

Sun Valley Steadfast

November 6th 5-7 pm

November 7th - 10th, 8am-5pm

Sun Valley Steadfast (SVS) offers a therapeutic healing intensive designed for women survivors of sexual abuse. This intensive program spans four days and incorporates experiential interventions involving horses, art, psychoeducation, individual sessions, and movement.

What sets SVS apart is its foundation in cutting-edge neuroscience and the integration of highly effective trauma therapies and models including The Trauma Resource Institute, Somatic International, EMDR, and Polyvagal theory. SVS emphasizes leveraging the strengths and resources within the group to foster a secure environment where individuals can strengthen their healing journey.

Located in Hailey, Idaho, SVS benefits from a picturesque natural setting that enhances the retreat-like environment. The program does not include lodging, but it does offer on-site lunch provided by Sun Valley Steadfast.



Equine Facilitated Psychotherapy

All Equine Staff are certified in horsemanship and equine therapies and organizations including EAGALA and Path International

The cost of the Intensive is \$2,000 per participant
(Scholarships Available)

Dates:

November 6th: Opening Night 5-7pm

November 7th-10th: 8am - 5pm

For more information call:

Laurie Strand 208.481-4639

laurie@resiliency-rising.com

Staff

All therapists are licensed clinical social workers or counselors in the state of Idaho and have worked for 15+ years in the field of trauma therapy. All have advanced certifications in trauma therapies that work with the biological and psychological aspects of trauma.

SVS is directed by Laurie Strand, LCSW. Laurie is an Associate Senior Faculty member of The Trauma Resource Institute where she is able to bring her extensive knowledge and experience and trains national and international audiences. She also maintains a private mental health practice. Her dedication to mental well-being is further enriched by her dedication as a student and teacher of yoga. Laurie integrates nervous system regulation tools into her yoga teachings, helping individuals take the practice beyond the mat and into everyday life.



Modalities for Wellness

1. Yoga

Yoga is a practice designed to integrate physical movement, breathing, and meditation to cultivate body awareness and support in releasing of built-up emotions, tension, and stress. Participants will participate in daily trauma-informed yoga with certified yoga teachers. (no previous yoga experience necessary!)

2. Psycho Education

The retreat focuses on building the inherent wellbeing that is in all of us, but can sometimes be forgotten, utilizing The Community Resiliency Model (CRM). The first two days, participants will learn about the biology of trauma and learn skills to help balance the nervous system. These skills will be practiced and integrated throughout the entire retreat.

3. Psychotherapy

All participants will meet with Licensed clinical therapists, one hour a day, for four days.

4. Equine Assisted Psychotherapy (EAP)

Participants will engage in up to two hours of daily ground EAP work with our Equine Staff and horses. This experiential approach is focused on processing trauma while rebuilding confidence and mastery in the present moment.

5. Expressive Art Therapy

Art therapy engages the mind, body, and spirit in ways that are distinct from verbalizing alone. Visual and symbolic expression can give voice to experience and empower individuals to respond to their emotions and thoughts with new perspectives. We will use art to express states of distress while moving to create future templates of wellbeing.



Testimonials from Participants

“If you are looking for ways to seriously heal and tools you can take into your daily life to heal and manage trauma & nervous system dysregulation, then I highly recommend Sun Valley Steadfast retreat and therapy. This retreat has changed my life for the better. They are amazing, thanks to all the staff for all that they do!”
- Steadfast Participant

“SVS gave me my first sense of belonging as a survivor. Knowing I am not alone and there is a community of women around me was healing. Seeing each women’s growth into their resiliency was powerful.”
- Steadfast Participant