



THE QUEST PROJECT

Who's it for: Adolescent Male

The Quest Project-Modern Day Rite of Passage is a 10-week, intensive group therapy program for boys that breaks down symptoms to reveal root issues. The program equips boys with real-life tools to process emotions, break free of teenage depression, relate to others, forgive the past, take responsibility, and essentially... to become men.

We deliver immediate hope. We steward families through one of the toughest times in a boy's life. When parents can't break through on their own, when the status quo fails, when real-life circumstances rock you to the core, The Quest Project offers hope in a tangible, researched, and proven form. With more than 2,000 boys and families to testify to its efficacy, The Quest Project gives an uncertain future certainty.

ADULT QUEST

Who's it for: Adult Male and Adult Women's Groups

Are you looking for a mentor or healthy example of "how to" become a healthy adult? I see moms, dads, wives, husbands, sisters, and brothers that have done the best they could over the years but realize "something" is missing. Maybe you grew up in a divorced home; you didn't get much time with your mother or father because they didn't have time for you. Maybe mom and dad worked away during your formative years. There are multiple reasons, but the bottom line is you did not have a role model to teach and provide you many of life's most important lessons.

THE QUEST PROJECT ONLINE!

Who's it for: Everybody

The Quest Project Online is 10 self-paced evidence-based therapeutic modules that heal, guide, and equip modern boys to become responsible men in this particularly challenging and different environment they and we now live in. We focus on breaking down traditional counseling barriers, allowing each participant to build character, sift through trauma, forgive the past, take responsibility, look to the future.

You will also receive a "Parent's Guide" that allows you to understand and participate in your son's online journey.

UNTANGLING THE WEB

Who's it for: Couples

Untangling the Web is a successful, comprehensive workshop designed for couples and individuals who want to explore and develop loving, healthy relationships. Learn tools and techniques to help eliminate barriers while creating a safe environment for effective communications.

Visit our website or contact us for dates and additional info . . .



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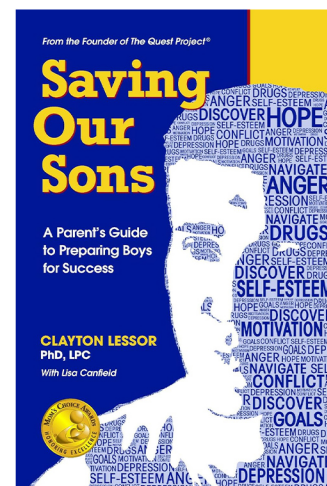


TheQuestProject.com

SAVING OUR SONS:

A Parent's Guide to Preparing Boys for Success

There's never been a more challenging time to be the mother of a teenage boy. Our young men are currently in crisis, falling far behind their female counterparts in school and in life and failing to learn the lessons they need to survive and thrive in the adult world. With *Saving Our Sons*, veteran psychotherapist and founder of The Quest Project® Clayton Lessor, MA, LPC is out to reverse this trend. Based on years of research, study and practical application, *Saving Our Sons* provides mothers—as well as fathers and other caregivers—with the expert guidance they need to help their sons navigate the turbulent transition between boyhood and manhood.



GENERATION OF MEN:

How to raise your son to be a healthy man among men

We have a problem and the problem is with our boys — the next generation of men. Between the ages of 12 to 15, boys undergo a pivotal phase of character development. During these years, they shore up the identities of the men they'll become. However, we have a situation on our hands. The world today is complex. Technology, social media, current events, and dynamic shifts in culture have exposed modern youth to complicated concepts and situations at a much younger age. Children are navigating the ideas of adulthood in nearly every interaction. Yet, they have limited access to male role models. Meanwhile, they are receiving conflicting definitions of masculinity. In movies and tv, they see “macho” male idols while, at the same time, hear echoes from society that “men are bad.” Amidst these convoluted expectations and assumptions, boys will turn to their friends, celebrities, video games, and the internet to learn how to “be a man.”

ABOUT CLAYTON LESSOR, PHD, LPC

The Quest Project was founded by Clayton Lessor in 1996. After serving as a commissioned officer in the Air National Guard, Clay devoted his life's work to studying childhood trauma and adolescent development. Driven by his own childhood history, Dr. Clay's personal mission is to steward healthy lifestyles by teaching, facilitating, writing, researching, and serving as an example for boys and men everywhere.

Dr. Clay's work and doctoral focus was built upon the foundational works of psychologists Erik Erikson and Urie Bronfenbrenner. After more than two decades of study, he has crafted a Modern-Day Rite-of-Passage™ program that contextualizes psychosocial and bioecological theory into a practical format for modern boys. With 18 years and well over 2,000 participants, The Quest Project has shown proven results, both quantitatively and in the personal testimonials of the families directly impacted. In his own words, *“healthy boys grow into healthy men. That's why I do what I do.”*

Dr. Clay hopes that one day The Quest Project will be available to all boys across the country. For that reason, he splits his time between training other LPCs and LCSWs as facilitators of The Project while continuing to steward growth for boys in his own practice, located in St. Louis, Missouri.

When he isn't working, Dr. Clay spends his free time at home, with his wife and two dogs.

Dr. Clay is also the founder of Charity Patch, a not-for-profit urban garden founded in 2013, which provides fresh produce to local food pantries. He can often be found in the garden along with a dozen or more The Quest Project graduates, covered in dirt, with an armful of veggies.