We are so glad to invite you to the 4th Adventure Therapy Best Practices Conference! The theme is *Grounded and Growing: Theory, Practice and Research in Adventure Therapy*. It will be held May 9-12, 2013 at Prescott College.

The *Lifelong Learning Center* at Prescott College is collaborating with AEE Therapeutic Adventure Professional Group for this exciting conference. This conference is focused on integrating research, theory, and adventure/wilderness based interventions into practice. We strive to engage practitioners of every experience level in improving the quality and sophistication of experiential interventions by:

1. Using innovative, active learning approaches based in the principles of experiential education.
2. Providing participants direct experiences in the art and science of adventure therapy approaches.
3. Impacting the direction of the use of adventure in therapeutic contexts.

The Therapeutic Adventure Professional Group (TAPG) is committed to the development and promotion of adventure-based programming and the principles of experiential education in therapeutic settings. We are also committed to the professional development of our members and the profession as a whole. Therapeutic Adventure is the professional group for those AEE members who work within the fields of health, mental health, corrections, education, and other human service fields. Our primary purpose is to facilitate networking for professionals within our various fields and share information, techniques, and concerns regarding the therapeutic use of adventure. We define therapeutic as moving toward healthy change with intentional interventions. We represent the interests of our membership to the Board and larger professional communities through workshops, conference and pre-conference activities, and best practices development.

**Registration Information**

Conference registration includes workshops, keynotes, evening entertainment, and meals during the conference. Affordable lodging is available onsite and there are other
local options as well (see lodging information below). To register for the conference, please go to the AEE website for online registration: http://aee.org/. There, you will also download, complete, and submit the Lifelong Learning Center/Prescott College Participant Agreement. Participant Agreements can be sent to: Lifelong Learning Center, Prescott College, 220 Grove St., Prescott, AZ 86301, by email to: lifelonglearning@prescott.edu, or by fax to: 928-776-5137.

**Service Crew**
Attendees are able to sign up for service crew and receive a reimbursement on their registration. Service crew members will be reimbursed $20 of their paid registration with each 5 hours of service crew work completed, with a maximum of 15 hours of work. To inquire about or sign up for service crew, please contact Cheryl Schwartz at cschwartz@prescott.edu.

**QUESTIONS? Contact the Conference Committee!**
General Conference: Maurie Lung, dmlung@lifeadventurescc.org, 727-481-4577
Best Practices or TAPG: Kim Sacksteder, kim.bestpractices@gmail.com
Prescott College/Logistics: Cheryl Schwartz, cschwartz@prescott.edu
Prescott Lodging Onsite: Rebecca Johnson, 928-350-4311, conference.housing@prescott.edu
Sponsorships: Denise Mitten, dmitten@prescott.edu
### Tentative Schedule

#### Thursday
- **12:00 PM-5:00 PM**: Onsite Registration (Housing check-in 12-2 pm & 4:30-6:30 pm)
- **2:00 PM-4:30 PM**: Poster Sessions & Meet the Authors, Reception & Networking
- **5:00 PM**: Dinner
- **6:30 PM**: Welcome from Prescott, TAPG Council, and Host Committee
- **7:30 PM**: Inspirational Grounding Keynote: Gary Stauffer, MSW

#### Friday
- **6:00 AM**: Fun Run or Yoga
- **7:30 AM-1:00 PM**: Onsite Registration
- **7:30 AM**: Breakfast
- **9:00 AM-12:00 PM**: Housing Check-In
- **8:30 AM**: Welcome from Prescott, TAPG Council, and Host Committee
- **9:30 AM-11:00 AM**: Informative Grounding Keynote: Anita Tucker, PhD and Christine Norton, PhD
- **11:15 AM-12:15 PM**: Lunch
- **12:30 PM-3:30 PM**: Workshop Session
- **4:00 PM-8:00 PM**: Community Building Experiential Session & BBQ

#### Saturday
- **6:00 AM**: Fun Run or Yoga
- **7:30 AM**: Breakfast
- **8:30 AM-10:00 AM**: Workshop Session
- **10:15 AM-11:45 AM**: Informative Growing Keynote: Bobbi Beale, PsyD.
- **12:00 PM**: Lunch
- **1:00 PM-4:15 PM**: Workshop Sessions (one 3-hour session or two 90-min)
- **4:30 PM – 5:30 pm**: CORE and Adventure Therapy Best Practices Update
- **5:30 PM**: Dinner
- **6:30 PM - 8:00 PM**: Inspirational Growing Keynote: Christian Itin, PhD
- **8:00 PM**: Evening Event

