



HORSES + HUMANS = HEALING

Sorenson's Ranch has been changing lives by bringing horses and teens together since the late 1950's

RESPONSIBILITY COMPASSION COMMITMENT

ANIMALS AS A THERAPEUTIC INTERVENTION

Students at Sorenson's Ranch School have the opportunity to interact with animals on a regular basis. Taking an active part in the feeding and care of rabbits, calves, lambs, pigs, goats, and horses presents many opportunities for healing and growth. Animals are bias free. When treated well, they respond well; when treated poorly, they respond poorly. These readily observable responses to student behaviors reinforce concepts taught in therapy. Equine Assisted Psychotherapy (EAP) is an integral part of the Sorenson's Ranch experience. Horses can have a profound influence on youth and aid them in developing meaningful relationships. Behaviors/reactions observed during EAP sessions provide valuable insights into what are often deep-rooted problems such as trauma/abuse, attachment difficulties, or aggression. As these issues surface, therapists can guide students to make significant progress in their therapy.



RESPECT SERVICE LEARNING



ACCREDITED EDUCATION PROGRAM

Sorenson's Ranch School is accredited by the Northwest Accreditation Commission and AdvancED which now accredits schools in 40 of the 50 states. What does this mean? Any credits earned during a stay at SRS will transfer to any school in the US and approximately 80 foreign countries.

Our teachers follow the adopted core curriculum for the State of Utah. Advancement in our school is competency based. Sorenson's Ranch School is in session 11 1/2 months each year. This extended schedule coupled with our competency based advancement means that students have the opportunity to make up for opportunities lost while at previous schools. Classes are small and our teachers model values consistent with our program goals in the classroom.



Sorenson's Ranch School is a second-generation, family-owned business with over 30 years' experience working with troubled youth. Founded in 1980, Sorenson's Ranch School was one of the first programs to combine therapy, experiential learning, adaptive academics, and behavior modification to help young people cope with issues such as Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Reactive Attachment Disorder (RAD), Oppositional Defiant Disorder (ODD), anxiety, depression, and co-occurring problems such as cutting, substance abuse, fighting, running away, etc.

The clinical department at Sorenson's Ranch School includes certified mental health professionals with experience dealing with a wide variety of harmful teen behaviors and the underlying causes of those behaviors. Manifestations of mental health and substance abuse issues are addressed in both group and individual therapy sessions. This multi-disciplinary approach to assessment and intervention gives students the necessary skills to cope with their problems in constructive ways and prepares them for successful reintegration into home and school environments.



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WWW.SORENSONSRANCH.COM

Helping Today's Troubled Teens Become Tomorrow's Successful Adults

WILDERNESS OUTINGS



Horse pack trips and other campouts take place regularly as weather permits. In the winter months, snow shoeing and ice fishing are favorite activities. Sorenson's Ranch School is surrounded by National Forest and BLM lands which provide unlimited potential for outdoor experiences.

EXPERIENTIAL LEARNING



Students are allowed to learn by making decisions, working through problems, and finding answers on their own. When teens learn by doing, they retain those lessons far more effectively.

THERAPEUTIC ENVIRONMENT



Sorenson's Ranch School practices a team approach to treatment. Dedicated, hard-working clinicians, teachers, and case managers implement the treatment plan of each student.

THE LANDSCAPE FOR CHANGE

Sorenson's Ranch School provides an experience that is firmly rooted in the common sense of ranch life coupled with individualized application of the latest therapeutic research. Koosharem is surrounded by seven national parks, and is within one mile of access to public lands which cover more than 90 percent of the state. Clean air; good water; mountain vistas; abundant wildlife; opportunities to grow through work and play; and a dedicated, caring staff: all the pieces are in place for your son or daughter to make the changes necessary to secure a fulfilling, productive future.

One of the key differences between Sorenson's Ranch School and other residential treatment facilities is our location and working-ranch environment. Simply stated, we have a lot of things to do: particularly outside. We are NOT the traditional clinical experience conducted inside four walls. As has been previously mentioned, animals and animal-centered activities such as horseback riding are a part of our daily schedule. In addition, our students participate in hiking, mountain biking, campouts, cookouts, fishing, waterskiing, swimming, and team sports such as basketball and volleyball. Ranch work activities such as hay hauls, fence building/repair, saddle and tack maintenance/repair, and field preparation are also a part of the mix.

During our 30+ years in the business of helping struggling youth, Sorenson's Ranch School has refined an innovative and dynamic therapeutic program which is effective for a variety of emotional and behavioral needs. Many students come to Sorenson's Ranch School after having participated in some kind of therapy at home or at another facility. These students are very familiar with the process, and some are resistant to additional therapeutic interventions in a clinical setting. We believe that effective therapy occurs both inside and outside the therapist's office. Our combination of a working-ranch environment, multiple and varied outdoor experiences (which make learning "fun"), and clinicians who are willing to use these elements to construct treatment plans specific to individual needs, provides our students with a fresh perspective on their therapy.

Sorenson's Ranch School practices a team approach to treatment. Dedicated, hard-working clinicians, teachers, and case managers implement the treatment plan of each student. Individual therapy sessions are held a minimum of once per week, with group therapy sessions provided on a regular schedule as well. Our therapists use a variety of approaches such as Cognitive Behavioral Therapy, Solution Focused Therapy, Motivational Interviewing, Psychodynamic Therapy, EMDR, Dialectical Behavioral Therapy, Family Systems Therapy, Equine Assisted Psychotherapy, and others. Each student is assigned a case manager who provides daily, one-on-one contact, and phones parents at least weekly to provide a status update.

WHO WE TREAT

Every child comes with his/her own set of strengths and weaknesses. We combine the various tools and resources available to construct a treatment plan based on the needs of each individual. Sorenson's Ranch School provides treatment for students with the following conditions/behaviors:

- Family conflict
- Self-destructive behaviors
- Poor academic performance
- Opposition/defiance
- Reactive Attachment Disorder
- Substance abuse/addictions
- Unresolved grief
- Mood disorders
- Peer conflicts
- Destructive peer relationships
- Disengagement from family
- Hopelessness
- Learning disabilities
- Victim of trauma/abuse/neglect
- Developmental delays
- Low or non-existent self-esteem
- Anxiety
- Depression
- Social impairment



John came to Sorenson's Ranch School angry, defiant, out of faith in himself and hope for the future and as a consequence unable to gain a foothold on the slippery climb to adulthood. We watch now as he takes a breath before answering, thinks before acting, seriously weighs the pros and cons of what to do with the rest of his life. He isn't perfect. Who is? But he's now standing on a solid foundation of values and self-confidence instilled at your school.

- Sincerely, A.H.

**SOREN SON'S
RANCH**