



Personal Growth Intensives

Evoke Therapy Programs understands the necessity of supporting the entire family and offers programs for individuals, parents, couples, and families. In all our intensives, participants will come to understand themselves and their relationships better, providing them with greater optimism and peace. While these programs are independent of our wilderness therapy programs, they can also be coordinated while a teen or young adult is enrolled at Evoke to help the family develop communications skills, boundaries, support, and prepare for transition.

Finding You is for individuals looking for a therapeutic accelerator to create dynamic changes in their lives. Participants looking to find balance or confront current dilemmas will come away with a greater feeling of peace and clarity. This is a 4-day program with education, group counseling, psychodrama, and mindfulness activities for the following issues.

evoke





- *Conflict in relationships*
- *Co-dependency*
- *Communication skills training*
- *Understanding cycles of depression and anxiety*
- *Struggles with important life decisions*
- *Developing clarity and identity*
- *Healing trauma*
- *Parenting and couple's challenges*
- *Healing self-medicating behaviors*
- *Healing childhood wounds*
- *Grief and loss issues*
- *Building skills for greater intimacy in relationships*
- *Forgiveness for self and others*

Finding Family is for families looking to create connections and confront difficult family dynamics.

Scheduled intensives are hosted either in a private cabin near beautiful Park City, Utah or at Evoke's Oasis, with access to our beautiful wilderness area. Experiential activities, classroom instruction, and group work will focus on expanding insights about each individual and provide them with tools and an ongoing plan for continued growth. The intensives also use the following activities to create a powerful learning experience:

- *Psychodrama and role playing*
- *Daily meditation and mindfulness experiences*
- *Walking meditation*
- *Hiking and outdoor activities*
- *Group therapy*
- *Therapeutic games and initiatives*
- *Treatment planning session*

Custom and private intensives are also available.

Admissions Information

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