

## Catherine Freer Wilderness Therapy Programs (Wilderness Program)



**Member Since:** 1999

**Phone:** (800) 390-3983

Executive Contact: Paul Smith

Admission Contact: Natalia Larson

Gender: Coeducational  
Ages: 13 to 18  
Grades: 8 to 12  
Enrollment: 8 per group  
Duration: 51 Days (21 day option available)  
Founded: 1988  
Email: [info@cfreer.com](mailto:info@cfreer.com)  
Fax: (541) 812-0116



Address: P.O. Box 1064  
Albany, OR 97321  
Airport: Portland or Eugene

**Website:** [www.cfreer.com](http://www.cfreer.com)

For more than 20 years, we have been helping to facilitate long-term change in struggling teens. Our program involves a backpacking and adventure expedition that combines the benefits of outdoor living, physical activity, and extensive psychotherapy. Our participants benefit from 24/7 exposure to a therapist who resides in the field throughout the entire expedition, not for just two days a week, which is the industry standard. This unparalleled therapeutic access results in remarkable and proven outcomes for our participants. Our program integrates clinically sophisticated individual and group therapy, with therapeutic interventions and insight, in addition to substance abuse assessment and treatment.

An appropriate candidate is 13 to 18 years of age and is exhibiting negative behaviors and struggling with a one or more emotional issues including depression and hopelessness, grief and loss, adoption and attachment issues, attention problems, impulsivity, anxiety, as well as, self-destructive behaviors such as substance abuse, academic decline, defiance, lack of motivation, and poor family and peer relationships.

Upon completion of our program, we expect our students to have gained the inner strength and resolve necessary for lasting change. Treatment services are often covered by a family's insurance benefits. Psychological and educational testing is available.

We believe strongly that involved parents result in successful outcomes for their child. We offer a family program which includes multi-family meetings. In addition, families work closely with an experienced therapist who provides weekly therapeutic support and consultation, and assists with aftercare planning.

In addition to our therapeutic wilderness expeditions we operate Santiam Crossing School and Oregon Transition Homes.

**Individual Psychotherapy Available:** Yes

**Accreditation, Licensure:** Oregon Department of Human Services, Office of Mental Health & Addiction Services; Oregon Department of Human Services - Outdoor Youth Program; Joint Commission

**Professional Affiliations:** NATSAP-Full Member; OBHIC; OBHRC; AEE