



AIR WATER EARTH THERAPY

AWE Therapy supports connection with self, nature, and others, increasing opportunities for positive emotions like joy, love, awe, compassion, and self-compassion.

PROGRAM DETAILS

TREATMENT MODALITIES TO INCLUDE:	<ul style="list-style-type: none">• Diagnostic Assessment• Individual Therapy• Group Therapy
DATES	June 15–September 17, 2023 (No service week of 8/7)
LED BY	Therapist will conduct individual and group therapy session and outings facilitated by a wilderness organization
GROUP THERAPY	Thursdays, 3:00 pm
AGES	14-16
LOCATION	Edina: 4510 W 77th Street, Edina, MN 55435
PROGRAM LENGTH	15 weeks



Self-reported well-being increases significantly with more than 120 minutes of nature exposure per week (White et al., 2019).



After a 90-minute nature walk, study participants report significantly lower levels of rumination—or anxious worry—and demonstrate reduced activity in brain areas linked to mental illness (Bratman et al., 2015).



Attendants at a 4-week wilderness camp reported decreases in stress and negative emotions and increases in greater sense of place, emotional attachment, and security in nature after the experience (Warber et al., 2015).

Questions: Please Contact Direct Admission and Scheduling
952-737-4575