

New Vision Wilderness

NVW 21-Day Expedition Program Therapeutic Outline

Day 1-3 Orientation

Initial Somatic Stress Testing via Bio Feedback
Individual Treatment Planning Processes/ Strengths-Needs Assessment
Introduction Groups
Stages of Change Introduction
Beginning Stage of Masterminds Emotional Management

Day 4-8 Immersion

Life Line/ Life Inventory Projects
Barriers to Change
Somatic Trigger Intervention
AODA Work sheets Stages of Change, Peers, Family History
Traumatic Memory Reprocessing
Drug Use Brain Scan Projects

Days 8-13 Breakthrough Phase

Cues Triggers and Patterns and the Science of the Inner Brain
Shame/Guilt Work Sheet
HeartMath Stress Management Programming

Days 13-15 Solo Challenge

HeartMath Stress Management Implementation
Intensive Individual Sessions
Guided Imagery Work
Intensive Art Projects

Days 15-20 Reliance Phase

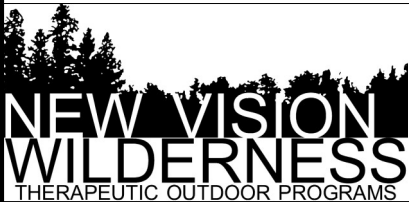
NVW Work book Wrap Up
Relapse Prevention Planning

Days 20-21 Final Transition and Re-integration Phase

Family Transformations Programming
Program Testimonials
Family Dynamics Mapping
School Mapping

All participants complete daily journals and a NVW Therapeutic Workbook while attending the program. Therapeutic groups are facilitated at the beginning and ending of each day.

*Inspiring Change...
By Nature.*



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