



SEK Therapeutic Intensives

“Vowing this time to find purpose, passion, meaning and balance.”

THERAPEUTIC INTENSIVE THERAPY WORKSHOPS FOR ADOLESCENTS

- **Mission:** To help each individual create balance (spiritual/emotional/physical/mental health) and a life that has purpose and meaning using nature and experiential therapies.
- **Vision:** Nestled on a serene working farm setting, Essential Touchstones SEK therapeutic intensives provides experiential therapies to adolescents of all ages. Adolescents are welcomed into a collaborative and respectful treatment process that utilizes accepted best practices in experiential treatment. Essential Touchstones promotes physical, emotional and spiritual healing, empowering our adolescents to embark upon the lifelong journey of balance and passion.
- People respond to difficulty in individual ways. They heal in individual ways, too. That’s why you won’t find just one approach to healing and treatment at Essential Touchstones. We harness the benefits of both traditional and innovative pathways.
- **What is experiential Therapy:** Rather than a more traditional “talk therapy,” Adventure and Experiential Therapy involves movements, actions, and activities. It involves the patient having a more physical experience, rather than a more subdued therapy session. Experiential therapy is a therapeutic approach that urges patients to recognize and address suppressed issues through activities such as role-playing, guided imagery, the use of props, and a range of other active experiences.
- **What are the benefits?** One of the benefits that come from this form of therapy is that the therapist is able to see their patients involved in activities where the therapy is not the main focus. In other words, if a patient is actively engaged in kayaking, they are focusing on that rather than therapy, the therapist is then able to observe the actions and emotions the patient is experiencing in a whole new setting. This focus on the task allows the patient to let their guard down and act in a more real-life manner. After the exercise or activity, the patient and therapist are able to talk about what happened, and the patient is able to process the experience. The patient has the time to receive specific feedback regarding actions and behaviors, this is where the therapy portion comes into play. Not only does the therapist have the chance to talk about the patient’s actions and behaviors, but the patient is also able to identify the actions and process the way he or she handled a given situation. Other benefits for patients include change, personal growth, problem-solving skills, and personal empowerment.
- **What conditions can be treated with Experiential Therapy?** Experiential therapy has been successfully integrated into treatment programs for adults who are being treated for substance abuse, behavioral disorders, mood disorders, disordered eating, grief/loss, trauma, divorce, family problems, and related conditions.



Application

Adolescent Name: _____

Parent/Guardian Name: _____

Date: _____

This is intended to be filled out with your adolescent and will be read by all facilitators.

What size t-shirt is your child (S, M, L, XL, 2X, 3X) _____

What is your hope/goals for this therapeutic intensive? _____

Describe your child's strengths? _____

Tell us what we need to know about your adolescent, about you and your family?

Describe your child's social involvement on a scale of 1-10? _____

Describe any mental health history including substance use? _____

Are there any medical issues or allergies that we need to know about? _____

Do you give permission to photograph your child/family to post to SEK facebook page? Photos will be posted daily

How are you Sleeping? _____

What emotions are most present for you right now? _____

What's the last meal you ate? _____

What can you do for fun this week? _____

Do you feel like you have a support system? _____



How can we support you? _____

Is there anything you'd like to share with us? _____

What is taking up the most room in your brain right now? _____

How are you taking care of yourself this week? _____

How can I keep you accountable to that? _____

When was the last time you went outside? _____

Have you unplugged from technology today? _____



Evening Evaluation Family Self-Check In

This is intended to fill out with your child and will be read by all facilitators each day.

Name of Adolescent: _____ Date: _____

Parent's/Guardian's Name: _____

Overall my/our day was:

What was really great about my/our day was:

I/We were able to make this day worthwhile by:

The day could have been better if I/We had:

Essential Touchstones can help me/us have a more productive time here by:

I/We are grateful for:

Comment:



Morning Evaluation Family Self-Check In

This is intended to fill out with your adolescent and will be read by all facilitators each day.

