



## Research-Proven Mental Health Treatment

Evoke Therapy Programs provides research-proven mental health treatment. We have been conducting research for over 10 years on the treatment that we provide and the results confirm our program works, creating lasting positive changes for participants. Please take a look at our research brochure for the details of how successful our program has proven to be over the last decade.

We continually train our staff on the most effective and up-to-date treatments available, providing participants with the most innovative care. Our programs utilize the proven benefits of nature along with a mind, body, spirit curriculum providing whole-health benefits for our participants.

Our programs provide individuals and families the foundation they need for creating lasting changes in their lives. Treatment is tailored specifically to meet each person's needs, and each assignment and activity are intentional to assist individuals and families in leading happy & healthy lives.

# evoke

## Wilderness Therapy For Teens Ages 13-17 & Young Adults Ages 18-28+

Our wilderness therapy programs provide personalized treatment for those struggling with issues including trauma, substance abuse, anxiety, grief, depression, identity issues, family conflict and much more. Therapy occurs in nature, away from digital distractions and other negative influences. Being outdoors, along with healthy food, adequate sleep and exercise, creates a healthy foundation for mental health, clarity, and wellbeing. Dynamic changes take place with the help of our highly-trained and compassionate field staff. Masters & Ph.D. level therapists create customized treatment plans for each participant and their families and offer guidance and support to meet their unique challenges.

### Pursuits Adventure Trips

Pursuits outdoor adventure trips are exciting adventures – and so much more. They inspire and motivate participants to develop greater personal vision and pursue lifelong goals. Pursuits trips are for individuals, families, and groups and include backpacking, canyoneering, kayaking, mountain biking, rock-climbing, all-inclusive international adventure, service-oriented trips and much more.

### Personal Growth Intensives

These intensive 4-day workshops are for individuals, parents, and couples experiencing issues related to codependency, intimacy, trauma, self-medicating behaviors, anxiety, conflict in relationships, or those facing difficult life decisions. Through education, psychodrama, mindfulness, and group therapy, we provide tools and insights so participants can remove the barriers keeping them stuck and separated from happiness and joy.

For more information on any of these programs, please visit us at [www.evoketherapy.com](http://www.evoketherapy.com), or call one of our Admissions Counselors at 866.411.6600.



## Admissions Information

**Stephanie Lewis**

T. 970.619.8664

M. 575.835.6422

F. 435.921.0328

[stephanie@evoketherapy.com](mailto:stephanie@evoketherapy.com)

**Leah Shingler**

T. 801.453.0042

M. 801.550.8971

F. 801.906.6631

[leah@evoketherapy.com](mailto:leah@evoketherapy.com)

**Steve Kirk**

T. 801.785.7933

M. 801.368.0120

F. 801.406.8008

[steve@evoketherapy.com](mailto:steve@evoketherapy.com)

**Please call  
for more  
information:**

**866.411.6600**

[www.evoketherapy.com](http://www.evoketherapy.com)



100% Recycled Paper Manufactured Using Wind Power

