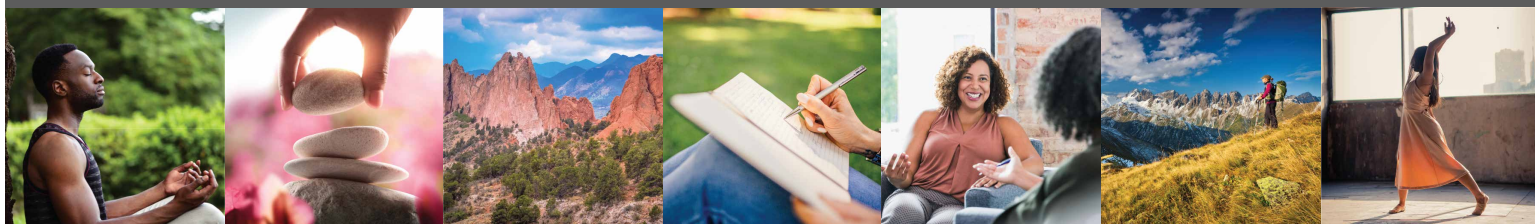


Milestones Resilience Care

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Outdoor Immersion Therapy

Therapeutic practices like outdoor immersion therapy have been shown to be beneficial for trauma survivors. These approaches reduce tension and pain, promote mindfulness, and support a stronger mind-body connection. Outdoor immersion therapy also fosters a deeper bond with nature, encouraging calmness and a sense of 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.

Justin has incorporated approaches such as equine-facilitated interventions, yoga therapy, therapeutic hiking, and other experiential methods in his work with Veterans, first responders, and individuals facing addiction. These approaches fall within the framework of experiential-constructivism and engage parts of the self often overlooked by conventional talk therapy.

Therapeutic hiking illustrates how simple activities can foster healing by reducing stress and deepening understanding of complex experiences. When combined with other therapies, time spent in nature can significantly support the healing process.

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