#### Sunday
- **6:00 AM**: Fun Run or Yoga
- **7:00 AM-12:00 PM**: Housing Check-Out
- **7:30 AM**: Breakfast
- **8:30 AM - 11:45 AM**: Workshop Sessions (one 3-hour session or two 90-min)
- **12:00 PM**: Conference Closing (Lunch onsite or pack a bag to go)
The Conference Site
Prescott College is honored to host the Therapeutic Adventure Best Practices Conference this May. Prescott College is a private liberal arts college in Prescott, Arizona, founded in 1966 with an undergraduate body of roughly 800 students, and an average student to faculty ratio of 7:1 in on-campus classrooms. There are four general programs at Prescott College: the On-campus Undergraduate Program, Limited-Residency Undergraduate Program, the Limited-Residency Masters of Arts Program, and a Limited-Residency Ph.D. program in Sustainability Education. The Lifelong Learning Center, co-convener of the conference, provides continuing education, professional development, certifications, and certificate programs.

The conference keynotes, workshops, pre-conferences, and other events take place at the Crossroads Center on the Prescott College campus. This state-of-the-art facility was built in 2005 and was sustainably built with reclaimed materials. Our new campus housing, which opens fall 2012, provides lodging for attendees at a reasonable rate. To find out more about Prescott College and the Lifelong Learning Center, see our website at: www.prescott.edu

Lodging at Prescott College
Prescott College is proud to announce The Village, our new housing for students and visiting professionals. Our new 13, three-story townhouses with single and double occupancy were built with green and environmental standards that blend with Prescott College’s sustainability model.

The Village is built to house 104 occupants, with up to eight individuals in each unit in single or double occupancy rooms with a shared kitchen and living spaces. Rooms are furnished with dressers, desks, and extra-long beds. The common living areas have couches, chairs, lamps, and tables. Occupants provide their own bedding, linens, and towels.
Other amenities include wireless Internet, bicycle and automobile parking, and limited gear storage. Smoking is not allowed inside buildings and drugs are prohibited at Prescott College. Alcohol is only permitted at conference events and in Village housing units. Pets are not allowed in Prescott College housing or buildings (please leave your precious critters home).

Lodging is available for conference attendees for the low price of $40 per night single occupancy and $35 per person, per night for double occupancy. To reserve your room at Prescott College, please complete the housing form on the AEE website and submit to Rebecca Johnson at: Auxiliary Services, Prescott College, 220 Grove Avenue, Prescott, AZ 86301 USA or fax (928) 350-4310. For housing information, contact Rebecca at: rjohnson@prescott.edu / 928-350-4311.

Alternate Lodging Options

Camping:
If you plan on camping, make sure you call ahead to make sure the site is open.
- Point of Rocks Campground (928) 445-9018
- Prescott National Forest Office (928) 443-8000 (they will be able to tell you open areas very near to the campus such as the Granite Mountain area and the School House Gulch area)
- Willow Lake RV/Camping (928) 445 - 6311

Lodging:
- Spring Hill Suites / 200 E Sheldon St – (888) 446-5440 (located about 0.6 miles from campus)
- Hassayampa Inn / 122 East Gurley Street – (928) 778-9434 (located downtown about .5 miles from campus)
- Comfort Inn / 1280 White Spar Rd – (928) 778-5770 (located about 3 miles from campus)
- Wyndham Hotel / 4499 E State Route 69 – (928) 777-0770 (located about 5 miles from campus)
- Hotel St. Michaels / 205 West Gurley Street – (928) 776-1999 (located downtown about .5 miles from campus)
- Hotel Vendome / 230 S Cortez St. – (928) 776-0900 (located downtown 1 mile from campus)
- Super 8 Motel / 1105 E Sheldon St – (928) 776-1282 (under 2 miles)
Travel & Shuttle Information
If you are traveling to Prescott by air travel, there is a small airport in Prescott, but most participants travel through Phoenix Sky Harbor Airport. There are two shuttle companies that provide service to and from the Phoenix Airport. Both companies, Shuttle U (www.shuttleu.com) and Prescott Transit Authority (http://www.prescotttransit.com), have a drop off/pick up location in central Prescott and may offer door-to-door drop-off service to Prescott College upon request (additional fee may apply). Please consult their daily schedules.

