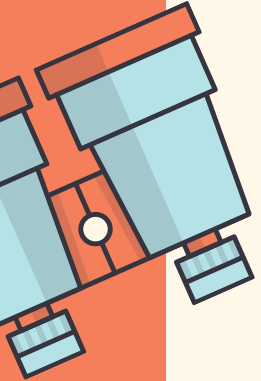




YOUR STORY BEGINS HERE!

INNER REALMS

ADVENTURE WITH PURPOSE



Embark on a therapist-guided tabletop RPG campaign where your choices shape the story, your party shapes the adventure, and every challenge becomes an opportunity to grow.

Every campaign features

- Meaningful adventures & memorable characters
 - Teamwork, creativity, and problem solving
 - Challenges that build confidence and resilience
 - A complete campaign with therapist guided stories
- 

**THE ADVENTURE IS FICTIONAL.
THE GROWTH IS REAL.**

Now forming our next
Adventuring Party!

Scan for more information
about our Group Offerings -->



Website: www.therapyessential.com
Email: ben@essentialcts.com





Parents:

Parents can expect a structured, therapist-led experience designed to balance fun with meaningful therapeutic opportunities. While each session centers on collaborative storytelling and gameplay, challenges within the game are intentionally used to help participants practice skills that support everyday life.

Because much of the learning occurs through experience rather than lecture, your teen may talk more about the adventure than about "therapy" after a session—and that's okay. The goal is for growth to emerge naturally through meaningful play.

Rather than sitting in a classroom learning social skills, participants experience situations that naturally invite them to practice them. Throughout the campaign, players may find themselves:

- working through disagreements
- asking for help
- encouraging teammates
- making difficult decisions
- adapting when plans fail
- celebrating successes together

The story is fictional. The experiences and skills are real.