

An Experiential Approach to  
**WILDERNESS THERAPY**

International Training

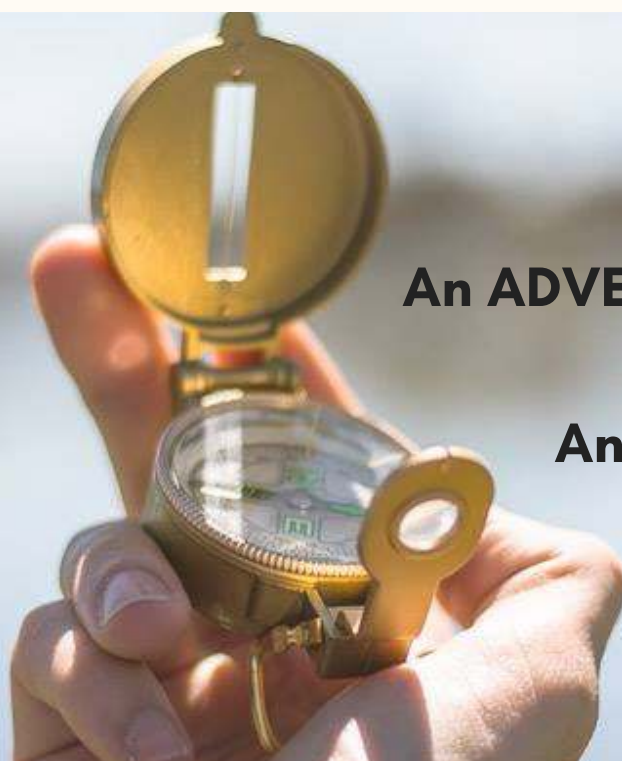
Valencia, Spain



Experientia

# Wilderness Therapy Training

**Experientia** offers an experiential approach to Wilderness Therapy through a backpacking expedition in the wilderness of Valencia. From personal and professional experiences from USA and Europe, Experientia facilitates this training aiming to share knowledge and experience from different points of view.



An **ADVENTURE** to remember

An **EXPERIENCE** to live

**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.

# General Information



## Participants

Youth Workers and Educators  
Mental Health and Social  
Intervention Field

## Start

08:30 h  
May 24th 2019

Inscriptions until March 1st.

## Place

Valencia

## End

17:30 h  
May 29th 2019

Limited spots!



Watch previous editions



## 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 and hard skills. Facilitation skills.

Role of a mentor / facilitator

“Leave no Trace”

# 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 that includes:

Hiking

Camp in bivouac

Introspection time

Cooking your own meals

Group gatherings

“Fire circles”



# TRAINING STRUCTURE



## **Second part:** Process.

The focus will be on the personal experience and reflecting about what happened during the first 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 they work with and the social context of each country.



# MATERIAL LIST



Sleeping bag  
Sleeping pad  
Hiking backpack (50/60L)  
Hiking boots  
Sneakers  
Hat, gloves & scarf  
Metal cooking cup/pot  
Headlamp  
Bandana  
3 Water bottles (3 Liters)  
Compass  
Underwear & socks  
T-shirts  
Pants  
Winter jacket  
Rain jacket/ poncho  
Fleece/sweater  
Personal medication  
Towel  
Personal care items  
Knife



# PROFESSIONALS



## 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.



## Natalia Ruiz de Cortázar

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.



## Max Prieto

BA in Psychology from the University of Minnesota. Pursuing Msc in Outdoor Education at University of Edinburgh. Certified Wilderness First Responder. 10 years experience working with adolescents and young adults in a variety of educational and therapeutic settings. Worked in Wilderness Therapy and Adventure Therapy programs. Trained as a wildland firefighter and trail crew leader, responsible for risk management and safety in the backcountry.





# BUDGET

Early bird price: 600 € (495€ + taxes) until January 31st

Regular price: 750 € (619€+taxes)

Scholarships available (discounted price)

Contact us for more information!

## Inscription form

### Includes

Included:

Basic camping material

Transport to the placement from the meeting point at Valencia

Food and accommodation

Not included:

Transportation to Spain

International insurance (can be provided if requested)

Personal material (could be rented if requested)



Experientia

**Adventure Therapy Spain**

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