Driving Directions
Driving directions from Phoenix Airport: Take I-17 north until Junction 69. Take SR 69, direction Prescott. The drive is 105 miles from the Phoenix Sky Harbor Airport.

Driving directions to Prescott College: From the town of Prescott follow Gurley Road through the town square, pass through several lights. At the Grove Avenue light, take a right. Follow this to the next street at Western and turn left. Park in the Prescott College parking lot(s) on the right. Do not park on the street in area neighborhoods. Parking is only available in designated Prescott College parking lots. The Crossroads Center is adjacent to the second (west) parking lot off of Western (modern looking building behind the building on Grove). Registration is located in Crossroads Center South at 215 Garden Street.

Meals
The registration fee includes all meals throughout the conference, provided by the Crossroads Café. Breakfast, lunch, and dinner are served each full conference day. Meals are provided from lunch on Thursday, May 9th through lunch on Sunday, May 12th. Meals include both omnivore and vegetarian options. Basic dietary needs may be accommodated with advanced notice – there is an additional fee for gluten free, vegan, and allergies ($5 per day). Please note any dietary needs on your registration form. The menu for the conference will emphasize healthy and responsibly grown foods.

Keynotes and Workshops
It is our intent to provide diverse workshops, with a balance between workshops that are directly practice oriented and with workshops in the other thematic strands. The following are the workshop thematic strands:

- Practice-Oriented Workshops: Content related to the practice of adventure therapy in social contexts (individual, couples, group, and family therapy) as well as environmental contexts (outpatient, inpatient, schools, and wilderness).
- Live-Demonstration Workshops: Big Brothers/Big Sisters will be coordinated in advance as volunteer participants for selected workshops throughout the conference.
- Research and Evaluation: Content related to evidence-based practice, the practitioner’s role in completing program evaluation, and current research contributions.
• Theory: Content with clear integration of one or more specific theories in the practice of adventure therapy.

• Program Administration: Content related to management, operations, and maintenance of a program. As well as administrative issues, content could include risk management, staffing, appropriate oversight, integration of stakeholder feedback and needs, client needs, safety, and current political climate.

• Ethics and Social Justice: Content related to ethical issues arising in the practice of adventure and wilderness therapies as well as issues of social justice. This may include current challenging ethical questions and guidelines, navigating gray area, or how to respond to social justice issues.

Continuing Education Credit:
Prescott College is providing continuing education clock hours for the conference for a nominal fee of $25. If you are interested in receiving a certificate for your clock hours, please select “CEUs” on your conference registration form and submit the $25 fee with your registration. You will keep track of your instructional hours at the conference by signing in and out of workshops, keynotes, and other approved instructional sessions (a signup sheet will be available on site at each session). Prescott College will send you your certificate for the hours you complete two weeks after the conference when hours are confirmed.

Keynotes

Thursday Keynote: The Heart and Soul of Best Practices
Have you ever wondered what really makes a difference in the work you do? Why do we swing from ropes, introduce eye coverings to a therapy session, or go for a walk with our clients? In this era of evidence-based practice, simply having fun with our clients or “doing something cool” isn’t enough to insure our programs will survive. Gary will share from his 35 years of direct practice with children, youth, and families about why we do what we do. He will take a stab at describing what has mattered to the clients who came to him asking for help. His hope is that you will walk away with clear ideas about the Heart and Soul of Best Practices.

Gary Stauffer, LMSW, has spent over thirty years of professional social work practice working with children and youth. Those years have included a decade of clinical work in community mental health settings, twenty-five years as a school social worker, including ten years in a day treatment program for youth with a severe emotional impairment. In his current “semi-retirement” with the University of Michigan School of Social Work, Gary teaches as an adjunct lecturer and works part-time as a Clinical Social Worker at the Family Assessment Clinic. He is a co-author of The Power of One: Experiential and Adventure activities in one-on-one counseling. Gary’s professional passion is the enhancement of adventure-based clinical practice.
Friday Keynote: State of the Field: Innovative Practice Guided by Research and Collaboration

This keynote will discuss what we do and do not know about adventure therapy based on the current state of knowledge and research including some of the myths we take as facts and facts we think are fiction. In addition, it will discuss current trends in the field and future directions we must take in order to continue to grow the visibility and viability of our field.

