

# outside → in

## Experiential Group Therapy



Do you know someone age 13-18 suffering from:

- A Disconnection from Self, The Natural World and Their Local Community
- Underperformance in School
- Poor Self Esteem or Body Image
- Anxiety, Depression, Self Harm
- Difficulty Overcoming Social Challenges
- Increased Isolation and Withdrawing Behaviors
- Drug and Alcohol Use
- Challenges with “Too Much Screen Time”

This group will help teens set and achieve personal goals through a combination of group therapy, adventure therapy, and wilderness therapy locally on the Front Range.

We help teens achieve their individual goals as well as

- Increase Self Confidence, Self Esteem and Self Efficacy
- Gain Relationship, Communication, and Social Skills
- Take Personal Responsibility and Improve Resilience
- Learn Mindfulness, Distress Tolerance, Self Regulation
- Develop basic outdoor skills

**Chuck Hancock, M.Ed., LPC** is a Licensed Professional Counselor with experience counseling and leading groups for teens, college students, and adults. Chuck has worked in private practice, Colorado State University, Front Range Community College, the Larimer Workforce Center, Outward Bound, and UC Health. His style is direct, honest, caring, and playful - preferring to help people see themselves and see for themselves. Chuck also has training as a Wilderness First Responder (WFR) and has facilitated Challenge (Ropes) Courses and has the skills to manage risk and maximize growth. In addition to his professional experience, he is a father of two kids and a puppy, and loves camping, trail running, kayaking, mountain biking, snowboarding, snowshoeing, meditation, yoga, singing, and playing guitar.

**Marshall Alexander Kowal, M.A., LPCC, NREMT** is a Licensed Behavioral Health Specialist with Poudre Valley Hospital and a Nationally Registered Emergency Medical Technician active with the UC Health Emergency Medical Services (EMS). Marshall also works as a Wildland Firefighter with Larimer County Sheriff's Office and was a Firefighter/EMT in Boulder County. He has professional counseling experience with adolescent, adult, couple and family and groups and familiarity in both outpatient and inpatient counseling settings. He has a love for marathon running, hiking, camping, yoga, snowboarding, mountain biking, snowshoeing and guitar.

Contact us today to learn how we can help!

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