



## 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"><li>• Diagnostic Assessment</li><li>• Individual Therapy</li><li>• Group Therapy</li></ul>
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**