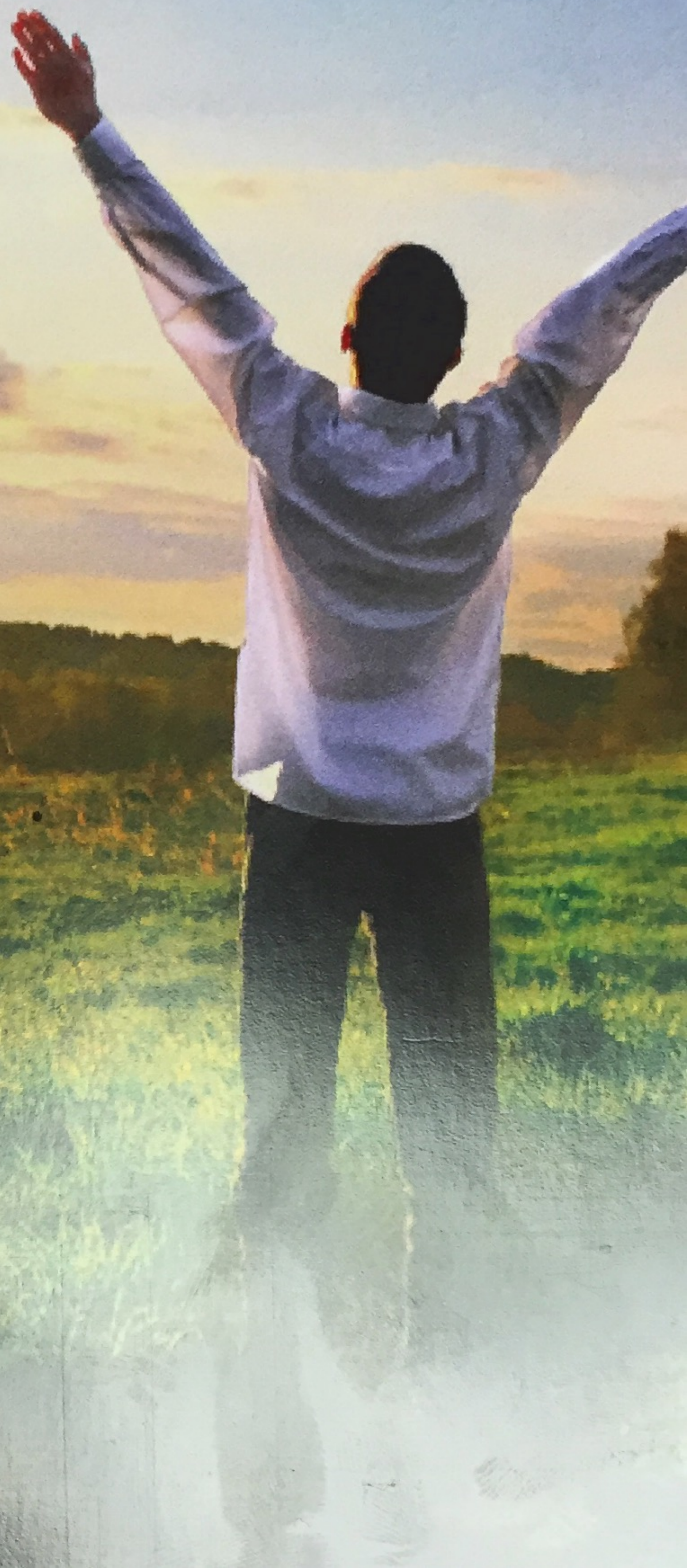




Pathways

the power to change

pathwaysreallife.com



Allowing individuals and families
live to their full potential



WHAT WE DO

Individual Sessions: These sessions are designed to support you in your journey. We can meet at your home, in our office, or even the local coffee shop. This is your time to focus and work toward your goals.

Group Counseling: Learning and sharing with others is a powerful way to gain support and encouragement. We offer a wide range of groups: yoga, cooking/nutrition, mindfulness, processing, and more.

Family Integration: At Pathways, we understand how important the family system is in supporting your journey. We work with your loved ones in relationship to themselves, so they can also heal. As each individual becomes stronger, so does the family.

Sober Living: In many cases, transitional living arrangements are needed in order for treatment to begin. We have placement options for men and women ages 18+ in well-structured homes in Utah.

