moore, Jessica Chastain, Tobey Maguire, Penélope Cruz, and Cruz's husband Javier Bardem.



**ELEMENTS OF A FOUR-DAY MONODIET** Apples, brown rice, and sardines are all approved foods. (Vitamin B is the common thread.) Poultry, fish, egg whites, vegetables, and fruit are also allowed, but verboten are dairy, nuts, legumes, alcohol, and caffeine. "More important than the content of what you eat is the mindset that you take with you," he says.

**MINDFULNESS IN A RUSH** Engage your EMS, or Emotional Management System: Don't social-media your way out of stress. Instead, practice PEW12: Purge Emotional Writing (putting everything that's disturbing you on paper) for 12 straight minutes each day, and then burn the paper. "This is not a journal you keep by your bed, not something you do on your phone," Sadeghi says. "Use it as an opportunity for further growth."

**PRACTICAL TAKEAWAYS** Practice meditation. "Not simply as a relaxation technique but to prime the mind for the realizations that are to come," Sadeghi says. And end the blame game. "It doesn't mean we excuse anyone else's behavior; it simply means asking oneself, 'What could it be inside of me that led me into this situation or allowed this person into my life? In what way could I have consciously or unconsciously contributed to this situation?' Taking full responsibility for your life is the only way to take back your power to change any part or all of it."

**THE SEQUEL** Sadeghi is currently at work on a similar book with couples in mind that tailors *The Clarity Cleanse* principles specifically for intimate relationships. *M.M.*





## THE PILATES HOSPITAL

[CONTINUED FROM PAGE 137] solutions. “If there’s a patient who has decided to cut herself, in a lot of settings they would say, ‘We have a cutter.’ The conversation kind of ends there.” I admit that I’ve never understood cutting. Biel studies me for a moment and replies, “What an experience it is to have a pain that ends.”

Goosebumps rise on my arms, because I get it and it breaks my heart.

If what you require is the most exclusive, under-the-radar, fully bespoke treatment, entirely one-on-one, you have but one choice: Privé-Swiss. You have probably not heard of this facility on the Connecticut coast; it is stealth. It does not advertise. It does have a website but no social media presence whatsoever. The Connecticut and California branches may be the most expensive private mental health treatment centers in the world, though because their clients are all titans of industry and A-list celebrities, cost is entirely beside the point. This is the customized, handmade Rolls-Royce of psychiatric treatment centers.

They accept a maximum of three people at a time, who stay in either private houses or beachfront villas. The villas have kitchens with high-end Viking appliances, a contemporary gas fireplace, two bedrooms, two bathrooms. A Privé-Swiss “companion” normally stays in the smaller bedroom to serve the guest’s needs 24/7; one companion is Kim, the first person I meet. She’s warm, professional, and easy to talk to—no gossip, all compassion. A private chef prepares the meals. It all sounds and looks amazing, but I need to meet the woman who founded this mysterious place. If she’s an opportunistic charlatan, I will know it.

Privé-Swiss is the singular creation of American-Swiss entrepreneur and visionary Heidi Kunzli, an alcohol addict herself until she got sober at 33. The 58-year-old is polished, stylishly dressed in Eileen Fisher; the only evidence of her former life is her jet-black hair worn in a modified shag. After getting sober, Kunzli knew she wanted to help other people recover their

lives. She got her bachelor’s degree and then her master’s in psychology. She became a chemical dependency counselor in Rhode Island, Massachusetts, and Connecticut. She didn’t spend time in fancy clinics.

When her sister—who was living in Switzerland and had a high-power marketing job with a tech company—experienced “a total stress breakdown at age 30,” Kunzli flew over to be at her side. “I spent three weeks with her in this secret Swiss clinic,” she says, where “it clicked in my mind: I wanted to take this really cool, progressive, natural, holistic-based treatment that I was seeing in Switzerland and combine it with what was happening in U.S. rehabs.”

But her vision was to create a program designed for a person of real power with enormous influence. “The key executive, how that person presents themselves throughout the corporation. Through that figurehead, everybody in the corporation

## “COCKTAIL CHATTER IN NEWPORT BEACH IS, ‘YOU PAY \$200 AN HOUR FOR YOUR THERAPIST? I PAY \$500 FOR MINE.’”

is affected. I wanted to do that with treatment. That’s why I targeted the one percent of the one percent.” That may sound like a glib tagline, but she’s serious. “My little part is getting to that person at the top that can affect thousands—and with celebrities, millions. I know three executives who have started wellness programs in their own companies because of this program.”

She is intense and emotional as she speaks, and her eyes water. It’s no act. Heidi Kunzli is fully authentic. I say, “You’re not doing this so you can have a larger infinity pool in your backyard, are you?” She scoffs at the mere suggestion. “That stuff doesn’t matter to me. I drive an eight-year-old car.” Then she smiles and adds, “It’s a Mercedes, but still.”

