

# Sun Valley Steadfast

Sun Valley Steadfast is a therapeutic healing intensive for women survivors of sexual abuse. The intensive is four days in length and involves experiential interventions with horses, art, psycho education, individual sessions and movement.

Sun Valley Steadfast is unique in that the trauma intensive is based on cutting edge neuroscience using the most effective trauma therapies from the Trauma Resource Institute, Somatic International, EMDR, and Polyvagal theory. SVS focuses on the strengths and resources of the group to create a safe environment for individuals to heal.

It is located in Bellevue, Idaho in a beautiful natural setting and has a retreat environment. The intensive does not provide lodging. Lunch will be onsite.



**The Cost of the intensive is \$ 2,000 per participant (Scholarships available). Deposit \$250.**

**Date:** September 27th, 2023 - Opening Night 5pm to 7pm

September 28th - Oct 1st - 8am to 5pm

**For more information regarding registration please call Melissa at 208-726-7584**

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## About:

SV Steadfast was designed and implemented by Melissa Boley LCPC. Melissa is certified in EMDR and Somatic Experiencing. She is a senior faculty member of The Trauma Resource Institute, in Claremont, CA. and teaches CRM® and TRM® nationally and worldwide. Melissa has been in social services both undergrad and graduate level since 1978. Her passion is in recovery from the biological and psychological effects from trauma.

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## Staff:

All therapists are licensed social workers or counselors in Idaho. All have advanced certifications from EMDR and various modalities that work with the biological and psychological aspects of trauma. Staff are seniors in their fields working for decades in Idaho

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## Equine Assisted psychotherapy:

All equine assisted staff are certified in horsemanship and equine therapies such as EAGALA and Path Intl.



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## Modalities of healing

### 1. Qigong.

Qigong is a Chinese system of physical exercises, breathing techniques, and meditation that aim to cultivate and balance the body's vital energy.

### 2. Psycho education.

The Community Resiliency Model, a set of 6 wellness skills.. The first two days participants will learn about the biology of trauma and will learn skills to help balance their nervous systems. These skills will be practiced throughout the entire training.

### 3. Psychotherapy.

All participants will meet with their counselors at SV Steadfast for 1 hour a day, for 4 days.



### 4. Equine assisted psychotherapy.

Over the course of the workshop, participants engage in two to three hours of ground work each day with our Equine staff and horses. This experiential approach is focused on processing trauma and rebuilding confidence and mastery in the present moment.

### 5. Expressive Art Therapy

Expressive art therapy uses art to express states of wellness and distress.

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## Testimonials from participants

*“If you are looking for ways to seriously heal and tools you can take into your daily life to heal and manage trauma and nervous system dysregulation then I highly recommend Sun Valley Steadfast retreat and therapy. This retreat has changed my life for the better. They are amazing, thanks to all the staff for all that they do!”*

*“Sun Valley Steadfast was a transformational experience. Melissa is a powerful skilled therapist who weaves decades of experience with integrity and care. She is vibrant, funny, energetic, playful in her essence. The space is beautiful and due to the staff and care, the space feels inspiring and next level! It is safe and comforting. “*

Contact Melissa at [melissaboleylcpc@gmail.com](mailto:melissaboleylcpc@gmail.com)  
Call 208-726-7584 - [www.melissaboley.com](http://www.melissaboley.com)