



An experiential approach to

WILDERNESS THERAPY

International training

20th - 25th of May 2017

Valencia

Second edition



Asociación
Experientia



DATES: 20th – 25nd of May 2017

PLACE: Valencia

INSCRIPTIONS: Until 15th of March 2017

PARTICIPANTS: 14 people

GOALS

- 👤 To provide a Wilderness Therapy experience that is commonly used in other countries such as USA
- 👤 To learn theoretical and practical grounds of Wilderness Therapy
- 👤 To promote good practices when implementing Wilderness Therapy programs adapted to the population and context in which we work



CONTENT

- 👤 Therapeutic tools in Wilderness Therapy
- 👤 Key components of Wilderness Therapy
- 👤 Theoretical foundations of Wilderness Therapy
- 👤 Soft skills and hard skills
- 👤 "Leave no Trace"
- 👤 Role of a mentor / facilitator
- 👤 Security and safety protocols
- 👤 Basic survival skills



"This experience inspired, taught & touched me a lot. I did really appreciate your warmhearted care & joy to share all you know about Wilderness Therapy"

- C. (Participant from the first edition of Wilderness Therapy International Training)

TRAINING STRUCTURE

Wilderness Therapy is a methodology within the Experiential Therapies and therefore we promote experiential learning. We believe that by living this experience on first hand, as professionals, we will be able to provide a better experience to our participants in the future.

First part: Experience. Backpacking expedition includes:

- 👤 2-3 days of hiking
- 👤 Camp in bivouac
- 👤 Solo experience and introspection time
- 👤 Cooking you own meals
- 👤 Group gatherings / "Fire circles"



Second part: Process. The focus will be on the personal experience and reflecting about what happened during the first 4 days.

Third part: Transfer. Through a meta-analysis we will evaluate, process and analyze how each participant can adapt this experience to the population that we work with and the social context of each country.



ABOUT ASOCIACIÓN EXPERIENTIA

Experientia is non-profit organization of mental health and social intervention professionals.

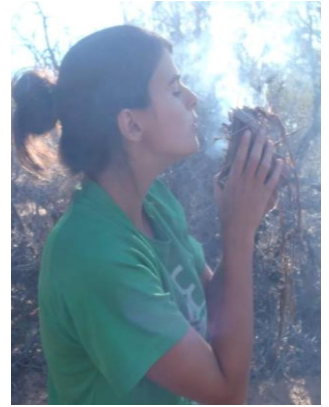
Experientia is pioneer in introducing Adventure and Wilderness Therapy in Spain as a biopsychosocial intervention methodology. Experientia designs and develops therapeutic and personal development programs using this experiential approach.



ABOUT THE FACILITATORS

Natalia Ruiz de Cortázar Gracia

Graduation in Psychology, Masteries in Mental Health Counseling and Family Therapy Intervention. Worked in USA for 2 years as a Mental Health Counselor and within the Wilderness Therapy industry in two different programs in the southwest, as a field guide and as a family and wilderness therapist. Six years working with youth in non-formal outdoors education. Program developer, psychologist and Technical coordinator of Experientia.



Alexander Rose

Graduation in Psychology, Sport Sciences and Teacher training, Masteries in Clinical Psychology and Drug Counseling. Experience volunteering in Adventure & Wilderness therapy programs in USA and Europe. 15 years working with youth at risk groups in non-formal education and coordinating an Outdoor learning school. Clinical Psychologist in Private Practice and lecturer at different universities. President and Psychologist of Experientia.

CONTACT INFORMATION



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