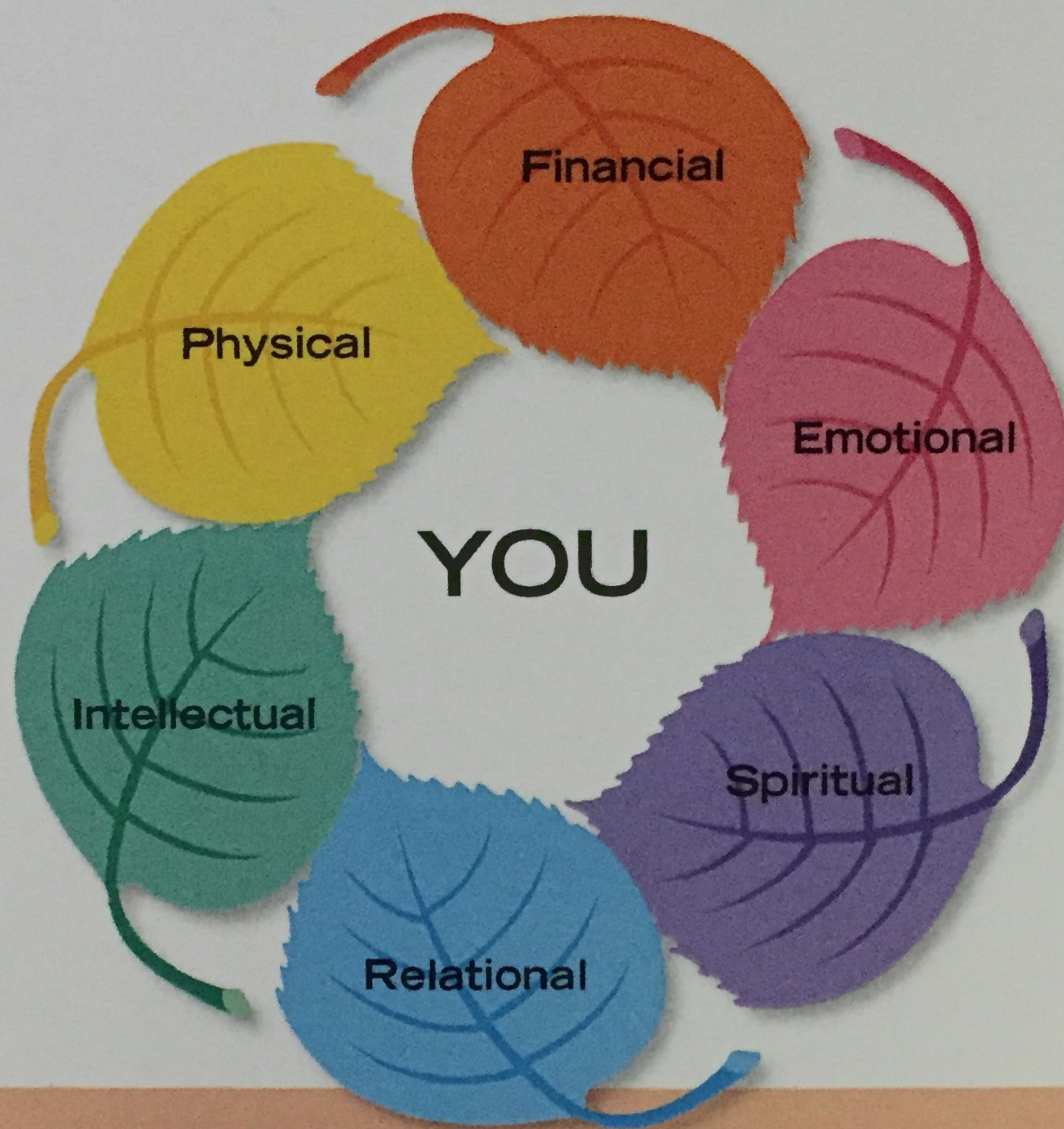
Medical Services: Addictionologists, Psychiatrists and Neuropsychologists are a vital part of any holistic treatment team. We administer Lab based drug monitoring, Genetic Testing, nutrition and hormones. To assist in the physical wellbeing of our clients, your team is dedicated to helping you in any way possible.

