

### Course Objectives

- ◆ Demonstrate an understanding of how adventure and experiential activities can be utilized in therapy with individuals, families, groups.
- ◆ Demonstrate an ability to practice within one's scope of practice and training
- ◆ Adapt adventure tools for use indoors, particularly in small office settings.
- ◆ Illustrate a level of familiarity with adventure and experiential therapy of specific relevance to the student.
- ◆ Discuss typical ethical concerns related to Adventure Therapy.

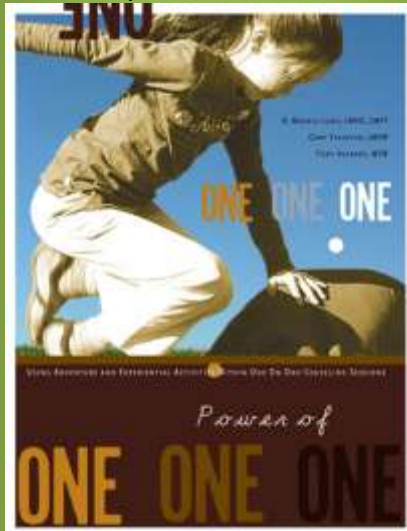


### Course Description

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



## University of Michigan

School of Social Work

### Adventure/Experiential Therapy A Mini Course

**Tony Alvarez**