Christine Norton, PhD, LCSW, Assistant Professor of Social Work at Texas State University-San Marcos, received her PhD in Social Work from Loyola University Chicago. She has a Master of Arts in Social Service Administration from the University of Chicago and a Master of Science in Experiential Education from Minnesota State University-Mankato. Dr. Norton has over 15 years experience working with adolescents in a variety of practice settings including therapeutic wilderness programs, juvenile justice, youth and family counseling, schools, and youth mentoring and educational empowerment programs. Her areas of practice and research expertise are in innovative interventions that promote effective treatment in child and adolescent mental health, particularly in the area of wilderness/adventure therapy. Dr. Norton is Co-Chair for the Mid-South Region of the Association for Experiential Education, the Chair-Elect of the Therapeutic Adventure Professional Group, and is a United States delegate to the Adventure Therapy International Congress.

Anita R. Tucker, PhD, LICSW, is an Assistant Professor in Social Work at the University of New Hampshire where she is the Co-Coordinator of UNH's Dual Masters Program in Social Work and Outdoor Education. Her clinical experience has focused on the use of adventure therapy in residential, school and foster care settings. Her research builds on this experience looking at both the process and outcomes of adventure therapy with an aim to build empirical support for the effectiveness of the continuum of care from wilderness to community based applications of adventure therapy. She believes this can only be done through the continued partnership between academics and practitioners, because it indeed takes a community to change the world.

Saturday Morning Keynote: The Reluctant Neuroscientist: Adventure Therapy with Traumatized Kids

Evidence-supported, trauma-informed, client-centered, resiliency-focused, insert next buzzword here! Where does AT fit into the bigger picture? As a clinician and a behavioral health agency administrator, I have developed, modified and updated AT programs for almost 20 years in an effort to remain effective, viable, sustainable, and credible in an ever-changing landscape of health services for children, adolescents and families. I will share my perspective on national trends, along with some strategies to
keep on validating and promoting AT into the future, so that we can continue to positively impact our clients, our communities, and our world.

**Bobbi L. Beale**, Psy.D. is the Group Programs Director at Child & Adolescent Behavioral Health in Canton, Ohio. She has been involved in developing and providing non-traditional therapy services, including home-based therapy for at-risk populations and adventure-based group therapy for behavior disordered youth. Bobbi’s favorite project was to design and implement a therapeutic resident camp for behaviorally disordered youth that serves hundreds annually. She recently co-authored a research article validating Community-based Adventure Therapy. Bobbi is currently working on identifying the links between trauma, resiliency and adventure with clinical research in Trauma Focused Day Treatment, outpatient group therapy and residential camp programs. Bobbi also enjoys training and consulting on issues related to youth including: Trauma, Bullying, Behavior Management, ADHD & Other Disorders, Outcomes, Cultural Diversity, Evidence-Based Practices and Teambuilding. Bobbi, her partner Dani and their sons, Jesse and Paxton, enjoy spending time with extended family, camping and vacationing in the great outdoors.

**Saturday Afternoon Keynote: Re-exploring Metaphoric Introduction**

Metaphoric introduction has been a part of the facilitation of experiential practice for the last 30 years. This keynote will reexamine this approach in light of more recent narrative approaches and the history of the use of metaphor as a part of therapeutic change. The keynote will take an active and engaged approach to explore this topic and develop enhanced skill. Participants will walk away with tangible advanced skills in applying and using metaphoric introduction in adventure therapy and therapeutic adventure as well as experiential practice generally.

**Christian M. Itin**, PhD is professor and Chair of the Department of Social Work at Metropolitan State University of Denver. He is an international author and speaker in the areas of experiential education, adventure-based practice and adventure therapy. He is the past-president of the Association for Experiential Education and a former chair of the Therapeutic Adventure Professional Group.

**90 min Workshop Sessions**

**#1: Adventure Therapy: A Supplementary Group Therapy Approach for Men’s Groups (Research/Evaluation, Theory)**

(Beginner/Intermediate - 70% Lecture, 20% Experiential/Interactive, 10% Co-created)

This presentation examines the use of adventure therapy (AT) with men’s groups and therapeutic adventure (TA) with military Veterans. We will explore why these
populations are often more reticent to engage in traditional forms of psychotherapy, and how AT/TA can address this issue. Information will be based on my experience leading AT/TA trips for over 10 years, two qualitative studies, and my current dissertation research. Goals of the presentation: 1) Explain the core therapeutic techniques used to initiate the change process; 2) Discuss how AT and TA may better align with these populations’ preferences and needs; 3) Provide brief case examples to illustrate the therapeutic process.

