

REVOLUTIONIZING HEALING

FOR LIFE'S MOST DIFFICULT EXPERIENCES

A new model of care based on the latest trauma research

Milestones Resilience Care was created with the latest evidence-based trauma and resilience research to empower clients to live the life they imagine for themselves following a serious life event or traumatic experience. Working collectively with a team of trauma-informed providers, clients embark on a healing journey with guidance and support from their team. The client has the power to guide the path and pace of their journey.

Empowering the individual to heal through resilience-development

Through the restoration of physical well-being, emotional balance, purpose & meaning, and connectedness with others, individuals are empowered to develop resilience and overcome the harmful and often debilitating remnants of trauma.



Location

Visiting from Out of Town?

Milestones Resilience Care is located in beautiful Colorado Springs, on the western edge of the University of Colorado Colorado Springs (UCCS) campus.

The location provides breathtaking views of Pikes Peak and the Rocky Mountain front range, and is conveniently located near amenities such as hotels, restaurants, and shopping.

Local to Colorado Springs?

From I-25, take Exit 146 (Garden of the Gods Road) and drive east. Turn left onto North Nevada Avenue and travel to 4863 North Nevada Avenue on your right.

Parking: Park in a spot labeled "HealthCircle," or use the designated "Handicap" parking spots if you have the appropriate tag.

Finding the Office: Take the elevator in the lobby to the 4th floor. Upon exiting the elevator, **Milestones Resilience Care (Suite 421)** can be found to the right.

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Colorado Springs, CO 80918
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Milestones Resilience Care

Lyda Hill
**Institute for
Human Resilience**

**A New Model of Care
for Individuals Recovering
From Trauma, Stress, or Burnout**

INTEGRATED RESILIENCE-BUILDING SERVICES



Services Include

- Evidence-based psychotherapy
- Body or somatic work such as:
 - Trauma-informed acupuncture
 - Massage
 - Yoga
- Creative therapies such as:
 - Music
 - Writing
 - Painting
- Outdoor immersion programs including:
 - Deep listening
 - Forest therapy (shinrin-yoku)
 - Animal assisted therapy



WHAT MAKES US DIFFERENT?

At Milestones Resilience Care, our team of trauma-trained clinicians start with the underlying knowledge that you have inner strength and the ability to heal with the right guidance and support. At the core of our approach is respect for your inner compass in directing the path and pace of your healing journey. A range of service providers, trained in helping trauma survivors, are available to address different aspects of your journey through the healing process.



Our Philosophy

There is no “right way” to heal or a prescription for how we know what is right for you. Everyone is different, and the key to your recovery exists within you.

Our philosophy is that it is our job to walk beside you on your journey and provide the tools you need to continue making progress along the way.

Healing is a dynamic process and progress sometimes comes in stops and starts.

We reject the idea that we have all the answers and instead commit to helping you access your inner guide, empowering you to chart your own course to health and well-being. In contrast to the conventional psychotherapy model, we see you as a complete person, not a set of symptoms to be eliminated.

Before beginning your journey, we will work with you to better understand your inner strengths and the fulfillment in your life, which will help our team of providers with recommendations for your healing options.