

WILDERNESS ADVENTURE THERAPY



Use of Wilderness and or Adventure as a modality approach to Therapy

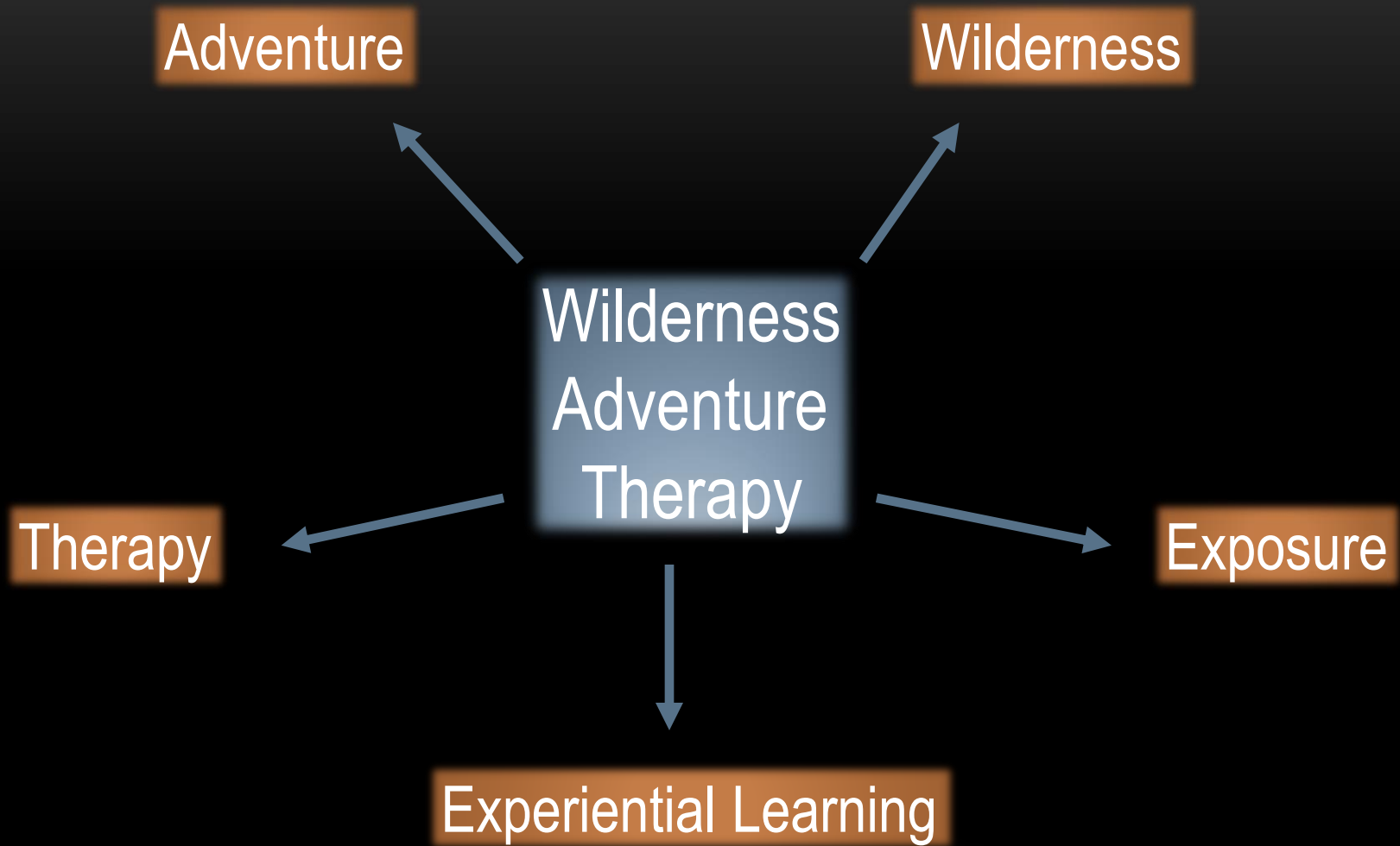
Joshua Wilson, North Star Behavioral Health, Holistic Healthcare Conference, 2017