Life Skills: We offer vocational rehab, job services, community service opportunities, cooking classes, budgeting assistance and developing life skills. Your team is dedicated to helping you in any way possible.

Experiential Processes: Research shows that when new information is coupled with an experience, it creates learning that is sustainable (i.e.: outdoors, sports working out, equine therapy, fire walks, rope course, art, acting, singing, etc.) These are designed to best allow you connect you to your purpose and passion and life journey.

Support: You have access to your treatment team 24 hours a day, 7 days a week.

YOUR PATH TO WHOLENESS



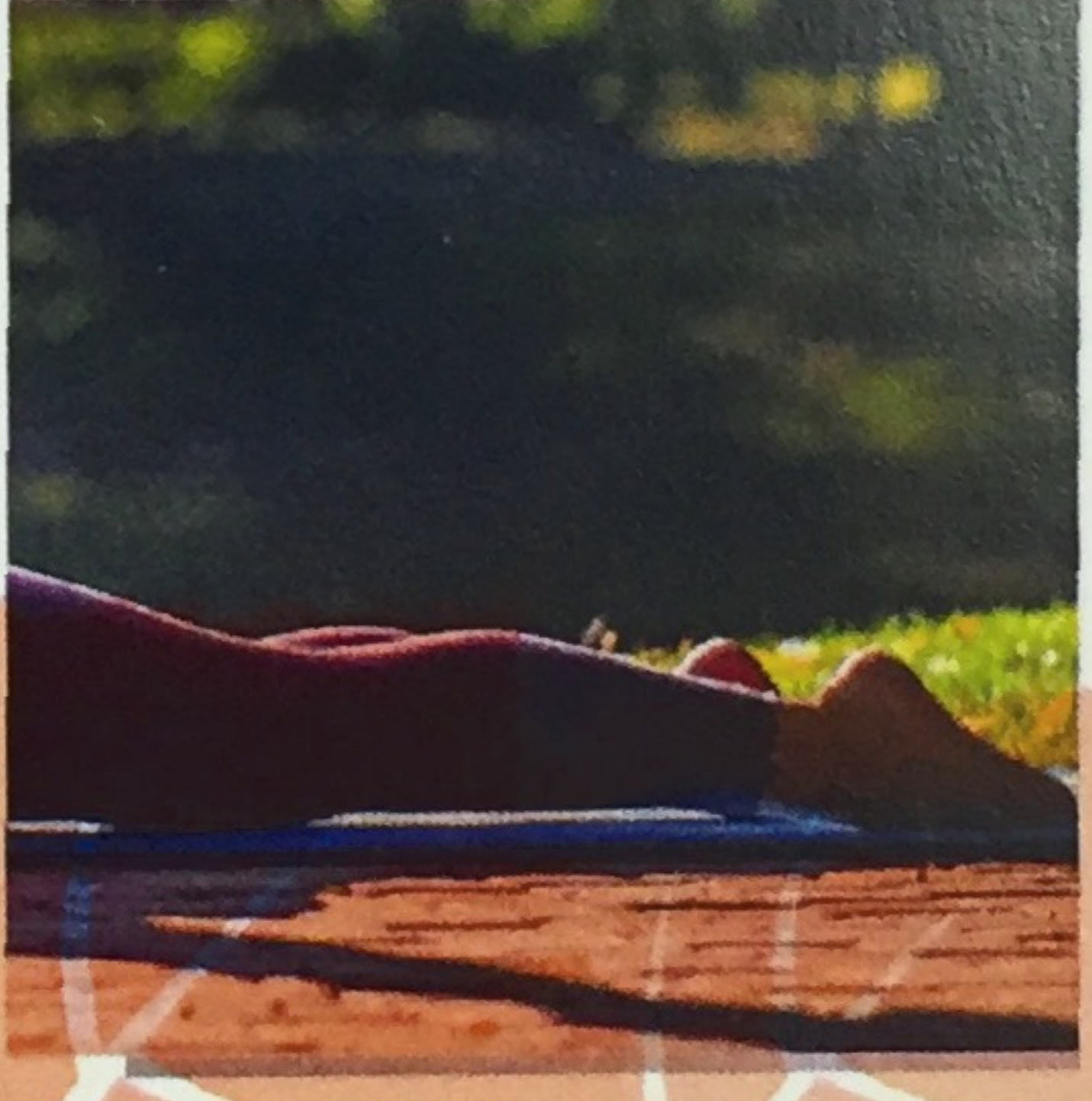
