

CREATING THE SHIFT: Harnessing Your Personal Power

A ROCKY MOUNTAIN WEEKEND INTENSIVE

***Cognitive-Behavioral / Native American/ Positive Psychology Principles
Presented within a Natural Wilderness Setting***

Hosted and Presented by **Lisa Kurth, M.S., L.P.C. / Clinical Director/ Psychotherapist**

ALPINE BEHAVIOR THERAPY CLINIC

SESSION DATES: Three Full Days (Typically Fri, Sat, Sun / or Sat, Sun, Mon or TBA)

TIMES/ LOCATION: Wilderness Experiential Retreat onsite at Snowy Range & Medicine Bow National Forest, Wyoming, Cameron Pass, Routt National Forest, Rocky Mountain National Park, Colorado, Cathy Fromme Prairie & ABTC/ Fort Collins. Daily departures are from ABTC. *Locations may alter contingent on weather conditions and trainee needs.*

PROGRAM FORMAT: *This Unique and Dynamic Program relies upon Outdoor Nature as a Didactic Metaphor.* Specific principles are taught, tangibly illustrated and emphasized through individual, direct exercises in nature. The impressive *Rocky Mountain Continental Divide and surrounding area becomes an unforgettable classroom setting.* Program content is geared to maximize personal potential, with individually declared objectives and goals interwoven into the program format. (Consultation is required with the program leader prior to enrollment in order to facilitate individual tailoring of program).

Fee Schedule is based on approximately 30 hours of personalized, professional counseling, training and tailored coaching and includes daily travel to / from ABTC, light snacks and healthy lunches (Note: Check/ Cash/ MC/Visa/Discover Accepted at time of enrollment)

COURSE OBJECTIVES

- 1. To create and become familiar with a balance of inner peace & dynamic power**
- 2. To surrender and discard any non-supportive identity you have outgrown**
- 3. To lay a firm foundation for the process of re-inventing yourself**
- 4. To establish comfort in exploring the unfamiliar or “what’s on the other side”**
- 5. To discover, establish and manifest your personal place and purpose in this world**
- 6. To have this movement positively impact your intimate & professional relationships**

Each day hosts a series of individualized therapeutic exercises inside nature.

TBA= Dates are Arranged According to SESSION Availability.

NOTE: A recommended list of proper outdoor attire, minor supplies, etc. is provided.

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Course Preliminary Homework

Identify, and clarify the personal goals or shift(s) you declare you are now ready to create and allow into your life out of your participation in this weekend intensive. Make a list and/or write these down. Forward to course facilitator by the deadline via US mail or Email attachment. Use additional sheets as needed.

Note: Daily journaling/ note taking are encouraged to promote routine processing and self-realization. A small notebook and writing utensils are required.

Personal Declared Goals

1.

2.

3.

4.

5.

Use more sheets if necessary.

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*Cognitive-Behavioral / Humanistic Therapy in a Wilderness Setting***

Registration Form

Name:

Address:

Contact Information:

Medications: (include Dosage and Supervising Physician name)

Other Health Conditions:

Reliable Emergency Contact Information:

Health Insurance Information (In case of medical emergency)

Primary Insured:

DOB:

Insurance Number (Group or Account #)

Insurance Phone Number

Consent / Liability Statement (ABTC forms will be forwarded to you. Please sign, date and return these forms *prior to first date of session*).

Payment: MasterCard /Visa /Discover Card accepted, Cash or Check is also accepted. Credit card payments can be presented at time of arrival.

***For questions regarding registration or program session arrangements,
Contact Lisa Kurth, M.S. L.P.C. at (970) 482-7771 or email at info@abtclinic.com***