WILDERNESS ADVENTURE THERAPY



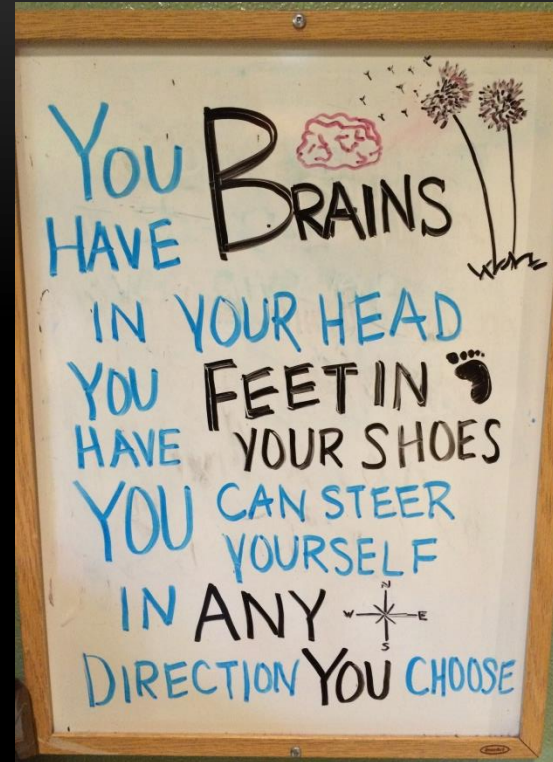
Wilderness

Adventure



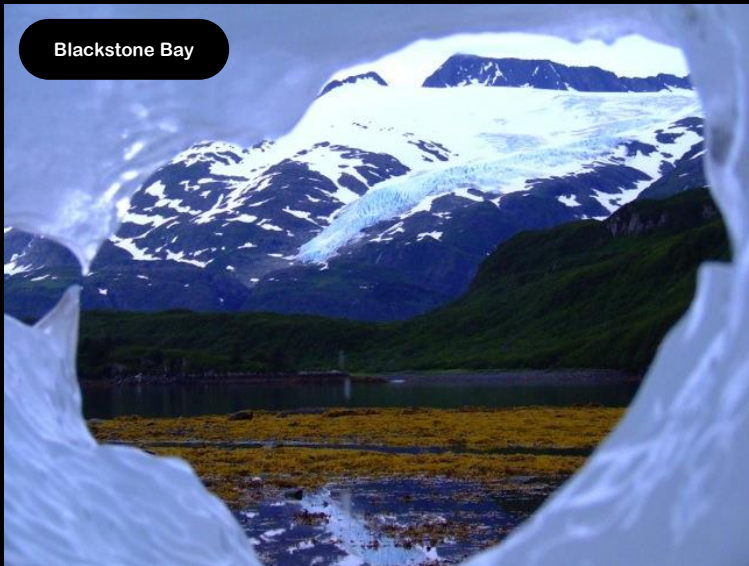
ADVENTURE

- Indoors or outdoors
- Kinesthetic
 - Sports/Recreation
 - Games/Activities
 - Challenge Courses
 - Races
- Requires Active and direct use of clients' participation and responsibility in their therapeutic process.
- Incorporates all 5 senses



WILDERNESS

- Wilderness: An tract of land that is uninhabited or uncultivated by human hands.
- A subset of adventure- based therapy.
- The use of nature in reality as well as a metaphor within the therapeutic process
- Escape from normal everyday fast pace lifestyle



