****

**Family Reunification Experiential Therapy**

All referrals must come from [**Reunification Works**](https://www.reunificationworks.com/) or [**Synergy Co-Parenting Solutions**](http://synergycoparentingsolutions.org/)

*Reunification can be a difficult and prolonged process. It involves the entire family system to be effective. This requires many hours of work supporting family members through the process. The experience or narrative of each child, parent, and extended family member needs to be respected toward a resolution. One that ideally normalizes the relationship and parenting time with the child and the resisted parent, and lowers conflict between the parents so children are kept out of the middle.*

*Established research in the family law field recognizes the value of experiential therapies as a modality that can more rapidly help families overcome severe resist / refuse dynamics and other parent-child contact problems.*

**Russell Chamberlain** (LifeSTREAM Therapy) is a Licensed Clinical Social Worker and a Certified Alcohol and Drug Counselor III who has 30 years experience with youth, families and parents. He is also the parent of 17 year old twins (a boy and girl).

**Stacie Burgess** (EquiBalance Consulting) is a Certified Equine Specialist with 25 years of professional horsemanship experience in training, management and coaching. The most important members of the team are Stacie’s herd of large and small horses. Louie, Lola, Pickwick, Lil James Brown and Rue.

**Spoiler Alert:** The horses do not know who the client is. They work with whomever they experience safe connection.

Our therapy approach seeks to support healing through experiencing a felt sense of safety in connection. We provide a variety of active and experiential modalities including but not limited to **Equine Assisted Psychotherapy**. ([**Link to external resources on EAP including research)**](https://lifestreamtherapy.net/therapy-and-counseling-resources-in-portland/#toggle-id-2)

Research Article  [**THE APPLICATION OF THE POLYVAGAL THEORY TO HIGH**](https://www.rhythmofregulation.com/resources/PVT%20co-parenting%20.pdf)
**CONFLICT CO-PARENTING CASES (The article includes note of the use of Equine Assisted Psychotherapy practice)**

The work is built with psycho-education on **Neuroscience**, **Interpersonal Neurobiology**, **Attachment Theory** and **Polyvagal Theory**. Clients will do more than talk about their lives and relationships. They will practice and receive immediate feedback, live and in person, with the horse.

We share a three step process to work toward creating new neural pathways of safety in relationship and co-regulation

1.  Awareness in being present to the physiological, cognitive, behavioral and emotional response in each moment.

2. Self compassion for whatever is coming up in this moment

3. Mindful choice in action.

**Options for learning, growth and healing:**

I**ndividual family sessions**:

* 90 minutes
* Working with the clinical team of one or more horses, a certified Equine Specialist and a Licensed Mental Health Therapist

**Weekend Family Experiential Intensives**:

6-8 hours of work with the Equine Assisted Psychotherapy clinical team and separately with the licensed mental health therapist.

**Group sessions:** 90 minutes each with the clinical team.

* Four sessions per group type
* Three separate groups involving teens only, parents only and multiple families.
* The groups may be part of a designed program of 12 total sessions per family. (4 for youth or parent and 4 in multi-family group)
* Mandatory 30 minute orientation session for all participants/families unless prior clinical contact.

[**Link to page with fee information**](https://lifestreamtherapy.net/family-reunification-experiential-therapy-fees/)

Please read more information about our therapeutic work and about **Russell Chamberlain MSW, LCSW, CADCIII** on the website [**LifeSTREAM Therapy LLC**](https://lifestreamtherapy.net)