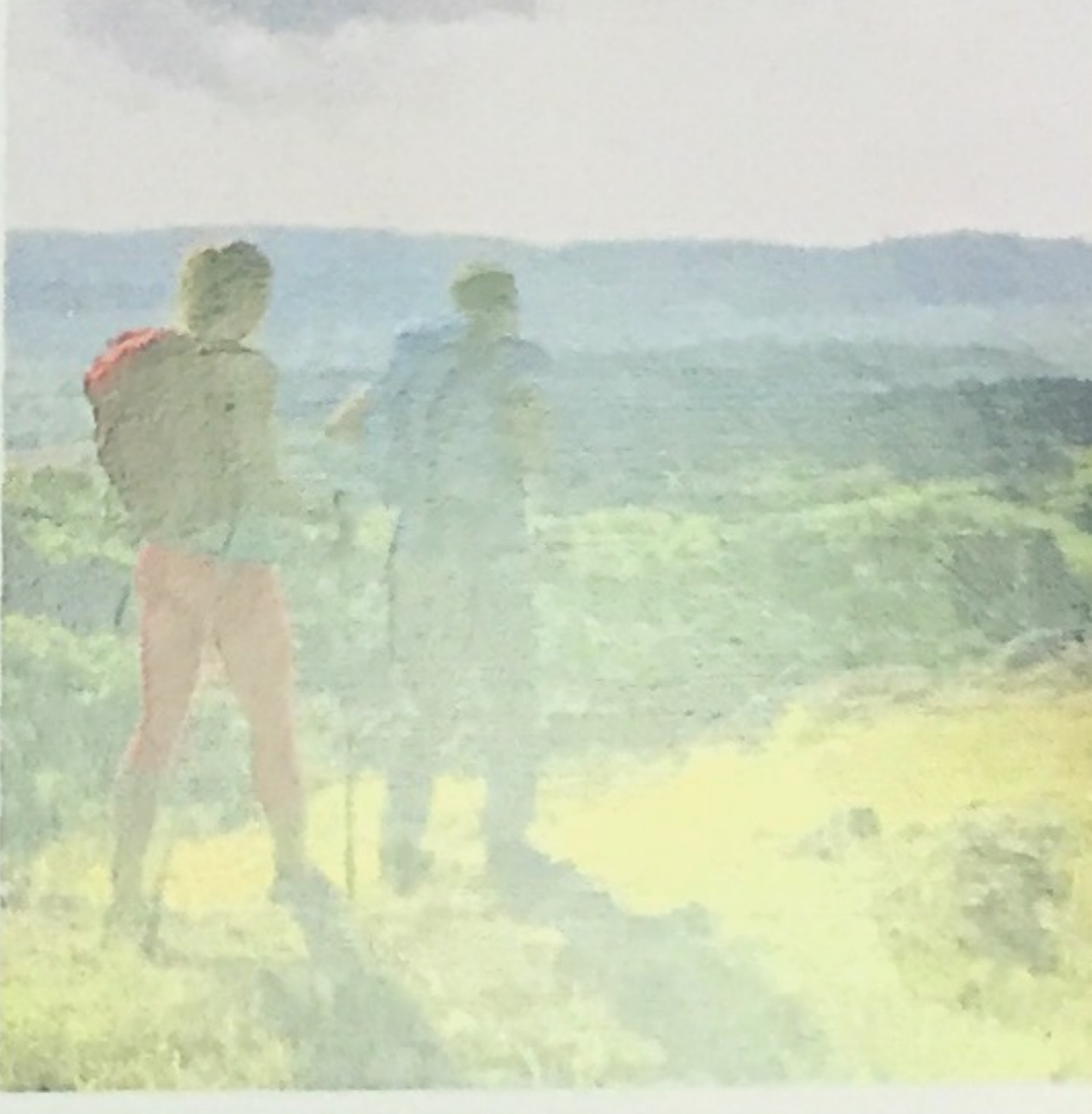
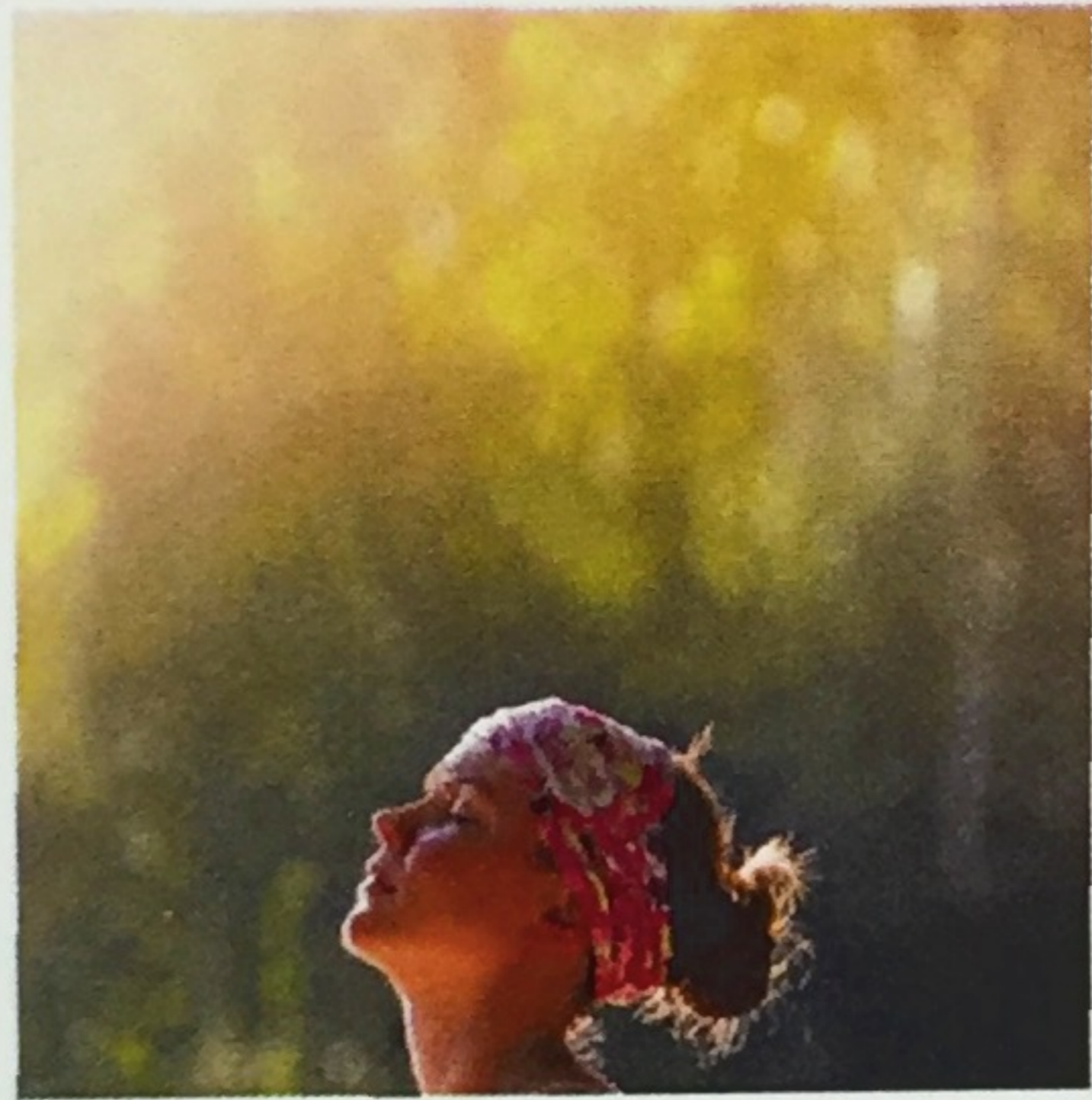
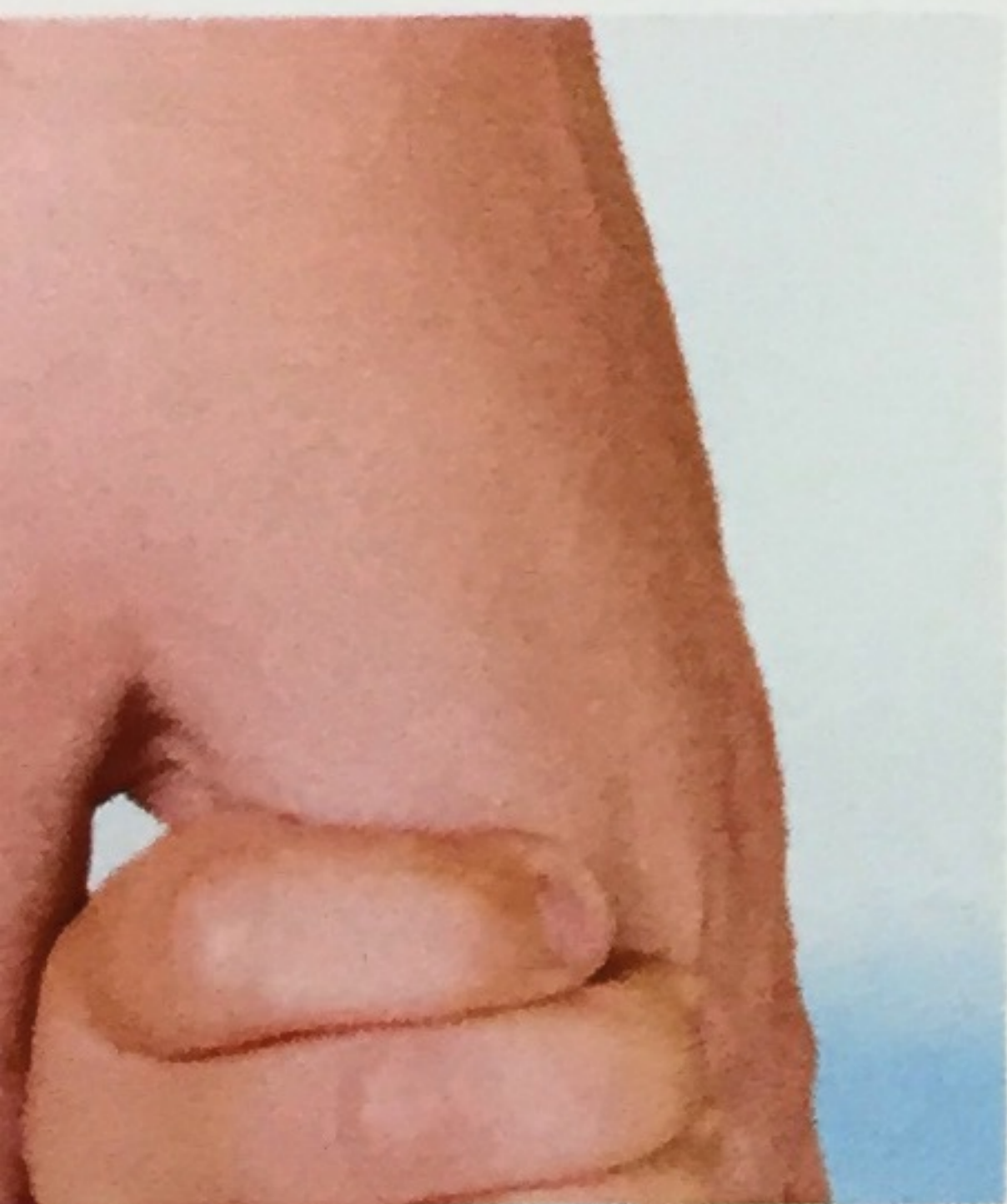
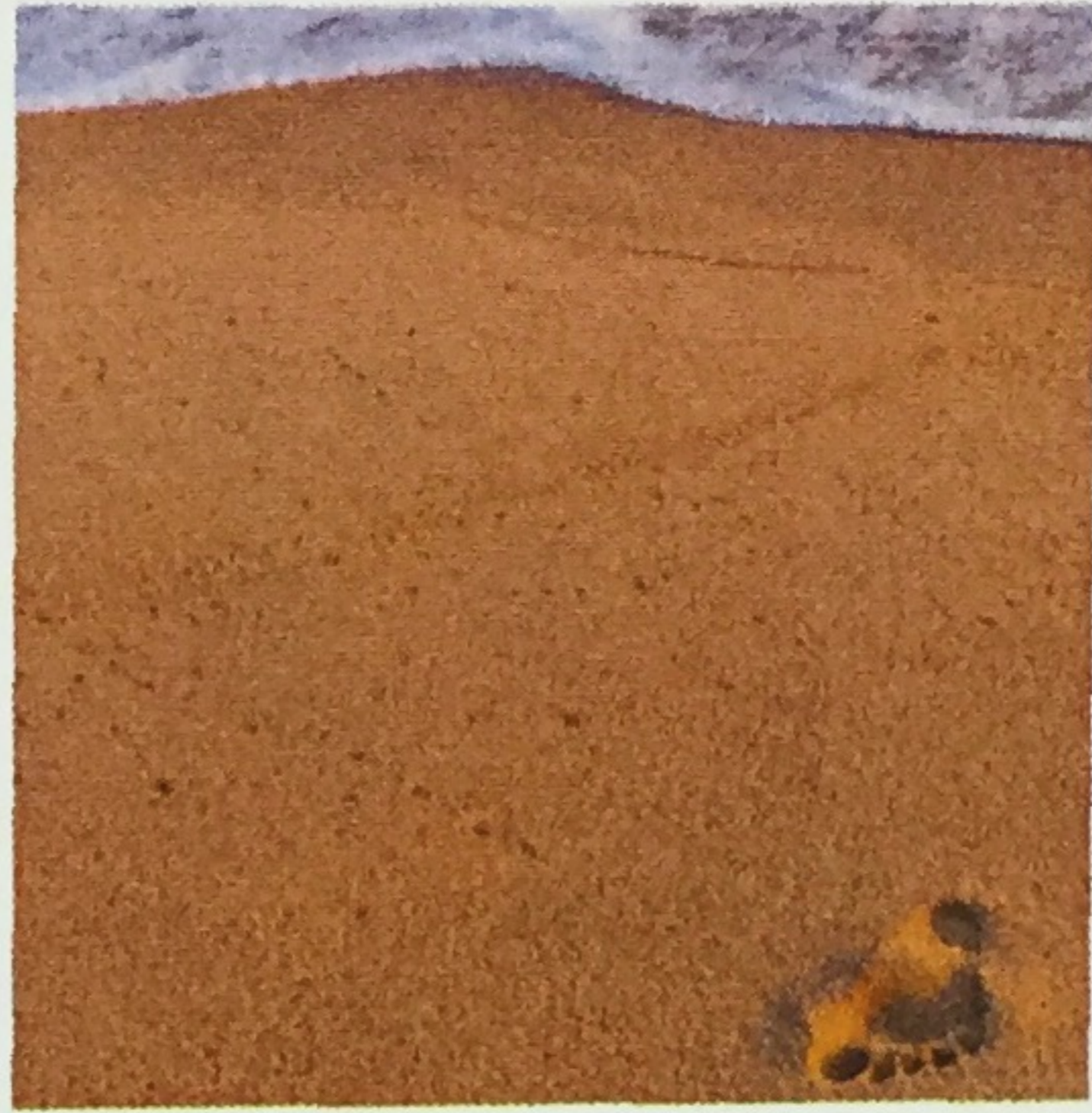
“Pathways allows you to reach your full potential in all aspects of life.