David Scheinfeld is a doctoral candidate at the University of Texas at Austin. His research and practice focuses on the use of adventure therapy and therapeutic adventure with men’s groups and military Veterans from the Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn conflicts. He serves as a therapist in-training at the Austin Veterans Affairs PTSD clinic, develops and leads adventure therapy retreats for men’s groups, and instructs Outward Bound for Veterans courses.

#2: Opposition, Defiance and Adventure Therapy (Practice-oriented)
(Open to All - 25% Lecture, 50% Experiential/Interactive, 25% Co-created)

Working with clients diagnosed with oppositional defiant disorder, conduct disorder or other disruptive behavior disorders can be very challenging. The way we respond to the behaviors presented by these clients can greatly enhance treatment outcomes or provide significant barriers. This workshop will explore what is involved in working effectively with these clients – what the literature and research says, how this applies to adventure therapy, and what practitioner experience tells us. In addition, we will participate in several activities that have been found to work well with these clients. Please join us for an educational and entertaining workshop experience!

Kim Sacksteder, LISW-SV has been working with at-risk youth since 1993 and began her adventure therapy experience in 1999 at Camp Mary Orton. She supervises the Wilderness Bond Program, which provides adventure therapy services to over 350 clients per year using initiatives, challenge course, and backpacking/camping activities.

#3: Therapeutic Outdoor Leadership: An Assessment of Therapeutic Knowledge and Relational Skills of Outdoor Leaders (Research & Evaluation, Theory, Program Administration)
(Open to All - 100% Lecture, 0% Experiential/Interactive, 0% Co-created)

This mostly didactic presentation introduces survey results from Matt McCarty’s adventure education thesis at Prescott College. Rooted in theories of our need for belonging and Ecopsychology, his research examines the knowledge and skills of outdoor leaders working for a variety of wilderness experience programs. This presentation advances a framework called therapeutic outdoor leadership. This presentation should be of interest for individuals involved in staff training, program development, relationship development and facilitation, and those wanting to hear an unconventional vision for leadership in the outdoors. Attendees will learn a three-fold relational matrix that can guide paraprofessionals to best serve their participants.
Matt McCarty has worked 540 days as a wilderness therapy field staff, studied counseling psychology, works at a nature-based therapeutic program, and is graduating in May, 2013 from Prescott College’s adventure education masters program. His thesis explores the therapeutic knowledge and relational skills of outdoor leaders, within a relational matrix.

#4: Walking the Talk: Research & Evaluation in Adventure Therapy (Research & Evaluation)
(Advanced - 35% Lecture, 30% Experiential/Interactive, 35% Co-created)

Putting it all together! For years we've known that AT is effective at helping youth reach their therapeutic goals, but all too often lacked data to back up our claims. Join us as we review our process from program design, through implementation, to evaluation and results. We’ll discuss current theories behind our treatment, learn how to collect the right data to support positive outcomes, and understand how to collaborate with funders and researchers to validate our programs. We will present our strategies and facilitate brainstorming activities to create additional ones. Everyone should leave with a plan to Walk the Talk!

Bobbi L. Beale, PsyD is currently the Group Programs Director at Child & Adolescent Behavioral Health in Canton, Ohio. She has been involved in providing and developing non-traditional therapy services, including home-based therapy for at risk populations and adventure-based group therapy for behavior disordered youth for over 20 years.

Anita R. Tucker, LICSW, PhD, is an Assistant Professor in Social Work at the University of New Hampshire; an Associate Trainer for Project Adventure and a facilitator for the Browne Center for Innovative Learning. She is currently the Co-Cooridnator of UNH’s dual degree program in social work and outdoor education.

#5: Integrating the Voice of Nature into the Therapeutic Process (Practice-oriented)
(Intermediate - 40% Lecture, 60% Experiential/Interactive, 0% Co-created)

This workshop provides an opportunity for practitioners to learn how to integrate the voice of nature into their therapeutic practice. We will focus on understanding the language of the birds, how this language applies to all other animals in nature (including humans), and the therapeutic applications of these concepts and skills, with the goal of understanding how to do therapy WITH the wilderness, rather than solely doing therapy IN the wilderness.

Derek Rusnak holds an MA in Wilderness Therapy from Naropa University. He teaches the therapeutic use of primitive skills and nature awareness at Naropa. Derek is a graduate of Kamana Two with the Wilderness Awareness School, and was an intern at Tom Brown’s Tracker School.

