

Sacred Trees & Healing Skies

Navigating Addiction & Trauma with Natural Support



Trauma and addiction can feel like being lost in a storm.



Our environment offers the canopy of safety where healing begins.



DBT

DIALECTICAL BEHAVIORAL THERAPY

Emotion Regulation & Distress Tolerance

- DBT teaches grounding in the present to weather the storm.
- DBT Supports in the development and restoration of emotional and relational skills disassembled by traumatic experiences.



ACT

ACCEPTANCE & COMMITMENT THERAPY

Acceptance & Values-Driven Living

- ACT helps clients embrace discomfort and commit to purposeful recovery.
- ACT allows for behaviors to be aligned with & guided by values, restoring first casualty of trauma: one's relationship with self.



Brainspotting

TREATMENT FOR TRAUMA

Focused Healing

- Brainspotting identifies and processes trauma at its neurobiological source.
- Brainspotting alleviates trauma laden neuro networks, increasing available vital life energy which is instrumental in recovery work.



Clear skies make navigating recovery possible and safe.



With support, safety, and skillful guidance, freedom and healing take flight.