Yes, you may be struggling with drugs, alcohol, behaviors, or mental health, but that doesn't define you as a person.

When we get healthy and whole as a person from the inside out, those symptoms naturally dissipate.

With Pathways, we don't treat symptoms, we treat people.”

–Michelle Amerman, CEO/Founder of Pathways





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To live a life of meaning and freedom,
please call us today.

Main Office

801.867.3550

8706 S. 700 E., Ste 205
Sandy, UT 84070

Tooele Office

435.228.6967

58 S. Main Street
Tooele, UT 84074

"My life will never be the same. Pathways gave me my husband back, saved my marriage, helped my child through a very difficult time, and gave us all the tools to succeed in life..."

WHO WE ARE

Healing is a choice and opportunity

When you choose Pathways, you are choosing a new path to fully discover your greatness and live a **Life of Meaning and Freedom**. Despite our limited behaviors we can all live to our full potential whether you struggle with substance abuse, mental health, or behavioral health issues, etc. **Our greatness comes from within.**

Family System integration

We work with each individual based on their vision, strengthen the family, repairing our past history, and self-limiting beliefs that free xus from history vs. living in the present moment.

Family therapy is a solution based psychotherapy that can help your family improve relationships, learn how to work together effectively, and to develop new behavioral patterns. Regardless if the issue is with a child, teen, spouse, parent or sibling.

