We assist children, adults, and veterans who have experienced a trauma by achieving balance through connecting their Body, Mind, Heart, and Spirit, bridging traditional and experiential therapies with the assistance of Animals, Nature, Music, and Movement.

GROUP THERAPY

CHILDREN
- Social Skills 6-10 years old
- Music Therapy 8 - 12 years old
- Dance Therapy 8-12 years old
- Grief 8-12 years old

ADOLESCENTS
- Yoga Group 13-18 years old
- Theater Group 11-14 years old
- Music & Mindfulness 13-17 years old
- Dance Therapy 14 - 17 years old
- Dialectical Behavioral Therapy Parents/Guardians & 14 - 18 years old
- Grief 14 - 17 years old

VETERANS
- EMDR Group Protocol
- Yoga Therapy
- Music Therapy
- Dialectical Behavioral Therapy
- Grief

ADULTS
- Radically Open Dialectical Behavioral Therapy
- Positive Psychology
- Dialectical Behavioral Therapy
- Mindfulness Based Stress Reduction
- Compassionate Discipline Parenting
- Understanding Generalized Anxiety
- Yoga Therapy
- Grief
- Pet Loss

ANIMAL - ASSISTED THERAPY
- Canine-Assisted Trauma Therapy for Children 8 - 12 years old
- Canine-Assisted Trauma Therapy for Adolescents 13-17 years old
- Canine-Assisted Trauma Therapy for Veterans
- Equine-Assisted Trauma Therapy for Adolescents 13-17 years old
- Equine-Assisted Trauma Therapy for Veterans
- Equine-Assisted Trauma Therapy for Adult Women

Call 801-266-4643 or email admin@4healingcenter.org to sign up for any of these groups
5284 S. Commerce Dr. C-134 Murray, UT 84107 801-266-4643
www.4healingcenter.org www.animals4healing.org