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

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.