

Therapeutic Adventures...

Aspiro Hires Amy Olsen, MFT

Amy is a native to Utah and has a love for the diverse landscape it offers. She is passionate about the mountains, deserts, rivers and valleys. She believes in the reprieve that nature offers and the potential it provides for broadened perspectives and healing. Having had first-hand experience as a wilderness staff, Amy knows the impact that the environment can have in cultivating an attitude of humility. Combined with this, she learned as a white water guide on the Colorado River the reverence one must have for nature's power.



Amy Olsen, MFT

Amy received a Master's Degree in Marriage and Family Therapy from Seattle Pacific University. In her coursework and when working with families, she focuses on a strength-based and solution-focused philosophy. She believes that all youth and families have strengths and potential to draw from. She has worked with

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Young Adults at Aspiro

The Aspiro Young Adult Program is a powerful transition from adolescence to adulthood. As with the youth program, students frequently face and conquer Overwhelming Mastery Experiences (life-changing events) in some of the most diverse, spectacular areas of the country. The self-efficacy which comes as a direct result, combined with a solutions-focused therapy model, provides a formula for lasting change in a young adult's life.

Because of the unique high adventure model, Aspiro is often an easier "sell" to students who just need a little nudge in the right direction—or for those who have been "therapized," for many

Save the Date!

Look for a more formal invitation to our big event in Hollywood at the IECA conference. We will be hosting a late night party at the Renaissance Hotel, likely Friday night from 8:30 p.m. to 11:00 p.m. A **live band** will be playing from 9 p.m. to close. Rumor has it that someone most of