The model for Privé-Swiss began in California. “I had an idea in my head as to how I thought high-functioning, successful people may benefit more than from simply the 12-step protocol that was out there.” Her vision was for something that did not

yet exist, so she created it. On Christmas Eve 2001, she signed a lease on a \$6 million house in Newport Beach, and Beau Monde was born. “I put up a cheap website, and my philosophy was, all one-on-one, no group. I was very convinced that for a short-term rehab stay you needed to focus on the individual. It’s very easy for highly motivated people to hide in a group setting. I wanted to get right into a person’s underlying self. I wanted to delve deep immediately. I still feel this, and it has worked. One-on-one broke all the rules. I priced us far beyond anything else in the country. Cocktail chatter in Newport Beach is, ‘You pay \$200 an hour for your therapist? Well, I pay \$500 an hour for mine.’” Her vision had aligned perfectly with a previously unseen demand. “In the first year we grew the business 653 percent.”

She opened new facilities to keep up with demand. “I had seven locations in California: Newport, Laguna Beach, Laurel Canyon, Hollywood Hills. I had so many celebrities, lots of musicians. And then all these Malibu places copied my model. Passages came right on my heels. And then all the ‘luxury’ rehabs that opened up copied my program, but I didn’t want to be associated with that. First and foremost, I am a recovering person. Most of these rehab programs aren’t owned by somebody with long-term recovery. They’re out for the money. I shut everything down and opened Privé-Swiss.” So now she has just two locations: “Southern California and the Connecticut shoreline.”

The Privé-Swiss program includes traditional psychotherapists and psychiatrists, as well as life coaches, alternative health-care providers, and fitness trainers, each of whom has a minimum of 20 years’ experience and each of whom is at the top of his or her field. This is no spa. As one therapist told me, “Some clients, they come here because everybody in their life is on the payroll. They just don’t know who to trust.”

A typical day would involve a blend of intense emotional/psychological work with a psychotherapist and/or a life coach, and bodywork in the form of yoga, Pilates, or mindful meditation training. All your meals would be prepared by your personal chef. There is no menu; your chef can prepare anything you like. There’s a doctor of naturopathic medicine and an acupuncturist, along with a massage therapist. “Some people need and desire a program of more intensive therapy, and most people have been living in their head for so long they’ve lost touch with their body,” Kunzli says.

I ask if there’s a common denominator among the clients. Kunzli nods and says, “There is no deep connection to anything profound or personally meaningful anymore. That’s the number one feeling that people come in with. Lack of feeling. A lot of fear involved. Transition from one identity to another. So many people will say, I’m not who everybody thinks I am. Many people who come here have had difficult childhoods. A lot of our clients are very future-oriented. You’re a success because you can anticipate the future and can plan for it; you can put something into play, and that’s amazing. But you’re a nervous wreck.”

When asked to define the intensity and interior focus of Privé-Swiss, Kunzli says, “There is no Privé-Swiss program. The program is created the moment we sit down with the patient. It’s a collaboration. We’re humans, being. Co-creating, co-laborating. I am the place where people go when they don’t want people to know they’re in rehab. They wouldn’t consider going anywhere else.” She pauses for a moment, and then she leans forward, as if she’s going to tell me a secret. “It’s the most exciting journey. To see people come in broken and battered and then watch them transformed. I’ve suffered in my life. And I’ve wanted to die. What an awful black place that was, and I don’t want people to feel that way. The first time you’re able to help someone, it’s an amazing feeling. This is what I’m here for. I’ve never deviated from my vision. I never sold out. Everything about this program was meant to work with superachievers, people who have really flourished with their gifts. But there comes a time when it stops working. Then you’re left with a shell of yourself. You’re existing as opposed to truly thriving and participating in your life. You’re not going to find this kind of treatment in rehab.”

The first thing my father did when he returned home from McLean was pour himself a tumbler of gin.

Both psychiatric care and treatment centers have evolved immeasurably over the last several decades, but one thing remains unchanged. And it’s the one thing my father just didn’t get: No treatment center anywhere can fix you. It can guide you, lead you, enlighten you, inspire you, keep you safe, restore your body, electrify you with insights, and challenge you to be your best self, but ultimately you and you alone will have to do all the heavy lifting.

