

STEADFAST 2026

Opening Ceremony: October 14th 5-7 pm Retreat: October 15-18th, 8am-5pm

Sun Valley Steadfast (SVS) is a four-day therapeutic intensive for women survivors of sexual trauma, designed to support nervous system regulation, deepen connection, and restore a sense of safety in the body. Now in its fifth year, the program integrates experiential modalities including equine-assisted therapy, expressive arts, psychoeducation, individual sessions, and movement.

What distinguishes SVS is its foundation in contemporary neuroscience and the integration of leading trauma therapy approaches including Trauma Resource Institute, Somatic International, EMDR, and Polyvagal Theory.

The intensive emphasizes shared resilience and group connection as active therapeutic forces—not simply as context.

Located in the scenic mountains of the Wood River Valley, Idaho, SVS offers a retreat environment that supports reflection, restoration, and the kind of deeper processing that intensive formats make possible. Breakfast, lunch, and on-site lodging are provided to support a fully immersive and restorative experience.



Dates:

*October 14th: Opening Night 5-7pm
October 15th-18th: 8am - 5pm*

Cost: \$2,500 per participant

(FULL Scholarships Available – finances should not be a limiting factor)

Learn more in the following ways:

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

Staff

Steadfast is supported by a multidisciplinary team of highly experienced, trauma-informed professionals, including licensed clinicians, equine-assisted psychotherapy specialists, an art therapist, and a yoga instructor. The team integrates evidence-based and experiential modalities—including EMDR, somatic therapies, and the Community Resiliency Model (CRM)—to support healing in both mind and body.

Steadfast is directed by Laurie Strand, LCSW, a trauma therapist, clinical supervisor, and Senior Faculty member with the Trauma Resource Institute.



Modalities for Wellness

1. Yoga

Led by Sarah Murphy

Each day includes a trauma-informed yoga practice led by certified instructor Sarah Murphy. 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 are introduced to the biology of trauma and the body's natural capacity for resilience through the Community Resiliency Model (CRM). During the first two days, you'll learn practical skills to support nervous system regulation—skills that are practiced and reinforced throughout the retreat.

3. Individual Psychotherapy

Therapists include: Melissa Elkins, LCPC; Lydia Missal, LCPC; and Laurie Strand, LCSW

Each participant meets one-on-one with a licensed clinical therapist for one hour each day, offering personalized support and space to process experiences as they arise.

4. Equine-Assisted Psychotherapy (EAP)

Lindsey Jameson, CTRI & ESMHL and Mimi Crocker, CTRI & ESMHL

Participants engage in up to two hours of daily ground-based work with the 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

Led by Jordyn Dooley, LCPC

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 experiences, and begin to imagine new possibilities. Creative processes are used to honor the past while supporting a sense of renewed wellbeing.



Testimonials from Participants

“The sense of safety, vulnerability, healing, and connection I experienced at this retreat is unlike anything I’ve experienced before.”

- 2025 Steadfast Participant

“It helped me discover a deeper level of strength and courage within myself, while also feeling connected and accepted.”

- 2025 Steadfast Participant