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Private Treehouse Therapy Practice in Rural Oklahoma Sets National Example for Trauma-Informed, Survivor-Centered Mental Health Care

Delaware County, OK — In an era where over 54% of U.S. adults with mental illness receive no treatment and many drop out after just one therapy session, an Oklahoma-based practice is quietly reshaping what therapeutic care can look like — and where it can thrive.

Nature's Path Therapy, a private therapeutic practice founded by psychology professional Joseph Atkins, delivers a research-informed, survivor-centered alternative to traditional therapy — all from a custom-built treehouse sanctuary in Delaware County.

Healing, Reimagined

Nature's Path Therapy is designed for those who have felt unheard, misdiagnosed, or emotionally underserved by conventional mental health systems — including individuals navigating:

- Family estrangement
- Religious or spiritual trauma
- Neurodivergent burnout
- Identity-based stress
- Systemic exhaustion and caregiving fatigue

Instead of operating under diagnostic mandates or insurance constraints, Nature's Path offers:

- Non-clinical, evidence-informed services rooted in neuroscience, trauma theory, and behavioral science
- Structured, curriculum-based healing series and downloadable recovery tools
- Facilitator licensing for educators and support professionals
- Hospitality-inspired in-person rituals, including Sweet Tea & Sunrise and Cast Iron & Comfort

The treehouse itself is more than a setting — it's a statement. Elevated, yet rooted. Private, but open to growth. Built intentionally to reflect the care model it supports: safe, slow, and sovereign.

“I didn’t set out to build a therapy model. I set out to build a home,” says Atkins. “But in creating a space where people could feel safe, seen, and unhurried — the model emerged on its own. It was shaped by real-world need, lived clarity, and from the belief that healing deserves to feel human.”

The Numbers Say It’s Time for a Different Approach

- 54.7% of adults with mental illness receive no treatment. (Mental Health America, 2024)
- 57% of clients drop out of therapy after one session, commonly due to feeling unheard or mismatched with their provider. (New Harbinger, 2022)
- Up to 90% of trauma survivors never pursue therapy, citing distrust, retraumatization fears, or inaccessible models. (Sidran Institute, 2019)
- Narrative-based and psychoeducational interventions have demonstrated significant effectiveness in reducing PTSD symptoms among trauma survivors, particularly in non-clinical settings. (PMC, 2023)
- LGBTQ+, BIPOC, neurodivergent, and spiritually disenfranchised populations remain underrepresented in most therapeutic frameworks. (Journal of Counseling Psychology, 2020)

Nature’s Path Therapy directly addresses these gaps with an innovative blend of structure, autonomy, and emotional intelligence.


About Joseph Atkins


Joseph Atkins is a psychology professional, behavioral science strategist, and trauma-informed care advocate. With a background in forensic laboratory operations, public health leadership, and lived experience navigating estrangement and systemic failure, Atkins founded Nature’s Path Therapy to offer care that is both research-driven and deeply human. He is completing his undergraduate degree in Psychology with a double minor in Sociology at Northeastern State University.

About Nature’s Path Therapy

Nature’s Path Therapy is a private therapeutic practice based in the wooded foothills of Delaware County, Oklahoma. Services are delivered virtually across the U.S., with select in-person sessions offered seasonally on-site. Built around a low-caseload, high-attunement model, the practice offers a flexible, trauma-informed alternative to volume-based care — through healing series, recovery curriculum, facilitator tools, and relational presence.

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