



See How We Make a Difference




Private, College Prep, Therapeutic Boarding School for Girls | For Grades 8-12




welcome!

We are excited that you have chosen to learn more about our unique school. Families from all over the United States and other countries have sought out Greenbrier to help their daughters create a successful future. We recognize the turmoil and emotional upheaval that has lead you to seek additional resources to help your family. You are here because your daughter is precious to you. She is a treasure, and with her, she carries the promise of greatness. We are here to honor and value that greatness, to help her value herself, and build and maintain healthy, honorable relationships. Through this process, wounds can be healed, hope can be assured, and fractured family trust and unity can be reconnected – and even enhanced.

Greenbrier Academy for Girls is a college preparatory, therapeutic boarding school located on 140 acres in the Greenbrier Valley of West Virginia. The beautiful campus is home to young women grades 8-12. Greenbrier Academy is licensed through the West Virginia Department of Health and Human Resources and is fully accredited by the North Central Association of Schools and Colleges (NCA). Please, as you look through this brochure, contact us if questions arise; we are here to help.



“Our mission at Greenbrier Academy is to emotionally heal and educate students and families, helping the world become a place where people virtuously take care of each other and themselves.”



~ contact us ~

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index

ACADEMICS.....	3
RESIDENTIAL LIFE.....	4-5
THERAPEUTICS.....	6-7
SCHOOL OF HORSEMANSHIP.....	8
ANIMAL RESCUE PROGRAM.....	9
SERVICE.....	9
DRUMMING.....	10
VILLAGE.....	11
FAMILY PROGRAM.....	11
CONTINUING CARE.....	12



Your daughter's academic success is a priority for you and it is a mission for us. We have carefully constructed a rigorous curriculum that incorporates flexibility and contextual learning. Our academic approach takes Greenbrier's overall philosophy of strong relationality and applies it specifically to learning and succeeding in the classroom. With the help of the Learning Specialist, certified teachers and students are able to tailor their academic studies to be as effective as possible.

While knowledge is the amassing of information, wisdom is the application and judicious use of knowledge. We strive to create wise students who mindfully research and consider options and apply problem-solving techniques. Our teaching model focuses on cooperative learning with quantum-learning techniques, designed to have girls work together in a manner that is challenging both academically and therapeutically with contextual, hands-on education.

Our teachers intertwine these with other teaching strategies to create an impactful learning environment with a variety of learning experiences to meet differing learning styles. Instead of just learning information, our students are given context for the information being taught and how it relationally applies to other topics they will learn. One of the greatest gifts a school can give its students is curiosity. Curiosity is the essence of being a lifelong learner. Our curriculum encourages students to ask "why" and to discover the answers themselves.

"Plain and simple, Greenbrier gave us our daughter back." -PARENT

In smaller classes students are able to elicit more personal support from teachers and take on leadership roles. At GBA, most of our classes have less than ten students. Our teachers are excellent at developing rapport with their students, fostering a love for learning and developing problem solving strategies, and taking the time to encourage curiosity in the classroom. College is a goal for many of our students and some students come to find the value in a college degree after enrolling at Greenbrier. Historically, over ninety percent of our seniors have gone on to college or university. Even students who have enrolled with deficient credits have been able to compose an effective academic plan that allowed them to make up for poor past performance. For some, college was a goal they thought was unachievable before.

AdvancED





To support what the girls are focusing on in their therapeutics and academics, Greenbrier's Residential life offers experiences for the context to practice what the students are learning. We provide many recreational activities, outings, sports and humanitarian experiences.

Depending on the time of year, commitment and interest of the girls currently enrolled at Greenbrier Academy, there are a number of adventures your daughter will look forward to.

LISTED BELOW ARE A FEW OF THE ADVENTURES YOUR DAUGHTER CAN ENJOY:

- Swimming
- Ice skating
- Snowboarding/skiing
- Canoeing
- Paintballing
- Kayaking
- Hiking
- Water slides
- Whitewater rafting
- Fishing
- Rock climbing
- Challenge courses
- Mountain biking
- Rappelling
- Zip lining

Our activities take place in a safe, monitored environment facilitated by licensed professionals and local guides.



