Expedition Therapy Associates
(Young Adult Program)

CONTACT

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NATSAP Member
Since: 2013

PROGRAM OUTLINE

Gender: Coeducational
Ages: 18 - 26+
Grades: N/A
Enrollment: Open
Duration: 8 weeks
Founded: 2010



Airport: St. George, UT (SGU)

Expedition Therapy is a structured, intensive, hands-on, experiential, solution-focused experience for emerging young adults age 18+ who have yet to find a productive and intentional path in life.

Learning Essential Life Skills - One Expedition At A Time
The Expedition Therapy outdoor adventure experience provides participants with individualized therapy in the context of a back country skills and leadership course. Through a series of challenging weekly expeditions, Expedition Therapy students learn technical, organizational and time management skills, ultimately taking responsibility for planning and leading an expedition themselves. Combined with daily therapeutic goals and group discussions to strengthen the experience and outcomes, these challenging expeditions are integral to personal growth and development.

Discovering Who They Can Be – By Being It
As a result, our students experience and internalize a positive sense of self and gain increased confidence, learning to create balance in their lives, stay sober and reconnect with their authentic selves. At Expedition Therapy, we help young adults discover the inner focus, direction and motivation they need to move themselves forward in their lives.

Therapeutic Expedition Mentality®
Our Therapeutic Expedition Mentality® is a tested and proven, yet innovative approach to leadership, personal growth and empowerment for young adults. Students learn expedition skills from highly qualified instructors who are both technically proficient and experienced in outdoor therapy. Students then teach those skills to peers, increasing their sense of self and individual autonomy. Further benefits include increased self-esteem, better problem-solving skills, improved attitude and a greater sense of control. Students graduate Expedition Therapy with the ability to work effectively as part of a team, establishing a stable foundation for personal recovery and future success.

Family Expeditions – Putting Families Back Together!
A Family Expedition brings together the Expedition Therapy student and his or her closest family members, providing an opportunity to resolve relationship-based issues and reconnect in a positive way. Each Family Expedition is customized to the family's interests.

Expedition Therapy Can Effectively Address:

- Depression
- Low Self-Esteem
- Social Anxiety
- Lack Of Motivation
- Substance Abuse
- School Failure
- Computer Addiction
- Attachment & Abandonment Issues
- Family Relationship Issues
- An Inability To Move Forward In Life

Individual Psychotherapy Available: *Yes*
Accreditation, Licensure: *CSW-NASW; DOPL UT; LMHCC - DoPL UT; Licensed Professional Counseling Association; National Association of Social Workers*
Professional Affiliations: *NATSAP-Young Adult Affiliate Member; NASW; LPCC; AEE; SMART Recovery; NADACC Wilderness Education Association*