You have to fix yourself. You just don’t have to do it alone. «

## SHOPPING & CREDIT INFORMATION

### BROAD STROKES

**PAGE 79** FROM TOP: LIPSTICK QUEEN DATING GAME LIPSTICK IN MR. RIGHT (\$24), LIPSTICKQUEEN.COM. MAYBELLINE NEW YORK SUPERSTAY MATTE INK LIP COLOR IN HEROINE (\$10), MAYBELLINE.COM. PHYSICIANS FORMULA THE HEALTHY LIP VELVET LIQUID LIPSTICK IN MAGENTLE FORMULA (\$8), PHYSICIANSFORMULA.COM. LANCOME L’ABSOLU GLOSS IN GRAFFITI (\$25), LANCOME-USA.COM. LAURA MERCIER VELOUR EXTREME MATTE LIPSTICK IN CLIQUE (\$28), LAURAMERCIER.COM. DIOR LIP GLOW IN ULTRA-PINK (\$34), DIOR.COM. NARS LIP POWDER PALETTE AND TRAVEL LIP BRUSH (\$49), NARSCOSMETICS.COM.

### MODEL MATRIARCH

**PAGES 100–107** CALVIN KLEIN 205W39NYC, CALVINKLEIN.COM. CITIZENS OF HUMANITY, MODAOPERANDI.COM. ERES, NET-A-PORTER.COM. MEANINGFUL BEAUTY, ULTA.COM. NATURA BISSE, NATURABISSE.COM. NEUTROGENA, NEUTROGENA.COM. OSCAR DE LA RENTA, OSCARDELARENTA.COM. PRADA, PRADA.COM. SIDNEY GARBER, 212-274-1111. THE ROW, NEIMANMARCUS.COM. VALENTINO, VALENTINO.COM. VAN CLEEF & ARPELS, 877-VAN-CLEEF.

### STRAND OF TRUTH

**PAGES 114–119** A LA VIEILLE RUSSIE, 212-752-1727. BUMBLE AND BUMBLE, BUMBLEANDBUMBLE.COM. CARTIER, 800-CARTIER. CHANEL, CHANEL.COM. COVERGIRL, COVERGIRL.COM. FRED LEIGHTON, 212-288-1872. MAX MARA, 305-770-6200. GOLDWELL, GOLDWELL.US. MIU MIU, MIUMIU.COM. PRIMAVERA GALLERY (HARRY BERTOIA AND ALEXANDER CALDER BROOCHES), PRIMAVERAGALLERY.COM. REPOSSI, REPOSSI.COM. RITUALS, RITUALS.COM. STEPHEN RUSSELL (ALEXANDER CALDER CUFF LINKS AND NECKLACE), STEPHENRUSSELL.COM. STONE COLD FOX, THESTONECOLDFOX.COM. TIFFANY & CO., TIFFANY.COM. TOM BINNS, AKATOMBINNS.COM. VERDURA, 212-758-3388.

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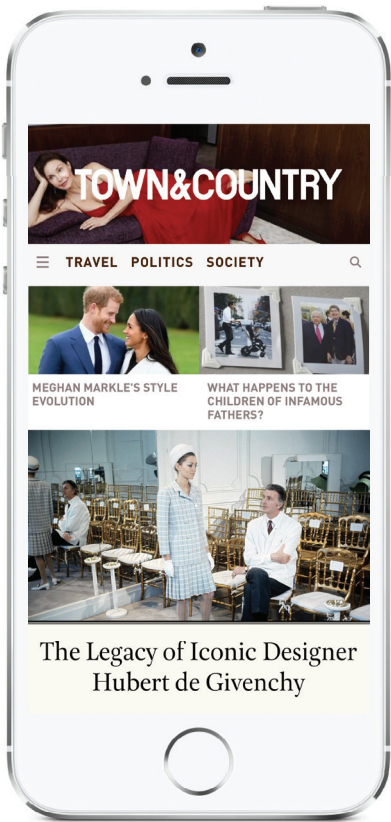
**PAGES 130–133** ERDEM, SAKS.COM. GIORGIO ARMANI, ARMANI.COM.

### INVALUABLE

**PAGE 150** AERIN FOOTED DECO BOWL (FROM \$175) AND IVORY COMB (\$35), AERIN.COM. BRUNSCHWIG & FILS WALLPAPER (TO THE TRADE), BRUNSCHWIG.COM. COTE NAIL POLISH (\$18), COTESHOP.CO. DOLCE & GABBANA THE NAIL LACQUER (\$27), SAKSFIFTHAVENUE.COM. ESSIE NAIL POLISHES (\$9 EACH), ESSIE.COM. GIVENCHY NAIL POLISHES (\$24 EACH), BARNEYS.COM. HALO HOME BY KSW LINEN NAPKIN (FROM \$24), HALOHOMEBYKSW.COM. INDIA AMORY TABLECLOTH (\$100), INDIAAMORY.COM. MICHAEL ARAM TWO-TIER ETAGERE (\$275), MICHAELARAM.COM. MILES REDD FOR BALLARD VANITY MIRROR (\$379), BALLARDDDESIGNS.COM. OPI NAIL LACQUER (\$11), OPI.COM. SMITH & CULT NAILED LACQUER (\$18), SMITHANDCULT.COM.

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