



Altitude Family Therapy
WITH JEN MURPHY, LPC



TRUE
Integrative Counseling

Introducing: The Integrative Family Intensive

A collaborative model Led by:

Jen Murphy, LPC – Altitude Family Therapy

Kaitlyn Anderson, LPC – TRUE Integrative Counseling

We're offering a new 6-8 week **customized Integrative Family Intensive** in Steamboat Springs, designed for families who feel stuck and would benefit from a more structured, system-focused approach. The **Integrative Family Intensive** helps families move beyond insight into real, lasting change by combining clinical structure with experiential work so families receive both guidance and lived experience.

What it is

A structure designed to balance forward momentum with real-life integration, combining:

- Family systems therapy
- Individual Parent Support
- Individual Young Person support
- Equine-assisted sessions
- Nature-based and experiential work

How it works

We design a set number of sessions over 6–8 weeks and place them intentionally.

- Sessions are strategically spaced across the program to build momentum, allowing time to practice and integrate new skills.
- Includes intentional gaps for integration and practice at home.
- The pacing is purposeful, not rigid, allowing the work to both deepen and resonate.

Why it works

Families don't simply learn new tools, they practice them in real time across varied settings.

- This approach allows change to carry into everyday life.
- When these skills are reinforced with support in different environments, progress is far more likely to last.
- Each therapeutic modality plays a distinct role, but together they create meaningful, lasting change.

Learn more

We are currently accepting a limited number of families. Please reach out to either of us at jen@altitudefamilytherapy.com or hyser.truecounseling@gmail.com to set up a free 30 minute consultation call.