Course Description
This class will focus on the use of adventure-based activities in therapy with individuals, groups and families. Students will be introduced to adventure through readings, discussions, guest speakers and experiences. This one credit mini-course is designed to provide the student with a theoretical, philosophical and experiential understanding of adventure and experiential learning and its application to therapy. Course content includes the theoretical and philosophical foundations of adventure based practice, a discourse on the safe and appropriate use of adventure activities with different client groups, a demonstration on facilitating adventure activities, and use of adventure activities in assessment and intervention.

Course Text
The Power of One (2008) by Maurie Lung, Gary Stauffer, and Tony Alvarez