

# ski therapy™

*... a family integration program...*

expert

custom

"normal"

Many families long for a normal vacation. Have you heard clients ask, "Can't we just do something normal as a family?"

The Ski Therapy family integration program is a 4 day, supported experience for families where one member is preparing to "come home" after an extended residential treatment program.

Often the cues and triggers of the home environment, combined with the stress of family patterns, contribute to overwhelm and relapse behavior. By working on the family relationship in a supported, therapeutic, resort environment, the family will reinforce the changes made during their child's treatment.

Each Ski Therapy program is tailored to fit each individual family we serve. As a team, we consult with the family's existing therapeutic support to create an effective treatment plan. Each family will have the opportunity to practice communication skills, family goals negotiation, working with strong emotions, experiential therapeutic sessions, psychological education, and relaxation and restoration techniques.

Additionally, therapists provide experiential therapeutic skiing sessions for individuals and families. Individual participants are offered skiing EMDR sessions. Other outdoor activities may be substituted for non-skiers.

Accommodations are arranged at Colorado resorts including Vail, Keystone, Winter Park / Mary Jane, and Breckenridge. Fees range from \$5900 to \$8900 depending on family size, activities and accommodations.

The Ski Therapy team is lead by expert therapists experienced in integrating the wilderness into therapeutic work for individuals and families.

Katie Asmus, MA, LPC, Clinical Supervisor, is a faculty member of the Wilderness Therapy program at Naropa University.

Jody Radtke, MA, LPC, Clinical Director, has directed the programs of the Women's Wilderness Institute in Boulder, Colorado for five years.

Amy Winchester, MA, LPC-I, Grief and Loss Specialist, is a counselor with HospiceCare of Boulder & Broomfield Counties.

Andrew Rose, MA, LPC-I, Program Director, Trauma Specialist, is a certificated EMDR practitioner with a private practice in Boulder, and leads Ski and Wilderness EMDR intensives.

For more therapist biographies see [www.skitherapy.com](http://www.skitherapy.com)

## EMDR and Skiing

“EMDR is grounded in psychological science and is informed by both psychological theory and research on the brain.

“Traumatic experiences and persistent unmet interpersonal needs during crucial periods in development can produce blockages in the capacity of the adaptive information processing system to resolve distressing or traumatic events.

“Alternating, left-right, visual, audio and tactile stimulation when combined with the other specific procedural steps used in EMDR enhance information processing.”

*EMDR International Association*  
*www.emdria.org*

In Ski Therapy, the EMDR protocol is facilitated on the slope and on the lift, in privacy. Skiing and snowboarding provide the left-right muscular and tactile stimulation that enhances the client’s capacity to process relational and non-relational trauma.

**for inquiries contact:**

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