

Wilderness Therapy Workshop

with "Dr. Dorie" McCubbrey, PhD, MSEd, LPC, LAC, CEDS

Saturday, June 23 | 10am-1pm

Lakepoint Center • 29029 Upper Bear Creek Rd • Evergreen, CO

**"I have a room all to myself; it is nature."
- Henry David Thoreau**

Join this small group of up to 8 members as we take an easy walk into a nearby nature area. Dr. Dorie will guide therapeutic practices which incorporate the surrounding wilderness so that you can:

- enhance connection with your intuitive wisdom
- release (or transform) what holds you back
- discover new directions which are calling you
- explore how to ease through transitions
- create a wilderness ritual to practice at home

"Dr. Dorie" is the Owner & Clinical Director of Positive Pathways, PLLC, providing intuitive solutions to eating disorders and addictions. She believes that nature enhances intuitive abilities, and offers individual wilderness therapy sessions upon request.

EARLY BIRD
By June 16
\$150



REGULAR RATE
June 17 & after
\$185

**TO REGISTER, EMAIL: DRDORIE@DRDORIE.COM
OR CALL: 303-494-1975**

EVENT DETAILS: We will meet promptly at 10am at the Positive Pathways office, located in Suite 206 inside the Lakepoint Center. This building is right beside Evergreen Lake (watch carefully for signs to Upper Bear Creek Road as you approach the lake). Park near the Willow Creek Restaurant, look for the directory of professional offices, and the building entrance is right behind this sign. We'll briefly discuss safety and confidentiality policies, and then proceed to the nearby nature area at 10:15am. Wear sunscreen, comfortable clothes and sturdy shoes. Bring plenty of water, and a snack if you desire. A handout will be provided, but bring your own journal if you'd like. There will be a variety of wilderness therapy activities which we'll do together as a group, in pairs, and on your own. These activities are appropriate for all levels of health/fitness (minimal effort required). There will be opportunities for group sharing about your experiences, but you may choose to keep what you experience to yourself. After we conclude, you may want to stay and have lunch at a nearby restaurant, or bring your own lunch to enjoy. If you have any questions, please contact Dr. Dorie at the email or phone number above.