EXPERIENTIAL LEARNING



Challenge
and
Experience

+



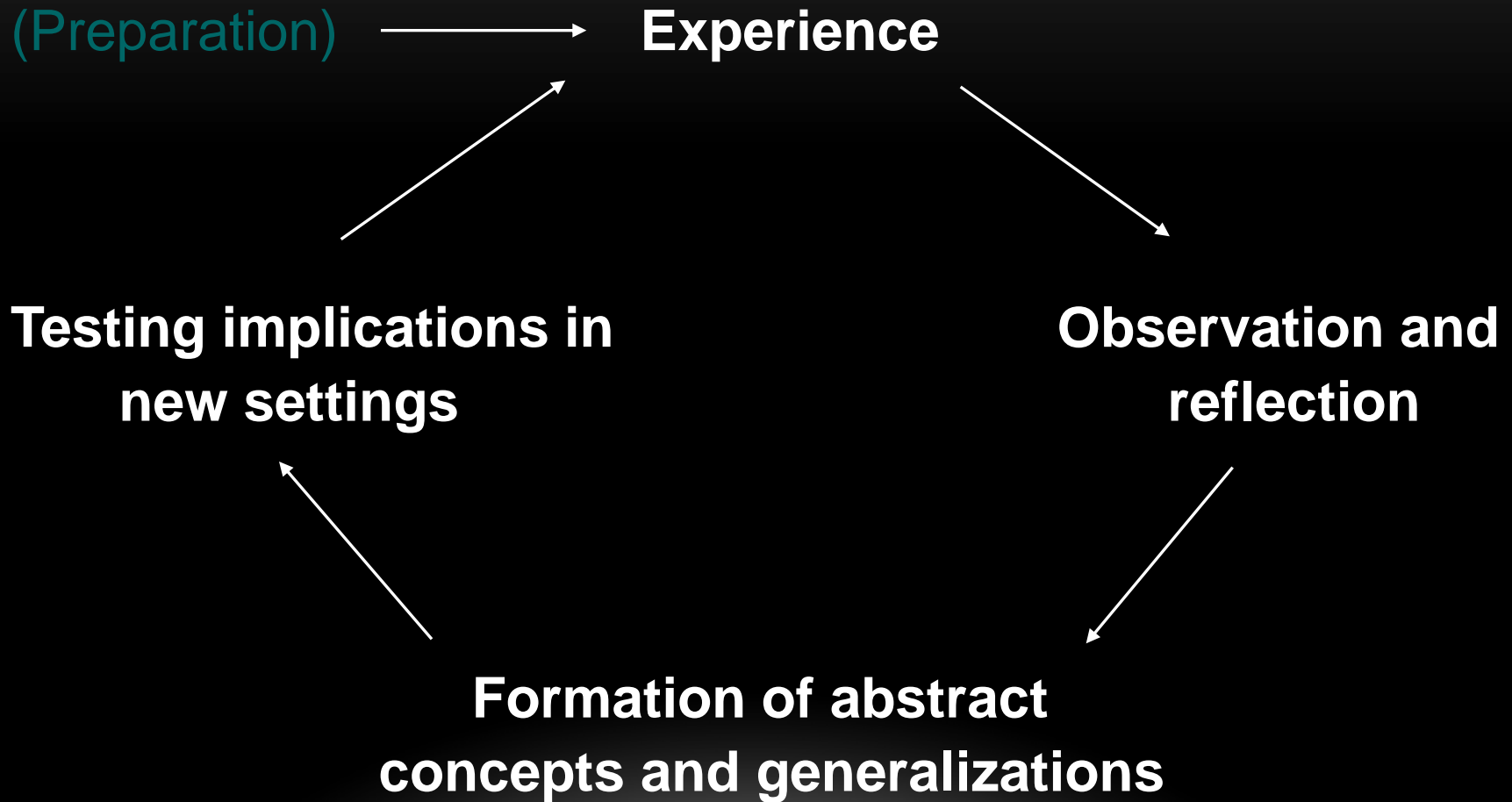
Reflection

=



Growth

Experiential Learning Cycle (Kolb 1984)



THERAPY



Examples of therapy modalities:

- Counselling
- Cognitive Behavioral Therapy
- Psychotherapy
- Group Therapy

Wilderness and Adventure is not therapy. They provide therapeutic experiences to aid in the professional therapy process.

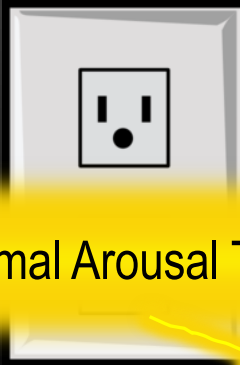
EXPOSURE

It is important that the experience is long enough to allow for clinical assessment, establishment of treatment goals, and a reasonable course of treatment is facilitated.



