

STEADFAST 2025

October 15th 5-7 pm

October 16-19th, 8am-5pm

Sun Valley Steadfast (SVS) offers a four-day therapeutic intensive for women survivors of sexual abuse, integrating experiential modalities such as equine-assisted therapy, expressive arts, psychoeducation, individual sessions, and movement.

What sets SVS apart is its foundation in contemporary neuroscience and the integration of evidence-based trauma therapies, including approaches from The Trauma Resource Institute, Somatic International, EMDR, and Polyvagal Theory. The program emphasizes group strength and shared resilience, creating a safe and supportive environment for deepening one's healing journey.

Located in the scenic mountain town of Hailey, Idaho, SVS offers a retreat-like atmosphere that supports reflection and restoration. Daily lunch is provided on-site; lodging is not included.



Equine Facilitated Psychotherapy

All Equine Staff hold certificates in Advanced Certified Therapeutic Riding Instructor (CTRI) and Equine Specialist in Mental Health and Learning (ESMHL) through the Professional Association of Therapeutic Horsemanship Intl. (PATH Intl.)

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

Dates:

October 15th: Opening Night 5-7pm

October 16th-19th: 8am - 5pm

Learn more & apply:

- www.resiliency-rising.com/steadfast/
- info@resiliency-rising.com
- Laurie Strand | 208-481-4639

Staff

All SVS therapists are licensed clinical social workers or counselors in the state of Idaho, each with over 15 years of experience in the field of trauma therapy. They hold advanced certifications in trauma modalities that address both the biological and psychological impacts of trauma.

Director, Laurie Strand, is a seasoned trauma therapist, clinical supervisor, and Associate Senior Faculty member with The Trauma Resource Institute. With nearly two decades of experience, Laurie leads a trauma-informed group mental health practice, provides clinical supervision, and facilitates trainings and workshops for organizations, and professionals across the U.S. and internationally. She is known for translating complex neuroscience into accessible, real-world tools and integrates somatic and resilience-based approaches throughout her work.



Modalities for Wellness

1. Yoga

Each day includes a trauma-informed yoga practice led by certified instructors. These sessions integrate gentle movement, breathwork, and mindfulness to support body awareness and the release of built-up tension, emotion, and stress. No prior yoga experience is necessary.

2. Psychoeducation

Participants will be introduced to the biology of trauma and the body's natural capacity for resilience using the Community Resiliency Model (CRM). During the first two days, you'll learn practical skills to help regulate the nervous system—skills that will be practiced and reinforced throughout the retreat.

3. Individual Psychotherapy

Each participant will meet one-on-one with a licensed clinical therapist for one hour each day. These sessions offer personalized support and space to process experiences as they arise.

4. Equine-Assisted Psychotherapy (EAP)

Participants will engage in up to two hours of daily ground-based work with our equine team. This experiential approach fosters connection, confidence, and emotional insight while gently addressing trauma in the present moment—no riding required.

5. Expressive Art Therapy

Art offers a powerful pathway for expression beyond words. Through guided, trauma-informed art experiences, participants can explore internal states, give shape to difficult emotions, and begin to imagine new possibilities. We'll use creative processes to honor the past and move toward a sense of renewed wellbeing.



Testimonials from Participants

“The opportunity and offerings at Steadfast altered my life in a profound way. I felt connection, compassion, safety and belonging. I would recommend this retreat experience with anyone who feels they need support and guidance.”
- 2023 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 woman's growth into their resiliency was powerful.”
- 2022 Steadfast Participant

“Steadfast changed my life and has given me the tools to continue my growth. I feel more connected and rooted in my body than I have in a very long time... and I tremendously appreciated the connection and sense of belonging.”
- 2024 Steadfast Participant