

TREATMENT FROM A CHRISTIAN PERSPECTIVE



at Timberline Knolls

BODY. SOUL. SPIRIT.

THE GRACE PROGRAM AT TIMBERLINE KNOLLS

HEALING THE BODY, SOUL, & SPIRIT

Women and adolescent girls come to Timberline Knolls in search of healing. Eating disorders, substance use disorders, mood disorders, and trauma affect a person on every level — body, soul, and spirit.

For those requesting Christian-based treatment, The Grace Program services include a spiritual assessment at admission, a Christian therapist, and Christian treatment groups.

In addition, residents can elect to receive private pastoral counseling and attend services at local churches (virtual options are also available). Christian community is encouraged and fostered through specialized groups. Participation in these groups often results in prayer led by residents, devotional groups, and Bible studies in individual lodges. This aspect of Christian community and connection brings a deeper and greater sense of meaning to the treatment experience.

Our comprehensive psychological and medical treatment enables our residents to embrace recovery. Equally important, our Christian programming can restore hope that has been lost, reconnect each resident with God, and reestablish a life of prayer, praise, and worship.

Timberline Knolls views faith and spirituality as foundational to healing, personal growth, and transformation. The Grace Program strives to strengthen a resident's current faith or firmly reconnect them with God. We accomplish this through three powerful groups interspersed throughout the regular treatment week. Each group approaches growth and learning differently, through education, experience, or interaction. Combined, these groups provide the most complete picture of God's grace, love, and mercy, as well as the importance of faith in recovery.





THE GRACE PROGRAM TREATMENT GROUPS

Soul Making is an interactive psychoeducational group that focuses on thoughtful exploration. The group covers recovery topics such as identity, shame, boundaries, and forgiveness. Scripture and other faith teachings are used to discover the biblical viewpoint and God's heart on these matters. The intent is to increase knowledge and deepen faith. Souls Like Stars, written by Dr. Margaret Nagib, serves as the curriculum. This experiential, skills-based guidebook equips women and girls who are suffering from eating disorders, substance use disorders, trauma, and more with practical tools for their recovery journeys and helps them partner with God in healing their bodies, minds, and spirits.

Sojourn is a process group that enables residents to share personal experiences as well as receive insight and encouragement from one another. It's a safe, nonjudgmental environment where residents can talk about their belief, or lack of belief, in their lives. Questions such as "Where was God when I was being abused?" and "Does He really forgive me for what I've done?" are spoken, respected, and addressed.

Awakenings is an experiential group designed to help residents connect with God on many levels. Activities and experiential exercises help residents share their feelings of shame, inadequacy, guilt, anger, and rage. Art offers a nonverbal vehicle for them to express their adoration for God, while music, song, and worship enable residents to feel the presence of the Holy Spirit. In addition, residents in The Grace Program attend Celebrate Recovery meetings, where the focus is on God's power to heal.

THE TIMBERLINE KNOLLS SANCTUARY

This sacred campus space is a tranquil place for residents to reflect on the past, contemplate the present, and pray for the future.

The Grace Program coordinator and our team of Christian therapists recognize the benefits of spending time away from the rigors and intensity of treatment. Although psychoeducational, process, and experiential groups are certainly important, few things have greater value than sitting in the presence of God.













Making a Real-Life Difference

Timberline Knolls is located on 43 beautiful acres just outside of Chicago, offering a nurturing recovery environment for women and girls age 12 and older who are struggling with eating disorders, substance use disorders, mood disorders, trauma, and other co-occurring disorders. By serving with uncompromising care, relentless compassion, and an unconditional joyful spirit, we help our residents help themselves in their recovery.

TIMBERLINE KNOLLS RESIDENTIAL TREATMENT CENTER

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