Welcome to THEORY-A Experiences hosted by C.A. Counseling & Consultants. THEORY-A is a therapeutic treatment program designed to enhance one's self-image while promoting self-reliance and exploration, cognitive restructuring, logical reasoning and personal strength. We implement proven methods of therapy in a focused experiential setting. This includes the wilderness, urban, and many settings in between to produce powerful experiences.

Our experienced team of Wisconsin and Illinois State licensed therapists, counselors, teachers and recreation specialists have utilized this style of alternative intervention as a form of therapy and have shown success in many of the most challenging diagnostic dilemmas including (but not limited to):

- High Functions Autism
- Anxiety/Depression
- PTSD/Trauma
- Attachment Issues
- Anger Management
- Oppositional Behavior
- Attention Deficit / Hyperactivity
- Identity Issues
- Stress
- Maniupulations fueled by high IQ (bright students)
- Substance, Family Concerns
- Family Conflict
- Learning Challenges

We strive to help build skills for long-term stability and accountability.

The focus of THEORY-A Experiences is to provide support to individuals with challenges such as Autism, depression, anxiety, trauma and grief by offering experiences to learn specific skills and develop areas in their life like: character development, cognitive flexibility, social outlet/assimilation, friendship formulation, empathetic reciprocity, goal attainment, future planning, team work, cohesion, logical reasoning, emotional expression as well as fun and adventure.

ADVENTURE AGES

Our calendared group events are divided into age brackets:

- Children (ages 6-9, 10-12)
- Teens (13-15, 16-18)
- Young Adults (19-25, 26-30)
- Adults (31-62)
- Senior Adventures (63 and up)

CONTACT US

- For more information about THEORY-A Experiences
- To request a calendar of experiential adventures
- To find out about summer programs
- To have us design a personal group adventure
- To register for upcoming trips

CA counseling | consultants

(262) 607-6390
www.cacounselingconsultants.com

THEORY-A EXPERIENCES

Therapeutically Healing Experiential Outdoor Recreation Yearlong Adventures

Learn, Grow, and Share an Experiential Adventure

(262) 607-6390
www.cacounselingconsultants.com

OUR MISSION. OUR PROMISE.

To provide an experiential, therapeutic and educational supplement that will develop leadership, self-reliance, and life skills. This is accomplished by engaging oneself in challenging and exciting programs delivered in nature’s environment. These experiences will build a healthy Mind, Body, and Spirit.
THEORY-A STAFF
Our staff consists of licensed clinical social workers, licensed school social workers, marriage and family therapists, drug and alcohol counselors, certified special education teachers, outdoor recreation specialists, autism, trauma, crisis and behavioral specialists. All of our staff have seen and experienced the long-lasting effect of experiential based treatment. The staff is passionate about providing these experiences for others to learn and grow.

OUR EXPERIENTIAL THERAPY PROGRAM TEACHES:
- Critical Decision Making
- Personal Responsibility
- Healthy Communication (thinking, listening, and speaking)
- Self-Esteem
- Self-Reliance
- Teambuilding (Cohesion)
- Emotional/Behavioral Understanding
- Intervention Skills
- Cooperation
- Leadership
- Accountability

WHY CONSIDER EXPERIENTIAL TREATMENT
Experiential therapy is a form of therapy that encourages individuals to identify and address hidden or subconscious issues through hands on experiences, gaining personal control, and accepting responsibility. Experiential therapy is constructed using many forms of therapy.

Examples of experiential therapy include outdoor recreation therapy, equine therapy, expressive arts therapy, music therapy, play therapy and more.

Experiential Therapy is a tool used to help individuals examine personal relationships and initiate self-discovery on how those relationships affect current behaviors. When individuals are being treated for any intrapersonal or interpersonal concern there needs to be elements examining personal relationships, as well as intervention to help them identify negative emotional triggering patterns or compulsive behaviors.

Rather than utilizing only traditional talk therapy, or being given a book or list of things to work on, individuals participate in our experiential activities. One then may recreate situations or experiences that trigger difficult emotions or feelings which then can be directly addressed and worked through.

TREATMENT
The THEORY-A program is more than just opportunities for adventures and activities for individuals. THEORY-A provides an experiential environment that members get to challenge themselves and each other to grow.

The goal of THEORY-A is to provide experiential activities, opportunities and challenges (experiences) for any individual. Those who experience acute concerns to chronic areas of distress, individuals with high functioning autism to those who have experienced trauma within their lives. All individuals benefit from being a part of a positive social cohesive group as they have opportunities provided to them, under the direct supervision of licensed clinical professionals that allow them to personally grow.

Activities are designed to fit our members so that they are able to enjoy all the wonderful opportunities and experiences that are out there. THEORY-A members will enjoy activities such as: day trips, hiking, paddling, rock climbing, camping, canoeing, horsemanship activities, archeological explorations, swimming, sensory activities, arts & crafts, self-discovery, team work, sports, creative expression, yoga, music, museums, plays, historic, and ethnic diversity/ culture and so much more while having the opportunity to process these experiences with trained professionals.

THEORY-A EXPERIENCES STRIVES TO:
- Provide experiences that will help obtain personal goals.
- Provide therapeutic experiential and educational supplement that will develop leadership and life skills.
- Engage participants in challenging and exciting activities delivered in a natural environment in order to build a healthy mind, body, and spirit.

OUTOUR TREATMENT MODEL FOCUSES ON 3 KEY AREAS FOR DEVELOPMENT:

1. The individual’s ability to be able to identify and process their internal & external response to stimulus within their environment.
2. The individual’s ability to challenge themselves to learn and understand all the different areas about who they are and who they wish to become.
3. The individual’s ability to use teamwork in order to build social flexibility, cohesion, and create shared experiences.

We Consider the needs of each individual and construct programs incorporating experiential therapies tailored to their specific physical, mental, and emotional needs. Our focus is on creating a balance between mind and body.

ENVIRONMENT
The experiential Experience provides an environment free of negative external stimuli and influences, yet offers a richness of inherent lessons found only in the natural setting. Our program also offers a mirror to the family lifestyle with structure, boundaries, feedback, relationships and challenges: in these surroundings, an individual is more capable of examining and changing their internal processes.

TREATMENT
Our group treatment consists of: Milieu Group Therapy, Individual Trip Therapy, Therapeutic Assignments, and Experiential Activities.

Within this structure, individuals begin to examine past experiences, their behavior, their relationships, and the internal processes and coping strategies they use. They gain an understanding of how and why their lives have led them to THEORY-A Experiences and how they can begin to make changes in the way they think and behave. The result is the creation of new positive feelings, relationships, and behaviors.

Calendar of events & registration can be found on our website or by calling: (262) 607-6390
www.cacounselingconsultants.com