Greenbrier Academy offers a variety of sports for your daughter to choose from because we understand how important physical exercise is for the body, mind and spirit.

"My daughter, like many others, had been bullied during elementary and middle school. Consequently, she developed school avoidance, and her grades plummeted. She developed a belief that she wasn't smart. I was amazed at how the therapeutic and academic team interfaced, first to change the belief system, and then to provide learning strategies that allowed her to be successful. It definitely wasn't a short-term fix, my daughter graduated from GBA three years ago and is now in her second year of college and is on the honor roll!"

-PARENT

HERE ARE A FEW OF THE SPORTS AND SPORTS-LIKE ACTIVITIES OFFERED AT GREENBRIER ACADEMY:



- Basketball
- Volleyball
- Softball
- Soccer
- Gymnastics
- Taekwondo
- Cross-Country

SOME OF THE OTHER ACTIVITIES YOUR DAUGHTER CAN ENJOY:

- Drumming
- Ceramics & Pottery
- Dog/Cat Fostering
- Violin Lessons
- Piano Lessons
- Photography
- Variety of Religious Services
- Community Service
- Dance
- Yoga

We get a vast range of interests in our students at Greenbrier Academy and we try to meet those interests in different clubs offered depending on the commitment from our students. Here are some examples of clubs that have been offered:

- Music Club
- Art Club
- Running Club
- Newsletter Club
- Poetry Club
- Humanitarian Club
- Shark Club
- Student Council
- Garden Club
- Book Club
- Yearbook Club
- Photography Club



Your daughter is not a diagnosis. She is a person with hopes, dreams, aspirations, and a unique set of characteristics and relationships that make her who she is. She is precious to you. That is how we see her, too. If you are reading this brochure, you are worried about her – perhaps your relationship with her has become disrupted and her relationship with her own future is now in doubt. You want the best for her, and you know that means healing and growth. This is where we excel. As mentioned earlier in the brochure, our model is Applied Relationality. In a nutshell, it is the removal of obstacles to quality/virtuous, interpersonal and intrapersonal relationships, and building resources to enhance them.

Greenbrier excels at taking deep level negative, limiting beliefs by changing a person's motivation and permission to act and feel different from the old belief. Our five complete therapeutic modules are built to create significant and healing change for the whole person. Each module is a ten-week section time frame and is focused on a specific relational outcome using a set of interventions to create the deep level of change.

