

# *Greenbrier Academy for Girls*

## *Semester Forward Program*

A full one year therapeutic boarding school enrollment may not match your calendar, budget, or your daughter's therapeutic path. If so, the GBA Semester Forward Program may be a great choice for your family. This unique choice cannot be found elsewhere.



# *What's our Semester Forward Program?*


Over the years we have learned that families come to us with unique circumstances that require a tailored plan specific to their needs. Some parents need something different than a full one year enrollment whether that is due to budget, their calendar, or their daughter's unique therapeutic and academic path. Greenbrier Academy now offers a 4-month program that is academically intensive and therapeutically concentrated. This program offers a unique schedule allowing qualified students the following opportunities:

## **What's the Difference in our Semester Forward Program?**

- ~ Students will attend our week-long Village Retreat four times within their 4 month stay for a more concentrated therapeutic impact. This works well for students who are ready and willing to create therapeutic change at a faster pace.
- ~ All students will receive individualized tutoring with the potential to complete a semester's worth of school credits within their enrolled 4-month stay. They will be on a more rigorous academic track than our 12 month students, including a longer academic day and Sunday tutoring by teachers.

## **What Else is Included?**

- ~ Community Daily Drumming: A way for all of our students to be connected and in sync.
- ~ Our Animal Foster Program: Working selflessly with cats and dogs leads to faster emotional healing.
- ~ Family Support Program: One family workshop and bi-weekly parent support calls with our family specialists.
- ~ Opportunities for weekly outings and volunteer community service.
- ~ 3 months of Integration Coaching after leaving GBA to support the changes created while at Greenbrier.



**“My daughter, like many others, had been bullied during elementary and middle school. Consequently, she developed school avoidance, and her grades plummeted. She developed a belief that she wasn’t smart. I was amazed at how the therapeutic and academic team interfaced, first to change the belief system, and then to provide learning strategies that allowed her to be successful..” ~GBA Alumni Parent.**

# *Who's a Perfect Candidate for our Semester Forward Program?*

*Blending individualized focused academics with state of the art therapeutic modalities, the semester back program is uniquely designed to meet the needs of young women who :*

~ Are transitioning from a Residential Treatment Center (RTC) or a wilderness therapy program and needs support transitioning back home or to their next step in life with a strong academic foundation and therapeutic healing for self and family.

~A 17 or 18-year-old young woman who needs to complete academic work in order to obtain her high school diploma and who may need therapeutic work to address any barriers that may be impeding her academic success such as anxiety, depression, victim from bullying, trauma symptoms, and negative self beliefs.

~A younger girl, often in the 13 to 14 age range, or a teen who has not experienced significant decline in overall functioning or had a number of previous treatments will benefit greatly from this focalized intervention experience. It is both long enough to disrupt old patterns and *begin* the transformative identity level process of change while at the same time being short enough that they are not deprived of more normal, traditional life experiences that occur when a young person is living at home.

~ A girl who has a great deal of desire for a new life but still lacks the development of behaviors and coping strategies that will truly allow her to be successful.

~ Willing and capable to engage in the rigorous academic requirements.





“I am amazed at the talent that has been gathered at this relatively obscure location in WV. I remember hearing " we will love your daughter until she learns to love herself", and initially dismissed it as a another therapeutic jargon statement. However, through the weekly family sessions and on-campus intensives, I came to witness my daughter growing in ways that had seemed unimaginable. Even though I work in the field, it was clear to me that a methodology and focus has been developed that reached adolescent girls in ways I've never before witnessed. Their focus on acquiring virtue through aspirations and developing a sense of purpose in life affected my daughter in ways that she will carry with her forever.” ~**J.P. Florida**

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“When my daughter arrived at Greenbrier, we asked for psychological testing, because she been around treatment settings for multiple years, and professionals could not agree as to the origins of her difficulties. Greenbrier's strength based approach allowed her to discover her true core self. I can attest to this by the fact that towards the time of her graduation we had her retested, and the psychologist reported that he could find no evidence to support any mental health diagnosis!!! Additionally, she is now absolutely off of all her psychiatric medicines. I am grateful for Greenbrier Academy on a daily basis.” ~**A.B. New York City**

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“Although I hold an advanced degree in psychology, I was not familiar with the Relationality model. From a clinical perspective, I was intrigued by the theory, but more importantly, seeing it in action and how it impacted my daughter was amazing. She had been through years of CBT, DBT and other "empirically supported therapies", with almost no resolution of her issues. The holistic approach that examined the many contexts and conflicted relations in her life created the space for the healing that needed to occur.” ~**M.B. Kentucky**









Call us today to schedule a tour or to learn more about our programs.

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