Name of Adolescent: _____ Date: _____

Parent's/Guardian's Name: _____

Right now I/We are feeling:

Physically I/We feel:

Emotionally I/We feel:

Spiritually I/We feel:

Mentally I/We feel:

Task I/We need to do today:

I/Our evaluation of where I am right now:

I/We are grateful

for: _____

Comments:



Directions

Roothog Farm

Owned by: Heath and Keath Killebrew

Address: Across the street from 5319 Highway 22 West Flora, MS 39071

1. Turn **right** onto Main St/MS-463. Continue to follow MS-463.
 1. MS-463 is 0.1 miles past Garden Park Dr
 2. If you are on Grandview Blvd and reach Grandview Dr you've gone about 0.4 miles too far

Then 8.69 miles

2. Turn **left** onto Highway 22/MS-22. Continue to follow MS-22.


Then 6.52 miles

3. Turn **left** onto SW 4th St/MS-22.

Then 0.23 miles

4. Turn **right** onto Peach St/MS-22. Continue to follow MS-22.

Then 1.67 miles

5.  5319 Highway 22, Flora, MS 39071-9773, 5319 HIGHWAY 22 is on the **left** and the **SEK Intensives** are on the **RIGHT**. You will see a **SEK Sign** in the gravel parking lot. Park and wait to be picked up by your driver.

The name of the Farm is Roothog. There is no physical address for this working farm. You will see an open field on the right-hand side.

If you need directions or get lost please call Keath Killebrew at 662-475-0479 or Alyssa Killebrew at 601-750-6102.



Adolescent/Parent Waiver of Liability Agreement

I _____ (print name of adolescent) and _____ (print name of legal guardian) acknowledge that I wish to participate in Essential Touchstones Therapeutic Intensives at Roothog Farm owned by Heath and Keath Killebrew (located across from 5319 Highway 22 West) in Flora, Mississippi on _____ (dates).

I understand that certain risks are inherent in travel and experiential therapies in nature in which I will participate and I accept fully these risks. These risks include, but are not limited to injury, disease or threat of physical harm to myself and others. I acknowledge that Essential Touchstones and Heath and Keath Killebrew (farm owners) are not responsible for any harm that might occur.

I understand and agree that Essential Touchstones and Heath and Keath Killebrew do not provide insurance to cover expenses for damage to property and that Essential Touchstones and Heath and Keath Killebrew strongly recommend that I also carry my own health, medical and property insurance for the purposes of potential losses related to this project.

I fully release and discharge Essential Touchstones and Heath and Keath Killebrew and their employees, offices and agents from all liability in connection with my participation in the Essential Touchstones Week Long Intensives.

Signature of Legal Guardian

Date

Signature of Adolescent Participant



Volunteer/Staff Waiver

I _____ (print name) acknowledge that I wish to participate in Essential Touchstones Therapeutic Intensives at Roothog Farm owned by Heath and Keath Killebrew (located across from 5319 Highway 22 West) in Flora, Mississippi on _____ (dates).

I understand that certain risks are inherent in travel and experiential therapies in nature in which I will participate and I accept fully these risks. These risks include, but are not limited to injury, disease or threat of physical harm to myself and others. I acknowledge that Essential Touchstones and Heath and Keath Killebrew (farm owners) are not responsible for any harm that might occur.

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Signature of Volunteer/Staff

Date



At SEK, we believe that balanced healthy meals and exercise are one of the most critical components of living a balanced, healthy life. To support participants during what can be the most challenging parts of their day, all staff members model appropriate eating behaviors and provide encouragement during meals and snacks. SEK provides a safe and supportive space for adolescents to begin to have a positive relationship with food.

Our exercise, yoga and meal planning program works to build balanced meals and snacks by combining various locally grown food groups and affords our participants the support and flexibility they need to achieve a sense of normalcy surrounding meals and snacks.

We offer nutrition education and fitness with experts.

Our nutritional and exercise philosophy includes:

1. All foods fit
2. Balance, variety, and moderation
3. Embrace the non-diet approach
4. Fitness and nutrition is progress, not perfection
5. Health is possible with awareness and consistent practice

Menus will be planned using “The How Not to Die Cookbook” by Dr. Michael Greger (founder of nutritionfacts.org; New York Times Bestselling author)