

# Wilderness Therapy Workshop

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

**Sunday, July 28 | 10am-1pm**

**Dedisse Park • Hwy 74 / Evergreen Pkwy • Evergreen, CO 80439**

*"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 around Dedisse Park. Dr. Dorie will pause the group to guide therapeutic practices which incorporate the surrounding wilderness so you can:

- enhance connection with your intuitive wisdom
- release (or transform) what holds you back
- explore healing through elements of nature
- discover new directions which are calling you
- experience rituals to continue with at home

"Dr. Dorie" is the Owner of Positive Pathways, PLLC, providing intuitive solutions to eating disorders and addictions. She meets with clients at 2247 Federal Blvd., Denver CO 80211. She also offers individual wilderness therapy sessions in Evergreen, upon request.

**EARLY BIRD**  
**By June 30**  
**\$150**



**REGULAR RATE**  
**July 1 & after**  
**\$185**

**TO REGISTER, EMAIL: [DRDORIE@DRDORIE.COM](mailto:DRDORIE@DRDORIE.COM)**  
**OR CALL: 303-494-1975**

**EVENT DETAILS:** Please arrive promptly at 10am at Dedisse Park, the main entrance is accessed from Hwy 74 / Evergreen Parkway. If you are coming from Denver, the fastest route is I-70 (exit 252). After driving about 15 minutes, you'll see Dedisse Park on your RIGHT, just before you reach Evergreen Lake. Drive all the way to the top of the park road (about 1/2 mile), where you'll see a parking area and restrooms ("primitive" style). We'll meet in the pavilion just beyond the parking lot. 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.