



*The standard for comprehensive wilderness & adventure therapy*



**Adventure Therapy as a centerpiece of a program to explore personal growth and change.**

- Base camps complete with yurts or geodesic domes, cots, cooking shelters.
- Therapist “in the field” with clients four days per week.
- Individual therapy 2 times per week. Group therapy 4 times per week.
- Weekly equine therapy to develop healthy relationships and improved communication.
- Comprehensive Family Systems program with 4 day family workshop.
- Includes family therapy via phone/video.
- Comprehensive academic and career interest inventory (Pulsar group)
- Rock Climbing
- Backpacking
- Mountain Biking
- Canoeing
- White Water Rafting
- Cross Country Skiing
- Snowshoeing
- Hiking
- Horsemanship
- Caving
- Historical Outings
- Service Projects
- Yoga
- Meditation & Mindfulness

**Guidance • Self-esteem Building • Communication Skills • Unplug • Clarity  
Executive Functioning Strategies • Self-awareness • Life Changing**

**www.bluefirewilderness.com  208.610.3232**

# Meet the Clinical Team • Unique Age Groups

## ADOLESCENTS BOYS: 14-17



**Jon Worbets, MA LCPC**  
Clinical Director/ Founder  
208.871.7813  
JWorbets@bluefirewilderness.com

### Specializing in:

- Behaviorally difficult
- Depressed/ anxious
- Co-occurring disorders
- Intelligent but failing in school or socially
- Substance use & abuse

### Training/ Experience

23 years working with adolescents in private, residential, and wilderness settings. • Extensive training in working with oppositional defiant and conduct disorder • Training in EMDR, Hokomi, motivational interviewing, Dialectical behavioral therapy, conflict resolution, substance abuse treatment



**Charles Hancock, LCPC**  
Therapist  
208.539.5897  
CHancock@bluefirewilderness.com

### Specializing in:

- Depression and Anxiety issues
- ODD
- Social/relationship struggles
- Struggles with attention/focus
- Significant struggle in family dynamics
- Trauma

### Training/ Experience

20 years experience as an LCPC • 7 years experience in a residential treatment facility counseling teens and families  
• A Masters Degree in Counseling • Extensive medical experience and training in wilderness settings • Certified in hypnotherapy

## EMBERS: BOYS: 11-15



**Ted R Bost, III, LPC**  
Primary Therapist  
828.767.3966 cell  
TBost@bluefirewilderness.com

### Specializing in:

- Behaviorally difficult
- Autism Spectrum
- Depressed/ anxious
- Co-occurring disorders
- Intelligent but failing in school or socially
- Trauma

### Training/ Experience

Undergrad B.S. Parks and Recreation Management/Outdoor Leadership, 6+ year long career as field instructor in wilderness therapy, Masters in Clinical Mental Health Counseling with a focus on addictions treatment, EMDR level 2

## EMBERS: BOYS: 11-15



**Mark Ellis, LCSW**  
Therapist  
208.308.3176  
mellis@bluerewilderness.com

### Training/ Experience

- Career focus on improving family systems & parent/child relationships
- 9+ years wilderness therapist
- Client expertise is in pre-teen and early teen boy challenges

### Specializing in:

- Depression/Anxiety
- Low Social Functioning
- Oppositional Behavior
- Video Game/ Internet addiction
- Autism Spectrum
- Attachment Theory
- Family Systems

## PULSAR: ALL GENDERS AGES 18-28



**Jake Tucker, LCPC**  
Primary Therapist  
208.989.0907 / jtucker@bluerewilderness.com

### Training/ Previous Experience

Licensed Clinical Professional Counselor  
High school teacher  
M.A. in Marriage and Family Counseling  
Clinical Supervisor  
Primary therapist at a therapeutic boarding school  
Registered clinician supervisor with the state of Idaho

### Specializing in:

- EMDR
- Mindfulness
- Trauma or related issues
- Attachment issues
- Emotion-Focused Therapy for couples and families
- The Community Resiliency Model
- The Anatomy of Peace

## EMBERS: PRIMARILY IDENTIFIED FEMALE: 11-15



**Paul Eugene Goddard, Ph.D.**  
Clinical Psychologist/Primary Therapist  
435.669.5871  
pgoddard@bluefirewilderness.com

### Training/ Previous Experience

Licensed Clinical Psychologist  
Wilderness Therapist • Testing Psychologist  
Clinical Director • Executive Director for adolescent treatment programs

### Specializing in:

- Trauma and abuse
- Adoption and attachment issues
- Depression and anxiety
- Mild substance use
- Gaming and screen addiction
- Learning difficulties
- Attention deficit
- Autism Spectrum
- Oppositionality
- Low self-confidence

## PRIMARILY IDENTIFIED FEMALE: 13-17



**Lindsay Myrick, LPC**  
Assistant Clinical Director/ Therapist  
281.386.9054  
lmyrick@bluefirewilderness.com

### Training/ Experience

Licensed Professional Counselor  
• Wilderness therapy instructor  
• Commercial hiking and rock climbing guide  
• Ropes course and adventure facilitator for adolescents and adults

### Specializing in:

- Depression /anxiety
- Trauma
- Family Systems
- Oppositional behavior
- Low Self Esteem
- Drug and Alcohol use/abuse



**Kathy Rex, CTRS**  
Executive Director & Founder  
208.308.3163  
KREx@bluefirewilderness.com



**Reid Treadaway**  
Director of Admissions & Founder  
208.610.3232  
reid@bluefirewilderness.com

**Advanced EMDR trainings** in implicit memory/early childhood trauma and mindfulness based interventions in EMDR adventure facilitation experience  
• BS in Economics  
• BA in International Studies with a focus in Japanese and environmental studies



**Jeremy Chiles, PhD**  
Consulting Psychologist



**Jeff Johnson, PA**  
Psychiatric Consultant



**Johnny Urrutia**  
EAGALA Certified Level II  
equine specialist  
ID Rodeo Hall of Fame Inductee



**Morri Fager**  
Admissions  
208.969.1223 cell  
mfager@bluefirewilderness.com



**Don Thompson**  
Admissions  
303.868.0772  
dthompson@bluefirewilderness.com



[www.bluefirewilderness.com](http://www.bluefirewilderness.com)  
[info@bluefirewilderness.com](mailto:info@bluefirewilderness.com)