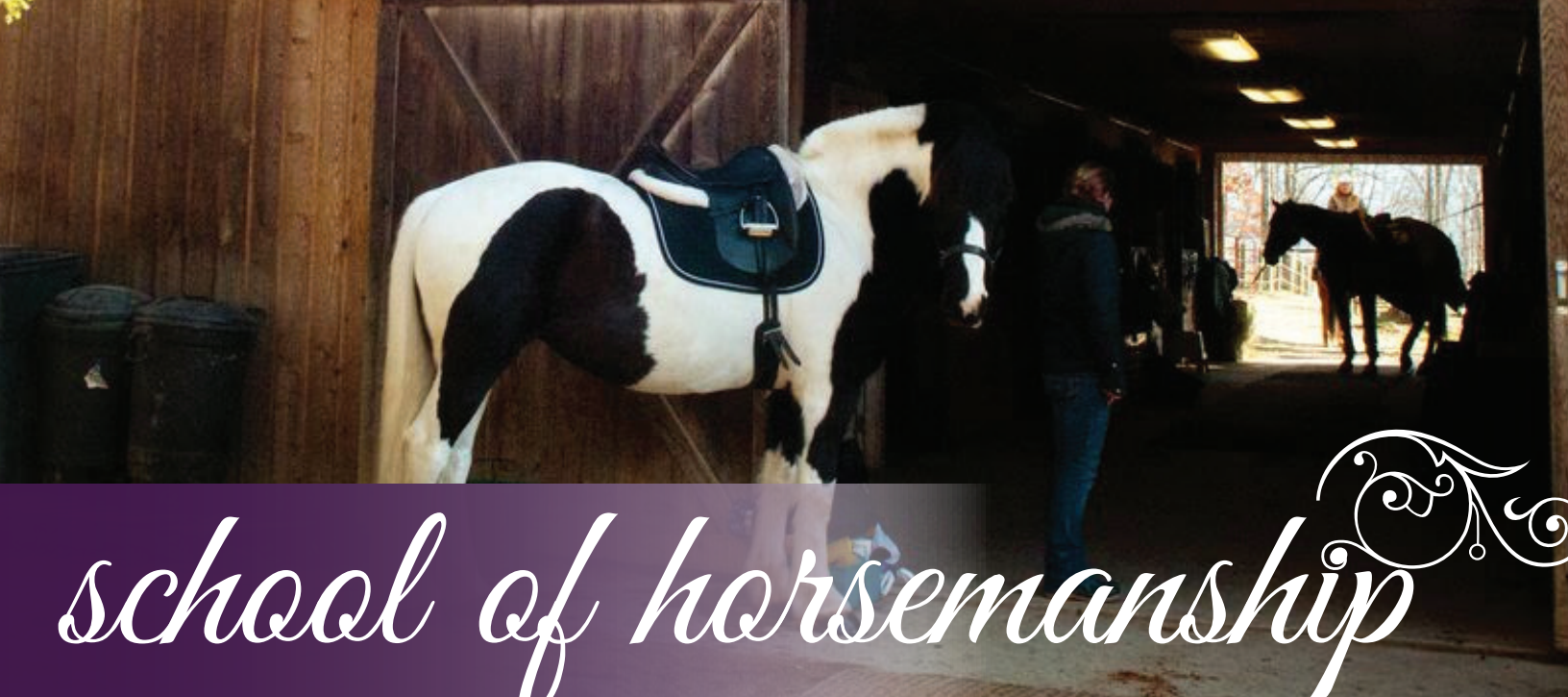
Please note, your daughter will spend lots of weekly time one-on-one and in group with her therapist; but therapy is not just talking to a therapist, or you wouldn't be looking for a therapeutic boarding school. Greenbrier is so much more.

- 1:8 Counselor to Student Ratio
- Weekly One-on-One Individual Sessions
- Weekly Call with Family, Therapist, and Student
- Daily Group Discussions
- Family Parent Workshops (3 Times a Year)
- Therapeutic African Drumming
- Heart-Math Exercises
- Animal Program
- Art Therapy
- Yoga
- Brain Spotting
- Continuing Care

*"I graduated from **GBA** four years ago. While there, not only did I discover that my problems were based on my perceptions related to how I perceived important relationships growing up, but more significantly, I was able to share these thoughts and feelings with my family, and pave the way for the kind of relationships with my entire family I had always wanted. I am now in college, but not a day goes by where I'm not reminded of some important life lesson I learned at **GBA**. In fact, I'm now a resident advisor on my college dorm, and all the other kids wonder how I became so wise!" -STUDENT*



- Weekly meeting with student, academic advisor and therapist
- Peer-led, positive culture called The Aspirations that stresses quality relationships heal emotional wounds, changes beliefs, and behaviors
- Family units: consist of 8 or less students and led by the therapist
- Each family unit meets and helps identify negative behavior patterns and guides students to more positive patterns
- Activities where girls are given context to practice their therapeutic outcomes
- Heart-Math exercises
- Animal program
- Art therapy



Horses have become a big part of Greenbrier's campus life. If your daughter loves horses, she will love our School of Horsemanship. Many students choose to participate and hone equine skills both in and out of the saddle. Expert instructors tailor lessons to your daughter's interests, whether they are dressage, hunter/jumper, western saddle or trail riding.

- Located Approx. 120 Miles from VA Horse Center
- 1 of the top 5 Rated Equestrian Centers on East Coast
- Semi-Private Lessons
- English Riding Lessons
- Western Riding Lessons
- Dressage
- Hunter/Jumper
- Wash Bay
- Boarding Available
- Authentic Trail Rides with Natural Jumps
- 150,000 sq. ft. Covered Arena



- 80+ Acres Scenic Trails
- 8 Indoor Stalls
- 2 Outdoor Stalls
- 2 Paddocks w/Run-in Sheds
- 10 School Owned Lesson Horses
- Competition Opportunities
- Beginner to Grand Prix
- Multiple Turnout Paddocks
- Round Pen
- Tack Room

Those students who enroll in the school of horsemanship are able to compete locally and participate or attend events at the nearby prestigious Virginia Horse Center in Lexington, Virginia.