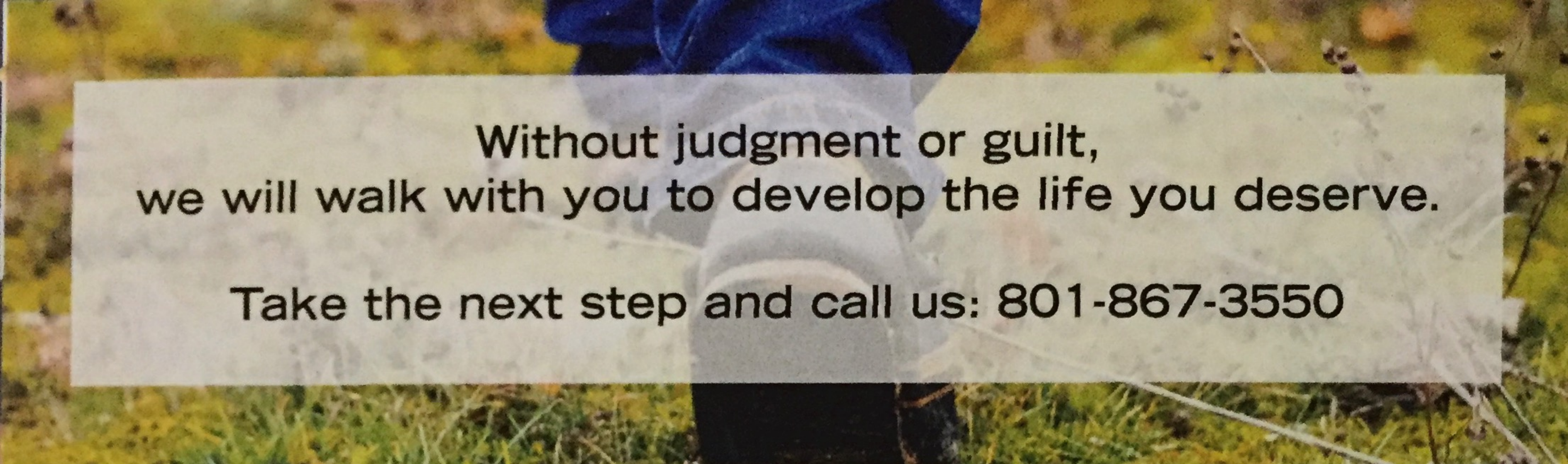
Customized treatment

As an individual you deserve to discover your vision and needs to heal your life. Rather than fit into the needs of others. We deliver a customize program that fully in cooperate any level of care needed to support long lasting change. All clients receive the opportunity to receive any therapy and or services that address the individual and family's needs that aligns with their personal vision and create quality of life.

Pathways is founded on years of research based evidence. We administer the YOQ and OQ to monitor our client's outcomes of quality of life for up to a year.

In-Home treatment

Working with our clients in their environment that allows us the best opportunity to address real life, real-time issues they face and gives us the opportunity for ongoing assessment while we serve them in the comfort of their home and community.



Without judgment or guilt,
we will walk with you to develop the life you deserve.

Take the next step and call us: 801-867-3550

PATHWAYS PRINCIPLES

I. Awareness and Ability

Self-awareness allows them to see the effects of their feelings, attitudes and behavior on themselves and those close to them. Cognitive information is valuable, but walking side by side our clients assists them in obtaining the tools, skills and ability that enhance the opportunity for success.

II. Strengthening

Our opportunity to truly develop a sense of self-worth and value. The two ingredients that are imperative for long-term change. As your self-worth increases, the expectations for your life increase. We've designed several processes to allow you to discover just how amazing you are.

III. Cognitive Restructuring

Unhealthy beliefs holds us hostage to our past and create out evidence; unhealthy beliefs hold us hostage to our past and create our evidence. We assist client to restructure their primary beliefs and their beliefs that support destructive behaviors and the payoffs.

IV. Healing

Emotional safety is very important to us. At this point, you are aware, strong, and have healthy beliefs. We are safely able to look at the root causes and help you process and heal. Family therapy is a solution based psychotherapy that can help your family improve relationships, learn how to work together effectively, and to develop new behavioral patterns. Regardless if the issue is with a child, teen, spouse, parent or sibling.