

Therapeutic Challenge Course

An Additional Feature of Auberle's Clinical Offerings

Auberle's Therapeutic Challenge Course is modeled after the very successful program at West Virginia University's Chestnut Ridge Center and one of only a few courses in our region.

Auberle therapists are trained to conduct groups on the course according to strict industry standards, using a non-traditional, evidence-based method known as experiential therapy.

Why Use a Therapeutic Challenge Course?

Auberle's course is a tool for our therapists that supports and enhances their work with at-risk populations. As youth present multiple and more severe mental health concerns, the Therapeutic Challenge Course serves as an innovative way to provide faster, more effective care than traditional talk-therapy.

Sessions on the Therapeutic Challenge Course directly correspond with a youth's treatment plan and are appropriate for a wide variety of emotional and behavioral disorders, particularly for youth who have experienced trauma.

The Course Helps Youth:

- Develop trust
 - Expand personal boundaries
 - Gain self-confidence
 - Increase trust and independence
 - Improve communication
 - Learn appropriate social boundaries
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Want to Learn More?

Contact Ralph Wagley at 412-673-5856 ext. 1230 or by e-mail at ralphw@auberle.org to learn more.