Three weeks is optimal exposure time

Any time is better than no time

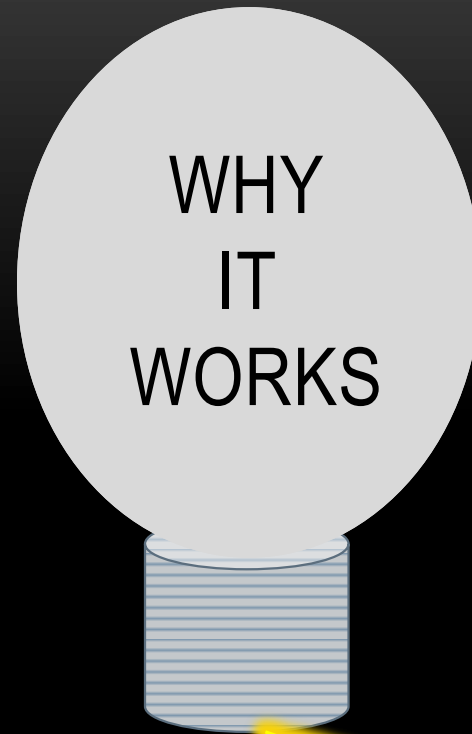


Optimal Arousal Theory

Building Self Efficacy

Flow Theory

Building Community



WHY
IT
WORKS

OPTIMAL AROUSAL THEORY

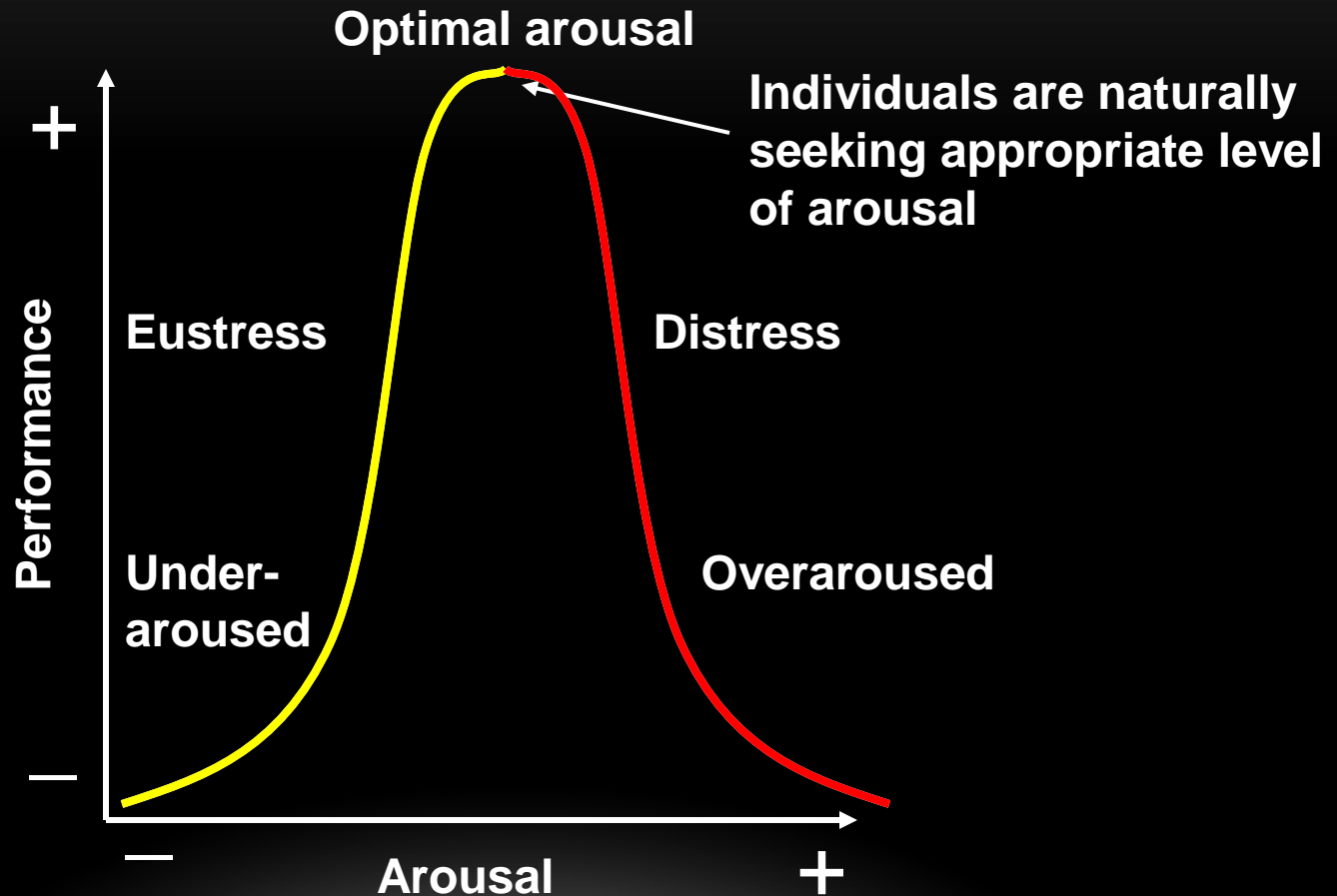


X



X

OPTIMAL AROUSAL THEORY



Adapted from M.J. Ellis, 1973, *Why people play* (Englewood Cliffs, NJ: Prentice Hall). Used by permission of the author.

DEFINING SELF-EFFICACY

- Self-efficacy is one's *belief* in his or her capacity to succeed at a task.
- General self-efficacy is belief in one's general capacity to handle tasks.
- Specific self-efficacy refers to beliefs about one's ability to perform specific tasks (e.g., driving, public speaking, studying, etc.)

Self Efficacy is a transferable skill to other areas of life!

(Bandura, 1997)

SOURCES OF SELF-EFFICACY

- 1) Prior mastery experiences
 - Most influential in determining self-efficacy
 - Proper Progression
- 2) Vicarious experiences
 - Successful demonstration by competent participants
- 3) Emotional arousal
 - Optimal Arousal Theory
- 4) Verbal persuasion
 - Easy to do, but authenticity is crucial

(Martin, 1999)

