



8402 Cross Park Drive, Austin 78754 | 512.215.3900 | [www.crosscreekhospital.com](http://www.crosscreekhospital.com)

# Tai Chi: The Mysterious Healing Art

Tai Chi Therapy is now offered to patients as a part of his or her treatment plan at Cross Creek Hospital

## WHEN:

Friday, April 28, 2017  
9:00 a.m. to 11:00 a.m.

## PRESENTED BY:

Tony Frank, LCDC

## MORE:

2 CEU Hours  
Lunch will be provided  
Door prize drawing!

## TONY FRANK, LCSW



*Tony Frank, B.A., L.C.D.C., has been working in the Behavioral Health field, specifically chemical dependency, for the past 28 years. He has worked in a variety of inpatient and outpatient milieus, including community-based, in-prison, private, and a psychiatric hospital. Mr. Frank is currently working at Travis County as the Program Coordinator/Case Manager of a specialty court to assist individuals who have been sexually exploited. Mr. Frank is also an avid Tai Chi practitioner and instructor. He has been a student of Tai Chi for the past 8 years and an instructor for the past 2 years. He has also done extensive research on how continuous practice of Tai Chi can benefit individuals suffering from a variety of mental disorders, as well as, physical limitations.*

*Cross Creek Hospital, located in Austin, is a psychiatric hospital that provides no cost, psychiatric assessments to anyone in the community 24 hours a day, 7 days a week. The 90-bed facility boasts a beautiful campus and lovely courtyards that offer individuals an opportunity to enjoy the healing benefit of indoor and outdoor therapies. Individual, Group, and Family Therapy are key components to the program. Yoga, Art, Music and Meditation are all incorporated in the plan of care for patients. Care is focused on the whole-person and healthy living. Every patient receives a consultation from a Registered Dietician upon admission to the hospital. The Multi-Disciplinary team includes psychiatrists, nurses and therapists that treat adolescents, adults and seniors. Cross Creek Hospital accepts most commercial insurances as well as Tricare, Medicare and Medicaid.*

*Cross Creek Hospital is a Continuing Education Provider for the Texas State Board of Social Work Examiners, Texas State Board of Examiners of Professional Counselors, Texas Certification Board of Addiction Professionals, Texas State Board of Examiners of Psychologists and Texas State Board of Licensed Marriage & Family Therapists.*

For more information about the hospital, please call **512.215.3900**