Animal rescue program

Applied Relationality helps us look beyond ourselves and see how we are connected to others and them to us, sometimes in profound ways. Adolescent girls are attracted to some animals for companionship, compassion, honest feedback, and communing. Greenbrier has a “cat palace,” a large dog kennel, and horse stables. Girls can choose their favorite. In addition to the companionship, the girls learn responsibility, care, and consequences. Many girls remark how profound it is to know the only thing standing between life and death for another animal is her willingness to sacrifice by getting up early and giving up some fun, free time to feed, clean and nurture these animals. Last year Greenbrier students placed over 60 abandoned dogs into homes. That’s a lot of smiles!

“Greenbrier Academy has given me my daughter back. I’m looking forward to her coming home, and feel prepared with the tools gathered from participating in the workshops.”

-PARENT



service

To help create empathy and a strong social conscience, students are invited to our Nicaragua Service Trips and local organizations for charitable service. We are affiliated with a charitable organization, Genesis, that sponsors impactful, safe service opportunities for our students in the poor “barrios” of Nicaragua. This experience has been life changing for some girls. We also frequently have service days at the local women’s shelter, retirement homes, Habitat for Humanity, and youth organizations. These opportunities make lasting, impactful memories.



drumming

To create community unity and to facilitate nervous system healing, Greenbrier Academy provides daily African Drumming. Different studies have indicated the therapeutic effects of rhythm techniques. Research reviews reveal that drumming accelerates physical healing, boosts the immune system, and produces feelings of well-being, a release of emotional trauma, and reintegration of self. Studies have also illustrated that drumming is a valuable treatment for such behaviors as:

- Withdrawal/Depression
- Posttraumatic Stress
- Attn. Deficit/Hyperactivity
- Drumming Accesses the Entire Brain
- Produce Deeper Self-Awareness by Inducing Synchronous Brain Activity
- Drumming Creates a Sense of Connectedness with Self and Others
- Releases Negative Feelings and Blockages
- Oppositional Defiance
- Sluggish Cognitive Temp
- Boosts Immune System






the village

The Village is often described by graduates as the most powerful, positive influence at Greenbrier Academy. This is not a “wilderness experience.” However, one week at a time, four times a year, small groups of students retreat to the Village mountain campus. During each week they explore life’s tough questions, such as “Who am I? What should I value? What are my intentions within relationships? Is there right and wrong? What is the value of a human being?”



family program

Family is the most fundamentally transformative relationship that makes us who we are. From our first memories, families teach us that we are loved, that we belong, and that we are precious. As the family is affected by the difficult choices of its members, it can become fractured, estranged and trust and belonging can diminish. To facilitate healing and cohesion, you will be able to participate in several family programs throughout the year with your daughter. “Greenbrier Academy has given me my daughter back. I’m looking forward to her coming home, and feel prepared with the tools gathered from participating in the workshops”, one parent recently said. It is a sentiment most parents share.



“The first workshop was so emotional. I came to see my daughter through new eyes. I was also able to understand how my own childhood had affected the way I parented my daughter.”

-PARENT



continuing care

Graduating from Greenbrier is a landmark event in your daughter's life. It is a day of celebration for hard work, obstacles overcome, relationships healed and a future filled with promise and hope. It can also be tricky. Moving from a supportive environment filled with sisters and caring staff, back to old environments and acquaintances, or to college life can be fraught with pitfalls. But your daughter does not have to tread this new territory alone.

Before graduation, your daughter will have a chance to craft a plan for success and participate in weekly one-on-one phone calls with a Greenbrier therapist, participate in Continuing Care events, activities and retreats with other alumni, and visits to campus from time to time. The majority of our families find this invaluable during that tender transitional period.

~ contact us ~

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