PROPER SEQUENCING

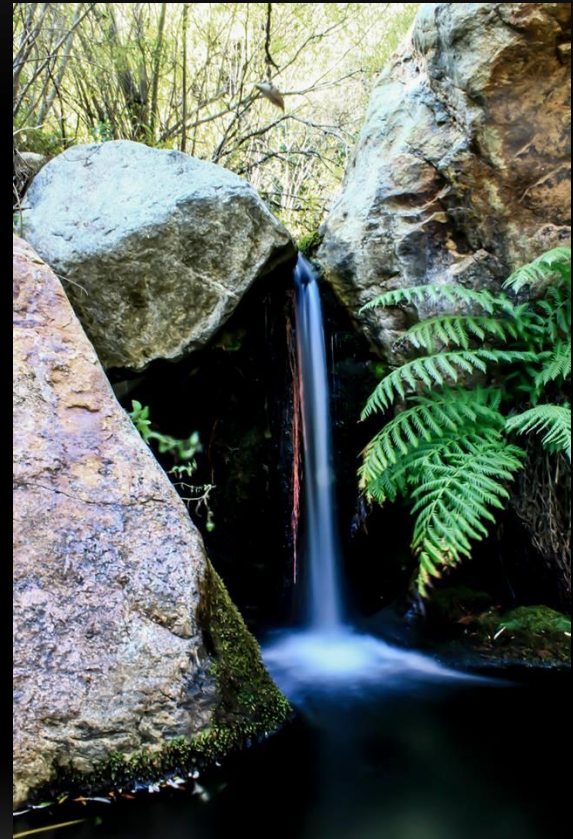


Mastery of Skills

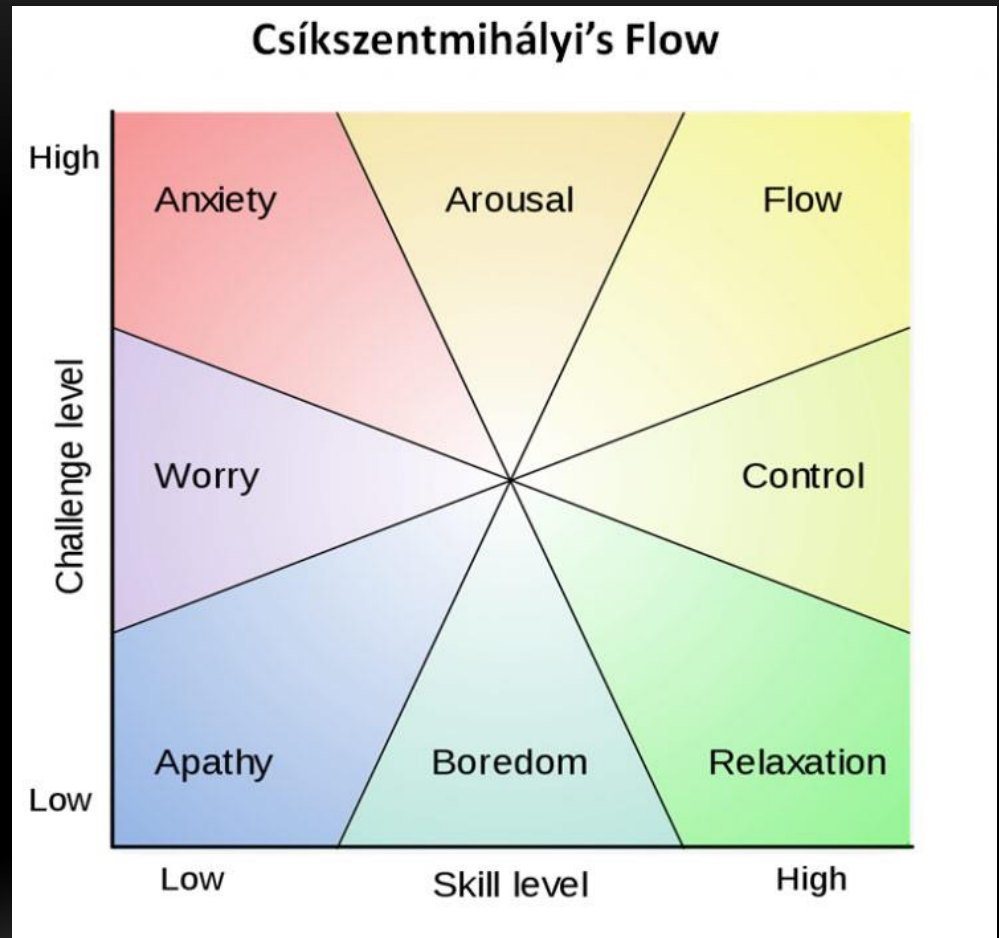
Mitigate risk

FLOW THEORY

