

## SOLTREKS:

Soltreks. I consider them friends once again and it is a great feeling.

I thank God everyday for Soltreks. I am so happy I had that amazing opportunity and now it is like I am seeing the world with new eyes. Thanks to Soltreks, I have old friends back in my life, a great boyfriend (who thinks I look best without makeup), a closer relationship with my family and with God. Thank you so much for changing my life!

Love, \*\*\*\*\*

P.S. I hope to return to Soltreks in some way.

*Note: Permission to publish this letter from a graduate of Soltreks (a wilderness program headquartered in Minnesota) came from the student's mother and is on file at Woodbury Reports, Inc. It provides a helpful insight into what a typical graduate goes through after an intensive emotional growth wilderness program. The homes refer to her parents' homes. If you are interested in contacting the mother about her experience, send an e-mail to [lhanna@soltreks.com](mailto:lhanna@soltreks.com) or [denise@woodbury.com](mailto:denise@woodbury.com). Legitimate e-mails will be forwarded to the parent.*

Happiness is not a station you arrive at, but a manner of travelling.

~ Margaret B. Runbeck

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## SEEN N' HEARD

### FOUR CIRCLES ON "INTEGRATING SPIRITUALITY INTO THERAPY"

(April 18, 2009) Jack Kline, Executive Director at Four Circles Recovery Center, Horse Shoe, NC, 877-893-2221, reports Four Circles will co-host the second annual professional development workshop at their base camp on June 5, 2009. Guest speaker for this one day event is Dr. David Powell, President of the International Center for Health Concerns, who will speak on "Integrating Spirituality into Therapy."

### VISTA COUNSELING OFFERS DBT

(April 20, 2009) Mike Checkett, Director and Owner of Vista Counseling Services, Salt Lake City, UT, 801-910-5891, announced Vista Counseling is now providing Dialectical Behavior Therapy (DBT) services, including groups that focus on emotional regulation and development and integration of adaptive coping strategies.

### LETTER TO NEW HORIZONS FOR YOUNG WOMEN

(April 21, 2009) There is a new letter posted to the editor from a past graduate of New Horizons for Young Women. This can be viewed in its entirety on the struggling teens website.

### FLYING H YOUTH RANCH DEDICATION CEREMONY

(April 21, 2009) Bob Hostetler, Director of Development at Flying H Youth Ranch, Naches, WA, 509-658-2990, announced there was a dedication ceremony and BBQ lunch and tour for guests in honor of the new school building on May 16, 2009.

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