

April 7, 2020

Dear Wilderness Therapy Intensive Students:

Once again, welcome to the Transpersonal Wilderness Therapy Program and Naropa University. We are excited to have you join us and for the opportunity to work together over the next years.

My name is Kate Mazuy and I the director of the Transpersonal Wilderness Therapy program as well as the faculty for the Wilderness Therapy Intensive course this August. This letter provides important information about the course, which runs August 4 – 15, 2020 (the *two weeks before* the week of New Student Orientation).

The first class starts at 1:00 p.m. Tuesday afternoon, August 4, at Naropa's Paramita campus in Paramita Hall located at 3285 30<sup>th</sup> St in Boulder. The focus of that afternoon will be getting to know each other, information about the rest of the course, and preparing for the out-of-town part of the course. You will have Wednesday in Boulder to complete reading and writing assignments for the class (we will give them to you on that Tuesday), get any additional gear you need, and pick up the group gear and food from the WT Trip Coordinator.

Thursday morning (August 6th) we will head for "Stillpoint," the place where we will spend the next 5 days. It is a 3-hour drive southwest of Boulder at an elevation of about 7,000 feet and has primitive facilities. We have the use of an old cabin, with an outhouse near-by, for meetings and classes if it is raining. About a 10-minute walk away is the community house with the kitchen we will use.

Most of our time at Stillpoint will be devoted to discussions, lectures, experiential activities, contemplative practice, and social time. It will not be very physical, although there will be some free time for runs, walks, play etc. The weather can range from hot (high 80's) and sunny to cool (50's) and rainy; plan on a variety of clothing. If you have clothes and gear for use at Stillpoint that you do not want to take into the backcountry, you can leave them at Stillpoint to pick up on the way back to Boulder on Saturday August 15th.

Half way into the WT Intensive, on Tuesday August 11th, we will head into the mountains for the remaining 5 days. The physical components of our time in the mountain will include hiking off-trail, camping, scrambling (*not* technical rock climbing), and a peak attempt. We will also engage in contemplative, creative, and playful activities. For this part of the trip, Naropa will provide group gear such as stoves, pots, and tarps for sleeping. The weather in the mountains can range from quite warm during the day to cold at night. One year it got below freezing at night. We will be camping at close to 11,000 feet and possibly hiking as high as 13,800 feet.

*The 12 days of the WT Intensive will be very full, so please come well rested.* We will go into greater detail about the WT Intensive when we meet on Tuesday, August 4th from 1:00 – 4:00.

**Please bring all your personal backcountry gear ("EQUIPMENT for the backcountry" and**

**“CLOTHING for the backcountry” on the enclosed gear list) to the first class on August 4.**

Because we will be in such a remote location starting Thursday, we want to ensure that everyone has adequate equipment before we leave town. Part of Tuesday’s class will involve staff checking your gear. Tuesday will also be an opportunity to meet your fellow classmates and arrange carpooling to the WT Intensive. [A reminder: throughout the WT program you are responsible for your own transportation for field sections and Naropa has no liability for anything resulting from this.] We anticipate being finished as a group on that Tuesday around 4:00, although you may choose to spend time with members of the cohort after that.

Enclosed with this letter you should find the following 6 items:

- Confidential Medical Record
- Food Requirements
- OLTS Application Form
- OLTS Participant Agreement, Release, and Assumption of Risk
- Clothing and Equipment List for Wilderness Therapy Intensive
- Important Skills for the Wilderness Therapy Intensive

You will need to fill out the first 4 forms completely and return **all of them to us at Naropa** (*not to OLTS*) by July 1, 2020. Item #5 lets you know what gear to bring. Item #6, “Important Skills,” provides you with a list of skills to brush up on *before* arriving in August.

**Return all of the OLTS and Naropa forms to Becky Brice at Naropa by July 1, 2020. Mail these forms to:**

Naropa University  
Att: Stacy Kolcum/ WT  
2130 Arapahoe  
Boulder, CO 80302

Naropa will provide food for the 10 days out-of-town. We can accommodate most food restrictions. However, if you have questions about your food needs and whether you should bring any supplemental food, please contact Stacy Kolcum (our trip coordinator) at [skolcum@naropa.edu](mailto:skolcum@naropa.edu). You will also have time on the first day (Tuesday) to ask questions about the food.

As you were told in the interviews, there are field fees for the WT program that cover some of the additional costs of field programming above and beyond the costs of regular tuition. The amount for the whole WT program is \$2,700.00. This is broken out in each of your 6 semesters of graduate school, so you will pay \$450 each semester, even though you will not be in the field each semester.

For new students, once you have provided Marcia Minke ([mminke@naropa.edu](mailto:mminke@naropa.edu)), your admissions counselor, with evidence of completed pre-requisites, Brandi Irby (one of the women from the group interview and your academic advisor, 303.546.3577 or [birby@naropa.edu](mailto:birby@naropa.edu)) will

contact you to help you get set for registration.

Starting July 15<sup>th</sup>, once you are registered for the “Wilderness Therapy Intensive” course (CNSW 609) you will have access to the on-line CNSW 609 course readings through MyNaropa. I will e-mail you with more information about this before July 15<sup>th</sup>. *Please note that you will need to bring copies of these readings on the WT Intensive.*

### **Important Dates**

- July 1            Return all 4 forms (including the OLTS forms) to Stacy Kolcum at Naropa.  
August 4        1:00 p.m. – Paramita Hall at the Paramita campus  
**Bring all your *backcountry personal gear* for the Intensive (“EQUIPMENT for the backcountry” and “CLOTHING for the backcountry” on the enclosed gear list) to this meeting.**  
We will meet until about 4:00.
- August 5        Reading and writing assignments as well as gear and food preparation. Please do not fill this day with other plans.
- August 6        Depart from Boulder early morning for out-of-town trip.
- August 15       Return to Boulder late evening.

Your first semester in the program requires you to take 14.5 credits of classes. Please note this in your financial planning for the first year. In addition, you are responsible for personal insurance, including health insurance, to cover any injury you might experience during the Intensive. Please make sure you have determined that you have adequate insurance before we meet in early August.

Do not hesitate to contact Brandi ([birby@naropa.edu](mailto:birby@naropa.edu) or 303.546.3577), or me ([kmazuy@naropa.edu](mailto:kmazuy@naropa.edu) or 303.245.4838) if you have questions. Please know that I am away from Naropa in the summer and will be traveling some; it may take me several days to respond to any questions. Email is the best way to reach me.

I look forward to working closely with you in the next steps of your journey at Naropa.

Sincerely,

Kate Mazuy  
Kate Mazuy, MA, LPC, CHT  
Director, Transpersonal Wilderness Therapy  
Transpersonal Counseling and Psychology  
Graduate School of Counseling and Psychology  
303 245 4838  
[kmazuy@naropa.edu](mailto:kmazuy@naropa.edu)