The natural environment is an integral but sometimes taken-for-granted aspect of experiential, outdoor, and adventure education programs. How do we capitalize on the many benefits of the natural environment to human health and well-being? We will discuss and brainstorm ways to purposively capture these benefits in the design and implementation of outdoor programs. The purpose of this workshop is to show the scope and depth of research about the impacts of the natural environment on human health and development, with special emphasis on how this research supports the conceptual and theoretical bases of many practices of outdoor educators.

**Denise Mitten**, Ph.D., a widely experienced adventure guide, currently teaches at Prescott College. Since the 1980s research about the power of nature in terms of human health and healing has been a focus, including understanding friluftsliv and the involvement of nature in other countries.

**#7: Through My Lens: A Foundation for Intentional Practice (Theory, Practice-oriented)**

(Open to All - 33% Lecture, 33% Experiential/Interactive, 34% Co-created)

Ellen J. Langer stated, “In the perspective of every person lies a lens through which we may better understand ourselves.” The purpose of this workshop is to give participants the opportunity to learn about and understand one of the most foundational aspects of intentional work: their lens! Through a series of activities, discussions, role play, and lecture, this workshop will examine the assumptions and perspectives that we bring into our work and how they impact our intentionality. Finally we will explore strategies for discovering our clients’ perspectives and practice strategies for adapting our practice to those lenses.

**Nick Magle-Haberek** has a wide array of experience within the field of adventure and wilderness therapy. Originally from Rhode Island, he has worked with adolescents as a wilderness field instructor, challenge course facilitator, family outreach worker, and therapist. He has worked at a variety of programs and has focused on wilderness and adventure therapy work, addictions intervention, and psycho-education. Nick graduated from the University of New Hampshire’s Advanced Training in Adventure Therapy Program with dual-masters degrees in both outdoor education and social work. Nick is currently the Clinical Supervisor at Wendigo Lake Expeditions in South River, Ontario.

**#8: Best Interventions for Using AT in Outpatient Settings**

(Intermediate - 10% Lecture, 80% Experiential/Interactive, 10% Co-created)

This workshop features adventure therapy interventions that have been particularly effective with four outpatient populations (adolescents, young adults, and adults at a mental health day-treatment center, and adults recovering from addiction at a different treatment center). After introducing salient treatment issues among each population, effective AT interventions will be described. At least one intervention for each population will be demonstrated as well though the participation of workshop attendees. Client self-report, the facilitator’s observations, and the workshop audience’s
impressions of each activity will be used to assess their effectiveness. A discussion will explore additional AT interventions with each population.

**Barney Straus**, LCSW, is an adventure therapist in private practice in Chicago. He provides weekly adventure programming to three populations at a day treatment center for mental health, as well as a day-long program called Recovery Adventure Day, to assist people in recovery from addiction. He teaches at two universities in the Chicago area.

**#9: Therapeutic Application of Bowdrilling (Practice-oriented)**  
* (Beginner- 30% Lecture, 50% Experiential/Interactive, 20% Co-created)*

Come learn about and practice the difficult but rewarding art of creating fire using the bowdrill technique. This workshop will focus upon the process of bowdrilling applied in a therapeutic way. We will discuss how to enhance the transfer of learning and some clinical issues that bowdrill may work best to address.

**Mollie Franham** is a 2nd year graduate student in the Adventure Therapy Dual Degree program at UNH. She has experience in experiential education in alternative schools, after-school primitive skills programs, and with college students around issues of health and wellness. Most recently she worked in wilderness therapy in Alaska, which precipitated her desire to go back to school.

**Julie Tracy** is a 3rd year graduate student in the Adventure Therapy Dual Degree program at UNH. Julie has worked directly in experiential education for years in diverse roles, from guiding students as an associate chaplain to an on-campus ministry to leading annual civic engagement trips with young leaders. She is currently working in equine-assisted therapy with children and their families and loves it.

**#10: Adventure-based group work with foster care alumni (Practice-oriented)**  
* (Open to All- 33% Lecture, 33% Experiential/Interactive, 34% Co-created)*

This workshop will provide a rationale for utilizing adventure-based group work with foster care alumni to teach life skills and develop social connectedness in an outdoor, experiential context.

**Dr. Christine Norton**, LCSW, Assistant Professor of Social Work at Texas State University-San Marcos, has over 15 years experience working with adolescents in a variety of practice settings including therapeutic wilderness programs, juvenile justice, youth and family counseling, schools, and youth mentoring and educational empowerment programs. Her areas of practice and research expertise are in innovative interventions that promote effective treatment in child and adolescent mental health, particularly in the area of wilderness/adventure therapy. Dr. Norton is Co-Chair for the Mid-South Region of AEE, the Chair-Elect of the TAPG, and is a US delegate to the Adventure Therapy International Congress.

