



Gatehouse Academy Adds Acting Classes to Young Adult Drug Rehab Programs

Gatehouse Academy's long-term residential drug rehab facility for young adults age 17 - 25 introduces acting classes to its programs.

Wickenburg, AZ (PRWeb) January 10, 2007 -- Gatehouse Academy, a long-term residential drug rehab facility exclusively for young adults, recently added acting classes to its weekly curriculum. This is part of Gatehouse's ongoing commitment to provide its residents with the highest level of continuing drug and alcohol addiction treatment.

"Gatehouse has a goal of providing all possible options to engage the young adults in our care," said Kent Sherman, the CEO of Gatehouse Academy. "Acting has proven to be an avenue for individuals to express and discover truths about themselves. It is one of the many tools that we have found that really works for young adults."

Classes in The Meisner Technique will be taught by Matt Brown. They are structured to help young adults overcome fear of speaking in public, as well as build a stronger sense of self worth. The classes will also help the participants better understand themselves, their emotions, and the choices they make.

"Acting is an excellent way to get the young people at Gatehouse Academy in touch with emotions that they may not be able to express verbally on their own." says Brown. "I'm excited to be a part of expanding our curriculum to include another way to touch the lives of these wonderful young adults. I'm convinced that the better we understand ourselves the more empathetic we can be and the more accurately we can understand the world around us."

Brown trained in Los Angeles, CA at the Joann Baron/D. W. Brown Studio. He has taught professionally at the Piero Dusa Acting Conservatory. He brings his acting and recovery experiences together to provide an outlet for self exploration on stage.

Developed by Sanford Meisner in the 1940's the goal of the Meisner technique has often been described as getting actors to "live truthfully under imaginary circumstances." Throughout his career, Meisner worked with and taught a great wealth of important names, including famous actors such as Robert Duvall, Diane Keaton, Gregory Peck, Bob Fosse, Jon Voight, Jeff Goldblum, Grace Kelly, Sydney Pollack and others such as well-known writers Arthur Miller and David Mamet.

About Gatehouse Academy:

Gatehouse is a long term residential drug and alcohol facility exclusively for young adults age 17 - 25. Residents learn life skills, attend therapy, continue formalized education, enhance physical well-being, and recover from the effects of alcohol & drug abuse through focused 12 Step Recovery. For more information on Gatehouse Academy visit our website at www.gatehouseacademy.com or call toll free @ (888) 966-4800.

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