



Yoga & Outdoor Immersion Therapy

Yoga and outdoor immersion therapy have been shown to be beneficial for trauma survivors. Yoga reduces tension and pain, promotes mindfulness, and enhances the mind-body connection. Outdoor immersion therapy provides similar benefits and the chance to connect with nature, promoting calmness and grounding.



Justin Lincoln, Psy.D., Program Director for Outdoor Immersion

Dr. Lincoln is a licensed psychotherapist who obtained his Psy.D. from the Chicago School of Professional Psychology in 2004. He has practiced in various settings, including community mental health centers, inpatient psychiatric facilities, residential substance misuse recovery centers, and outpatient clinics. While recognizing the benefits of traditional talk therapy, he believes there are other therapeutic routes to healing, resilience, and transformation.

Dr. Lincoln has utilized alternative approaches such as equine-facilitated interventions, yoga therapy, therapeutic hiking, and other experiential techniques to work with various individuals, including Veterans, first responders, and people with addictions. These methods of treatment fall under the theoretical umbrella of 'experiential-constructivism' and tap into other facets of our existence and identities that are often neglected by traditional talk therapy.

Therapeutic hiking is an example of how seemingly simple activities can become therapeutic. It has been shown to decrease stress and empower improved understanding of complex experiences while being surrounded by nature. This can be extremely beneficial as part of the healing process when combined with other therapies.

To learn more about yoga and outdoor immersion therapy, better understand how these activities can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.