

# TRAILS OF PURPOSE

Summary of Current Services  
[www.trailsofpurpose.com](http://www.trailsofpurpose.com)



## INDIVIDUAL SERVICES

**Individual Psychotherapy:** This service is one to one with a counselor in a traditional talk setting. All sessions are free and typically 1 hour in length. These sessions are unlimited and duration/frequency is determined by the clinician in the intake/treatment plan.

**Individual Equine Assisted Psychotherapy:** This service is one to one with a counselor and horse in a barn setting, utilizing individualized equine exercises to address treatment plan goals. All sessions are free and typically 1 hour in length. These sessions are unlimited and duration/frequency is determined by the clinician in the intake/treatment plan.

**Family & Marriage Counseling:** This service is offered for the service member and their dependents in either a traditional or equine assisted setting. All sessions are free and typically 1 hour in length. These sessions are unlimited and duration/frequency is determined by the clinician in the intake/treatment plan.

## GROUP SERVICES

**Reactivation Program:** This service is a closed group that meets once weekly on Monday evenings for 6 weeks. Our team of licensed counselors and equine specialists lead equine assisted therapy with a curriculum that is focused on suicide prevention for active duty service members and veterans who are struggling with more acute levels of anxiety and depression. All sessions are free and typically 2 hours in length.

**Safe Harbor Recovery:** This service is an open group that meets once weekly on Wednesday evenings. It is for active duty service members and veterans that are currently receiving treatment at Safe Harbor. This equine assisted therapy group is led by counselors and equine specialists with a curriculum that is focused on substance abuse. All sessions are free and typically 1.5-2 hours in length.

**Spouse Serenity Group:** This service is an open group that meets once biweekly on Monday mornings from 10-1130. It is open to all active duty spouses as a support group. This is clinician led but not curriculum based. The objective is a safe space to decompress, find support, get fresh air, and re-engerize yourself.

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## GROUP SERVICES

**The Dovetail Program:** This is a family workshop that is 2 weeks in duration with each session at 3 hours. The first session is just for the parents, while the second session is with children as well. It is focused on trust and communication within the family dynamic.

**Trailblazers Program:** The Trailblazer group will offer your child a weekly group for 90 minutes to connect with other children. We have two different age groups, 8-10 and 11-14 that are held bimonthly. The Trailblazer Program will be led by a Licensed Professional Counselor and be a combination of talk therapy, emotional intelligence education, and equine assisted therapy.

**The Headway Program:** This is a program offered to commands to send 10-15 service members to. The objective of this program is psychoeducation on stress management and communication in the team. It is 5 hours long and includes lunch. It is a hybrid of psychoeducation and equine assisted learning.

**Community Group Classes:** This service is an open group offered weekly on Saturday mornings for service members/ veterans in the local area. Our instructors lead equine assisted therapy followed by a catered lunch meal provided. All sessions are free and typically 2 hours in length.

**Marriage Enrichment Workshop:** This is a relationship workshop that is held monthly on Saturdays. It deep dives into marriages, their communication, stressors, and ways to overcome those stressors and deepen your connection with your spouse and cultivate a stronger, more fulfilling marriage. It is 6 hours long and includes lunch. It is a hybrid of psychoeducation and equine assisted learning.

**The Family Round Up Program:** This group is designed to strengthen the bond between primary caregivers and their children in the beautiful and calming setting of a farm. This program will be offered biweekly on Wednesday mornings from 9:30-11:30am. Through interactive activities and nature-based interventions, this group will promote emotional connection, enhance communication, and foster growth in both parent and child. This group is for children ages 8 and younger and will be held once a month. Each group will be 2 hours long and offer a picnic setting at the end of each group. (This group you will bring your own lunch.)

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## NON CLINICAL SERVICES

**Evolution Mentorship Program:** This service is a mentorship program designed to foster connections within our community between those who have the capacity and drive to provide support, guidance, and knowledge based on their service and life experiences, with those who are seeking that type of connection outside of a counseling setting from peers who have common understanding. A participant, currently receiving services is paired with a mentor who is vetted by the program, for 6 months under counselor supervision.

**TOP Fitness Program:** This service is a fitness program designed to enhance the mental wellbeing of clients/participants by the integration of physical health treatment methods into the established clinical mental health treatment plans. Under counselor supervision, participants will be able to engage in CrossFit Krypton workouts 3 times a week for a 60 day sponsorship. Participants will utilize Benchmark CrossFit workouts to measure physical progress in tandem with counseling for increased mental health.