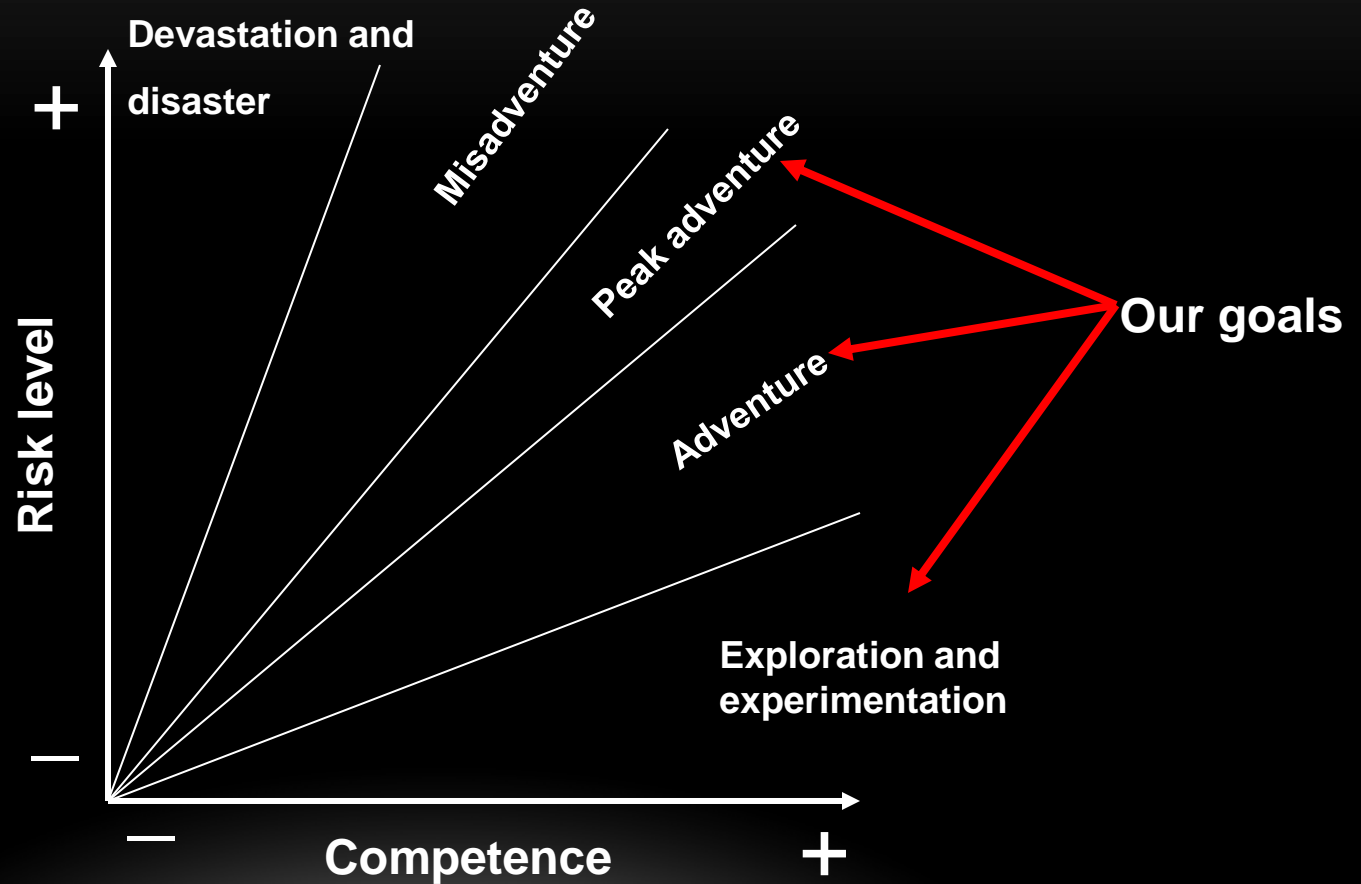
- A state of experience that is engrossing, intrinsically rewarding, and outside the parameters of worry and boredom



