



An experiential approach to

# WILDERNESS THERAPY

International training

20th ~ 25th of June 2017

Valencia

Third edition



Asociación  
Experientia



**DATES:** 20<sup>th</sup> – 25<sup>nd</sup> of June 2017

**PLACE:** Valencia

**INSCRIPTIONS:** Until April 28<sup>th</sup> 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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