Auberle’s Therapeutic Challenge Course is modeled after the very successful program at West Virginia University’s Chestnut Ridge Center and one of only a few courses in our region.

Auberle therapists are trained to conduct groups on the course according to strict industry standards, using a non-traditional, evidence-based method known as experiential therapy.

Why Use a Therapeutic Challenge Course?

Auberle’s course is a tool for our therapists that supports and enhances their work with at-risk populations. As youth present multiple and more severe mental health concerns, the Therapeutic Challenge Course serves as an innovative way to provide faster, more effective care than traditional talk-therapy.

Sessions on the Therapeutic Challenge Course directly correspond with a youth’s treatment plan and are appropriate for a wide variety of emotional and behavioral disorders, particularly for youth who have experienced trauma.

The Course Helps Youth:

- Develop trust
- Expand personal boundaries
- Gain self-confidence
- Increase trust and independence
- Improve communication
- Learn appropriate social boundaries

Want to Learn More?
Contact Ralph Wagley at 412-673-5856 ext. 1230 or by e-mail at ralphw@auberle.org to learn more.