There are
eight mental
states that
can happen
during a
learning
experience



ADVENTURE EXPERIENCE PARADIGM



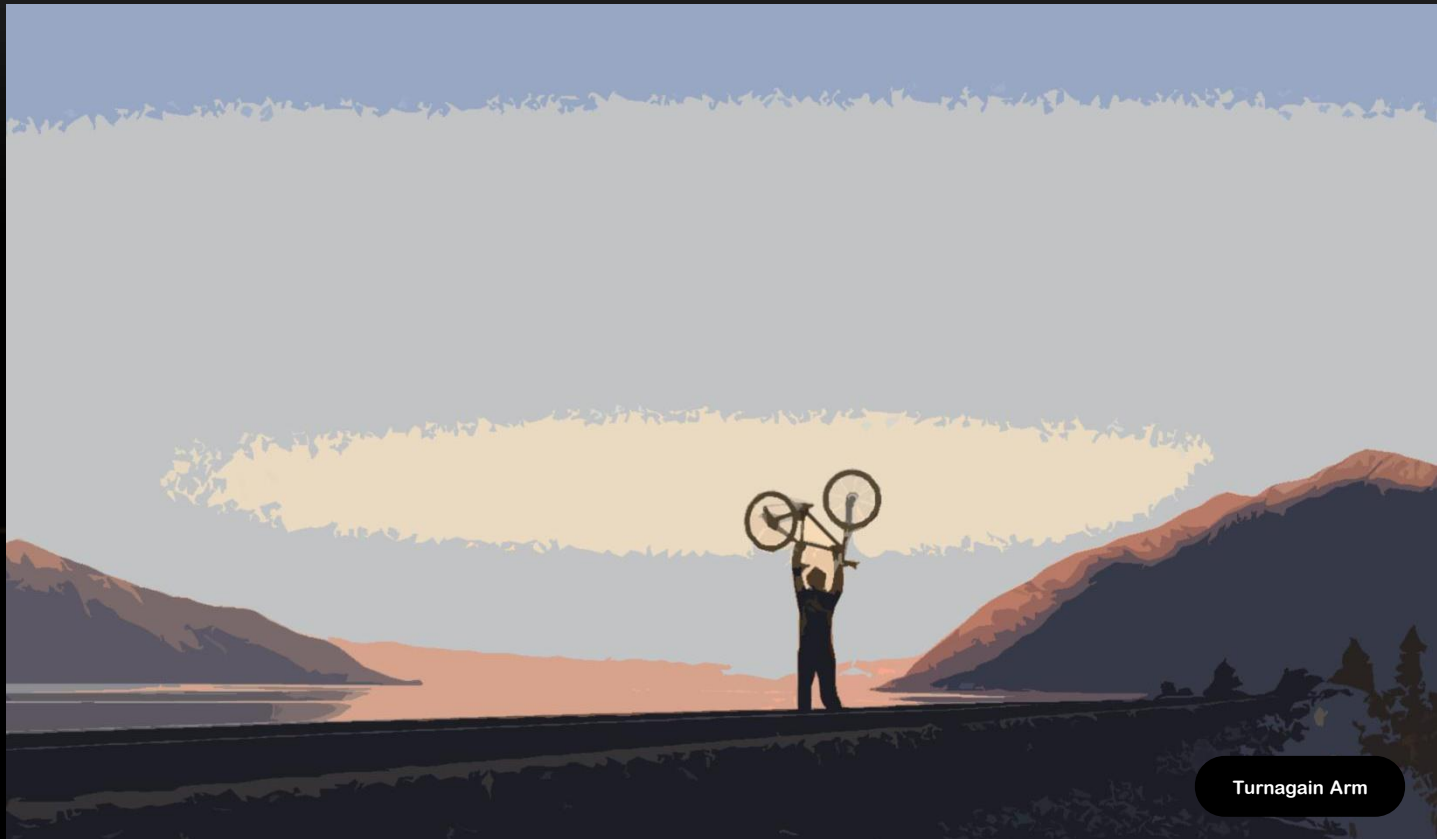
Adapted from P. Martin and S. Priest, 1986, "Understanding the adventure experience," *Journal of Adventure Education* 3(1): 18-21. Adapted by permission of Peter Martin.

COMMUNITY DEVELOPMENT



- Shared Experiences
 - Your not alone
 - Shared end goal
- Leadership Development
- Communication skills
- Development of positive relationships

PROGRAM IMPLEMENTATION



Gil Carr, MS

North Star Behavioral Health

Holistic Healthcare Conference 2017



ORDER OF PROGRAMMATIC OPERATIONS

Participant Selection

- Who are your clients?
- What do they need?



Modality Selection

- What are they going to do?

Venue Selection

- Where are you going to do this?

Staff Selection

- Who's going to provide this?

PARTICIPANT SELECTION

There are literally 26 reasons and more to consider, depending on modality and venue:

- | | | | |
|----|--|----|--|
| A. | Progress in treatment | N. | Potential for AWOL |
| B. | Scaffold education completion | O. | Potential for violence |
| C. | CT recommendation | P. | Excitement/interest level of client |
| D. | Waivers, if needed | Q. | Staff interaction with client |
| E. | Prior experience in planned activity | R. | Peer interaction with other clients |
| F. | Future potential participation in modality | S. | Ability level in planned activity |
| G. | Public school attendance | T. | Social interaction if going to public place |
| H. | Public school grades | U. | General trust in resident |
| I. | Expected efficacy for client dx | V. | Staff ability with selected clients in venue |
| J. | Parental notification | W. | Costs associated with activity |
| K. | Individual acquiescence | X. | Grant funding constraints with client type |
| L. | Attitude towards peers in group | Y. | Certification of organization for modality |
| M. | Ability to follow redirects | Z. | Payment to organization for modality |



Portage Lake, via Whittier

SHORT LIST OF RECREATIONAL / ADVENTURE THERAPY MODALITIES

Aquatic Therapy
Experiential Education
Therapeutic Play
Horticulture Therapy
Animal Facilitated Therapy
Community Reintegration
Relaxation Therapy
Adaptive Sports
Creative Expression
Teambuilding

Physical Functioning
Life skills
Outdoor Education
Big Motor Play
Leisure Education
Community Service (empathy)
Insight Building
Building Resiliency/Grit
Social Skills/Reintegration

MODALITY SELECTION



What level activity is just outside their comfort zone?