**#11: Working with Affluent Clients: A Multicultural Perspective for Staff,**
Clinicians, & Administrators (Practice-oriented, Program Administration, Ethics & Social Justice, Research & Evaluation)
(Open to All- 70% Lecture, 30% Experiential/Interactive, 0% Co-created)

This presentation provides critical information to adventure therapy professionals about the unique needs and obstacles facing affluent families. Participants will learn how substance abuse, mental and behavioral health obstacles impact wealthy families differently from their lower SES counterparts. Participants will learn evidence-based skills and specialized clinical techniques and important administrative perspectives essential for working with affluent parents and their children.

Rob Danzman, MS, NCC, LPC is owner and clinical director of Fonthill Counseling. Fonthill provides Counseling, Case Management and Family Behavior Consulting to affluent individuals and families across the United States. Fonthill collaborates with Therapeutic Boarding Schools and Wilderness Programs to promote continuity of care and cultural competency.

#12: Adventure Activities for Elementary School Youth (Practice-oriented)
(Open to All- 20% Lecture, 70% Experiential/Interactive, 10% Co-created)

This workshop focuses on the adaptation of adventure and experiential activities for elementary school youth. Particular focus will be on common school-based goals. Activities shared can be used in small group settings and also be used in the classroom. Come prepared to play!

Heather Maturo has been working as an elementary school counselor for the past 5 years. Looking to expand her skills and experience beyond School Counseling, she has also become an Intern for mental health counseling. Her experience to date has already given her the opportunity to work with a diverse client base and she is now specializing in individual, couples and group therapy. Heather utilizes techniques found in narrative and collaborative system approaches and integrates her knowledge of psychology and education to provide therapeutic services. She has a passion for helping people reach their personal goals and become healthy and happy individuals.

#13: Kinesthetic Metaphors in Adventure Therapy (Theory, Ethics & Social Justice, Practice-oriented)
(Open to All- 40% Lecture, 30% Experiential/Interactive, 30% Co-created)

The purpose of this workshop is to highlight how metaphors can be done in wilderness and adventure programming to increase program effectiveness. After “doing” several metaphoric examples, observing the clinical use of metaphors by the presenter, and briefly exploring how metaphors work, we will look at a model used to enrich metaphoric learning and adventure experiences. Case studies and research validating this approach will also be presented, with these case studies covering several clinical diagnoses. Participants will have the time to develop and share their own use of metaphors for their programs with the assistance of workshop leader and participants.

Michael Gass, PhD, LMFT, is the Coordinator of the Outdoor Education Program at the
University of New Hampshire. He also serves as the Director of the NATSAP Research Database Project and the Outdoor Behavioral Healthcare Research Consortium. He is the Editor of the Journal for Therapeutic Schools and Programs and the REAP representative on AEE’s Council on Research and Evaluation.

**#14: Leaning into the Discomfort of Living: Criteria for Living a Meaningful Life (Theory)**
*(Open to All- 60% Lecture, 30% Experiential/Interactive, 10% Co-created)*

What do vulnerability, shame, and struggle have to do with happiness, joy, and gratitude? According to social research, they are all necessary components of living a meaningful life. This workshop will present the social research on wholehearted living and what it means to live a satisfying life. Using a combination of lecture style and interactive activities, this workshop will provide you a personalized roadmap for how you may incorporate the principles of wholehearted living into your personal and professional life. Prepare to lean into the discomfort of living; your happiness and life satisfaction may depend on it.

**Sarah Jillings** is the Assistant Director of Outdoor Leadership at Hamilton College and is pursuing her master’s degree in adventure education with Prescott College. She is active in AEE serving for five years on the Northeast Regional Advisory Council and as the convener for the 2010 Northeast Regional Conference.

*(Open to All- 20% Lecture, 50% Experiential/Interactive, 30% Co-created)*

Peer to Peer (P2P) is an adventure-based social skills program developed for students on the AS. For this workshop, I would like to focus on the following specific outcomes that sound relevant to our work: Create a safer environment for vulnerable students while in their school setting, provide vulnerable students with skills to cope with day-to-day stressors, and help develop a stronger relationship between the vulnerable clients and their helpers/therapists. We will explore the program model and applications through video clips and demonstrations of activities as well as review evaluation data from the last 3 years of programming.

