

[HOME](#)

[SEARCH](#)

[ABOUT](#)

[ORDER](#)



Catherine Freer Wilderness Therapy Expeditions

(Wilderness Program)

Gender:	Coeducational	Phone:	(541) 926-7252
Ages:	13 to 18		
Grades:	8 to 12	Fax:	(541) 812-0116
Enrollment:	7 per group	Email:	info@cfreer.com
Duration:	3 to 7 weeks	Website:	www.cfreer.com
Founded:	1988		
		Admission Contact:	Shirley Rex
Address:	PO Box 1064 Albany, OR 97321	Executive Contact:	Robert Cooley, Ph. D.

Catherine Freer Wilderness Therapy Expeditions provides licensed and accredited adolescent wilderness treatment services that are often covered by a family's insurance benefits. Our therapeutic wilderness services promote self-exploration and self-reflection, build self-esteem, develop individual responsibility and accountability, and help establish healthier family relationships. The program is based on client-centered individualized treatment, and we are committed to extensive family involvement. While on expedition students participate in daily group therapy, receive individual counseling and psycho-educational group education. Students may receive academic credit, depending upon respective school requirements.

Our expeditions are designed for adolescents ages 13-18 who are: beyond parental control; abusing drugs and/or alcohol; experiencing low self-esteem; rebellious, disruptive, angry and defiant; choosing the wrong friends; bright but not achieving; recovering from sexual abuse; running away; failing in school grades and attendance; depressed; unmotivated; anxious; and adolescents who are experiencing various forms of mental or emotional disturbance. Participants develop skills of self-reliance, develop social and self-awareness, learn outdoor living skills and grow to meet the physical and emotional challenges of an expedition.

Experienced therapists and guides accompany each group for the entire expedition. Treatment is nurturing, structured, emotionally profound, and life changing. Magnificent wilderness settings add to the transformational impact. We feel strongly about good family support, and each trek begins and ends with a multifamily meeting. Our Oregon Transition Homes provide additional services for youth and families who will benefit from the added support and structure that transition homes provide.

Individual Psychotherapy Available: Yes

Accreditation, Licensure, Approval: Accredited by the Joint Commission (JCAHO); State Licensed as an Adolescent Mental Health/Drug and Alcohol Treatment Program

Professional Affiliations: NATSAP, OBHIC, AEE