What thing speaks to their needs?



VENUE SELECTION

Southcentral Alaska is THE place!

- All seasons
- All modalities
- Hundreds of opportunities

Price William Sound

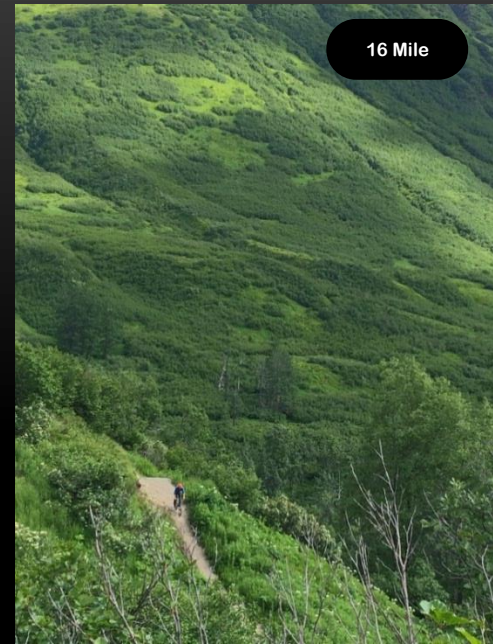
Scaffold therapeutic modalities

- Don't start too big
- Options from hour long teambuilding, to one-on-one experiences, to multi-week group trips

Outsource/consultants

- Resources in AK to build your program and knowledgeable people to evaluate it
- Complement your program's strengths and weaknesses
- What are industry best practices?

16 Mile



STAFF SELECTION

NEED FOR BOTH:

Interest

- Personal passion
- Hobby
- Personal growth opportunity
- General interest to get involved
- Willing to learn something new
- Helper instinct



Ability

- Formal training
- Past history
- Certifications (ex: WFR)
- Mentally resilient
- Physically able
- Organized, detail oriented

RISK MANAGEMENT TOPICS

Review prior learning.

Why *this* vs. other types of therapy?



Root Glacier, McCarthy

Perceived vs. Actual Risk

- What are the risks involved in the picture to the left?
- *Identify and decrease potential liability*

Types of Risk

- Environmental
- Social
- Emotional
- Medical
- Financial

Elimination vs. Reduction

- Can't do therapy in a vacuum

Transference of Risk

- Liability/Insurance
- Third party/subcontracted services

RISK VS. RISK MANAGEMENT

Risk is the impact of something happening combined with the chance that that thing will happen.

- Some things are low risk, high probability; others are high risk, low probability
(Ex: ice skating vs. skydiving)

Risk Management is the mitigation and acceptance of a known level of risk

- What are your plans to evaluate risk, reduce risk, or accept a certain level of risk, based on probability?
- Challenge by choice (is really managing perceived vs. actual risk)

Overlooked risk management issues

- Expect that something will happen eventually
- Volunteers or ancillary staff
- Third party liability shifting
- *Informed* consent
- Full staff buy in
- Incident report / staff debriefing
- Near misses!



LOCAL EXAMPLES (DAY OUTINGS)

Kincaid

Hillside

Hilltop

Chester Creek

Potter's Marsh

Campbell Tract

Campbell Creek Science Center

Anchorage Museum

Alyeska

Crow Creek Mine

Winner Creek Trail

Sealife Center

Mt. Marathon

Alaska Native Heritage Center

Arctic Valley

Coastal Trail

Westchester Lagoon

Cheney Lake

Midtown Cuddy

Goose Lake

Alyeska

Challenge Alaska

Bird to Gird

Gull Rock

Palmer Creek Rd.

Lazy Mtn

Matanuska Peak

The 25 spots around "Hatcher Pass"

The Butte

Nancy Lakes

Matanuska Lake

Experiment Farm

VCRS Palmer

And MANY more...

REGIONAL EXAMPLES (OVERNIGHT OUTINGS)

Resurrection Pass

Johnson Pass

Skilak Lake cabins

Cain's Head

Red shirt lake

Snow hawk cabins

Denali NP

McCarthy

Byer's Lake / Kesugi Ridge

Primrose Campground

Denali Highway

Matanuska Peak

Pioneer Peak

Eklutna Lake

Bird Campground

Reed Lakes

Mint Valley

And again , MANY more...

Exit Glacier

QUESTIONS?



The Butte again

