



"Where Hope is Grown & Worth is Restored"

A THERAPEUTIC DAY PROGRAM

ROOTED is a 10-week therapeutic day program that utilizes evidence-based treatment rooted in faith. It is for adult women who have experienced events that led to shame and identity loss and need a more intensive care option.

"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ." - Ephesians 3:17-18

This intensive outpatient program for adult women creates a safe place for individuals to learn, grow, and heal. Women will have the opportunity to empower one another through therapeutic exercises that encourage brain health impacted by trauma and create community and support.

LEARNING OBJECTIVES:

Women will find restored health, worth, and hope through:

- Learning to live The Oaks' Wellness Model to repair and equip the brain
- Exploring the effects of trauma
- Exploring how spiritual strength from a relationship with God can be powerfully and practically applied to one's life
- Building an inspiring "team-minded" community
- Growing in emotional awareness
- Learning how to set/maintain boundaries
- Practicing healthy communication
- Learning to value mental and physical stillness
- Recognizing triggers and using coping skills to manage emotions
- Challenging self-defeating beliefs with truth
- Developing a long-term recovery plan

PROGRAM COMPONENTS:

Engaging structured program including:

- Weekly group therapy facilitated by licensed specialist
- Weekly psychoeducation group covering The Oaks Wellness Model
- Extensive experiential practice of the wellness model including:
 - Nutrition education and meal prep
 - Exercise/movement
 - Life skills training (ex. purposeful scheduling)
 - Mindfulness activities and coping strategies practice
 - Art therapy and creative fun
- Individual and group Bible study
- Individual counseling for each participant



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