

Catherine Freer Wilderness Therapy Programs

(Wilderness Program)

CONTACT		PROGRAM OUTLINE	
Phone:	(800) 390-3983	Gender:	Coeducational
Executive Contact:	Rob Koning	Ages:	13 to 18
Admission Contact:	Candice Kroeger	Grades:	8 to 12
Email:	info@cfreer.com	Enrollment:	8 per group
Fax:	(541) 812-0116	Duration:	Avg. 56 - 63 days
Address:	P.O. Box 1064 Albany, OR 97321	Founded:	1988
Website:	www.cfreer.com		



NATSAP
Member Since: 1999



Albany

Airport: Portland or Eugene

For 24 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. This unparalleled access to therapeutic input and feedback 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. We expect tremendous personal growth from our students, including increased self-awareness, integrity, accountability and responsibility, and a commitment to creating healthy relationships.

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

Treatment services are often covered by a family's insurance benefits. Psychological and educational testing is available.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: Oregon Department of Human Services, Office of Mental Health & Addiction Services Oregon Department of Human Services; Joint Commission of Accredited Health Care Organizations; Academic credits provided by Santiam Crossing School which is accredited by the Northwest Association of Accredited Schools.

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