



Wilderness Therapy

Wilderness Therapy is a personal intervention that utilizes nature, small-group outdoor living, backpacking, one-on-one therapy, and group therapy. Evoke's programs are for teens ages 13-17 and young adults ages 18-25+.

Our wilderness therapy programs provide personalized treatment for those struggling with issues including trauma, substance abuse, anxiety, grief, depression, identity issues, family conflict, and much more. Therapy occurs in nature, away from digital distractions and other negative influences. Being outdoors, along with eating nutritionally balanced food, getting adequate sleep, and exercising creates a strong foundation for mental health, clarity, and wellbeing. Insight and changes in perspective and attitude take place with the help of our highly-trained and compassionate field staff and therapists. Our master's and Ph.D. level therapists create customized treatment plans for each participant and their families and offer guidance and support to meet their unique challenges.

Evoke Wilderness Therapy Programs emphasize the individual's strengths and potential. The wilderness provides experiential learning while the Evoke staff teach each participant skills for reflection, self-expression, and interpreting their experiences in order to apply those lessons to life.

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Extensive Family Services

- Weekly phone calls with the participant's therapist
- Personalized family assignments, updates, journals, and pictures via the Evoke Parent Portal
- Mentoring from a previous parent to help the whole family on their journey
- Twice-weekly live, interactive webinars and access to an additional 400+ archived webinars
- Weekly podcasts on therapeutic topics
- Weekly Online Family Support Groups
- Monthly Online Parent Workshops
- Scheduled and custom Personal Growth Intensives for those families looking for more extensive resources

Evoke offers a customized curriculum accredited by Cognia for our participants which provides them the opportunity to earn .5 high school credits in English, Psychology, Biology, and Physical Education.

Progressive Clinical Services

- Twice weekly individual therapy from our experienced master's or Ph.D. level therapists
- Twice daily process groups with trained staff
- A personalized treatment plan that promotes accountability, insight, and growth in the areas of mind, body, and spirit
- A formal evaluation of assessment and discharge plan from the participant's therapist
- Field Instructors who have comprehensive training in wilderness living, group facilitation, and counseling skills
- A psychiatric assessment when appropriate



Admissions Information

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