

outside → in



Experiential Therapeutic Personal Growth Group

Do you know someone age 13-18 suffering from:

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

This group empowers teens to not just talk about but experience more fulfilling ways of living through a blend of adventure-wilderness-experiential therapy, ritual, and expertly guided personal and group process.

We help teens practice and demonstrate new ways of being such as:

- Increased Self Confidence, Self Esteem and Self Efficacy
- Effective Relationship, Communication, and Social Skills
- Able to Show Personal Responsibility and Resilience
- Be More Aware, Mindful, Tolerate Distress and Regulate Emotions and Thoughts
- Be Confident, Competent, and Prepared in the Natural Environment
- Feel Fully Alive, Creative, Connected, Compassionate
- Know More About Who They Are and the Value and Gifts they Have to Offer the World

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 - helping people see themselves and see for themselves. Chuck also has training as a Wilderness First Responder (WFR) Challenge (Ropes) Courses facilitator, and as a ritual/rites of passage leader from the School of Lost Borders. 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.

Alex Kowal, MA, LPC, NREMT is a Licensed Professional Counselor and a Nationally Registered Emergency Medical Technician. Alex has experience with adolescent, adult, couple and family counseling in both outpatient and inpatient therapeutic settings. He also works for UCHealth as a Licensed Behavioral Health Specialist performing crisis counseling. His blend of medical and therapeutic experience allows clients to be present in a safe environment both physically and emotionally. He also has a love for running, yoga, snowboarding, camping, hiking, mountain biking and exploring with his two dogs.

Contact us today to learn how we can help!

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