**Tony Alvarez, MSW**, is an Adjunct Professor at the University of Michigan School of Social Work and co-owner of Adventures In Training, Inc. The primary passion of his 40-year career has been the application of experiential and adventure techniques and tools to create the optimal learning experience for the participant/client. He also co-authored the *Power of One*.

**#16: The Gift of Facilitation: Intentionality in deepening the therapeutic impact of adventure activities**

This workshop shares a model of facilitation inspired by the work of Milton Erickson in which facilitation is seen as an exchange of gifts between the facilitator and the client.
Intentionality is viewed as a necessary condition for this exchange, where one is purposeful in the choice of the goal, the introduction and the activity. The workshop builds the skills of intentionality and gift wrapping.

**Dr. Christian M. Itin**, MSW is professor and Chair of the Department of Social Work at Metropolitan State University of Denver. He is an international author and speaker in the areas of experiential education, adventure-based practice and adventure therapy. He is the past-president of the Association for Experiential Education and a former chair of the Therapeutic Adventure Professional Group.

**#25: Mindful Experience: Using mindfulness to enhance Adventure Therapy (Practice-oriented, Theory)**

(Open to All - 25% Lecture, 75% Experiential/Interactive, 0% Co-created)

In recent years, talk of mindfulness practices and being mindful has become much more common. There is an ever-growing body of research providing evidence for the mental health benefits of mindfulness practice. But what exactly is mindfulness and how can you incorporate it into Adventure Therapy? This workshop will describe the concept of mindfulness and give you an opportunity to practice and experience moments of mindfulness for yourself. We will also explore ways to enhance the Adventure Therapy work you are already doing by incorporating mindfulness. Learn to become a better practitioner and improve client outcomes.

**Christopher Old**, LPCC, MFT, NCC combines his love of adventure and his therapy skills at his private practice called Mountain Mental Health. He uses AT in his work with individuals, couples and families. Christopher also teaches Psychology and Personal Development at Sierra College. Prior to becoming a therapist, he spent many years leading international rafting and trekking trips.

**2 or 3 hour Workshops Sessions**

*Note: If this intensive workshop is a two-hour workshop, there is a case consultation that is available for the 3rd hour.*


(Open to All - 25% Lecture, 75% Experiential/Interactive, 0% Co-created)

Four critical questions are commonly posed to the field of adventure therapy by potential clients, policy makers, and funders: (1) Can you keep your clients safe? (2) Does your program really work? (3) How can I distinguish exceptional programs from the rest? And (4) Is your program worth the expense? Workshop participants will learn about how current clinical outcome and risk management research, best practices in AT as defined by TAPG and CATS, and cost-benefit analysis can help to address these questions, then apply this information in the context of their own practice through small-group dialogue.

**Stephen Javorski** holds an MA in Wilderness Therapy from Naropa University, and is a PhD candidate in the Outdoor Experiential Education program at UNH. He studies
incident and clinical outcome trends in Adventure Therapy and Outdoor Behavioral Healthcare programs, and is on the leadership council of the Therapeutic Adventure Professional Group.

#18: Adventure Based Family Therapy (Practice-oriented)
(Open to All- 25% Lecture, 75% Experiential/Interactive, 0% Co-created)

This workshop will present the most current thinking and practical application of adventure therapy to family treatment. The presentation plan is to engage participants in activities and then discuss what just happened and how that material relates to best practice approaches. If volunteer clients are available, we will demonstrate the adventure-based approach to family treatment in this workshop. The co-presenters are working on a book entitled The Power of We: adventure and experiential activities for use in family treatment and are excited to share our ideas with the TAPG community.

Gary Stauffer, LMSW, has spent over thirty-five years working with children and youth in school and clinical settings. He currently works at the Family Assessment Clinic and teaches at the University of Michigan School of Social Work. He is a co-author of The Power of One: Experiential and Adventure activities in one-on-one counseling.

Tony Alvarez, MSW, is an Adjunct Professor at the University of Michigan School of Social Work and co-owner of Adventures In Training, Inc. The primary passion of his 40-year career has been the application of experiential and adventure techniques and tools to create the optimal learning experience for the participant/client. He also co-authored the Power of One.

Maurie Lung, LMFT, LMHC, provides adventure-based therapeutic services in private practice and consultation in evaluation, staff development, and the use of adventure for positive change. She has served the TAPG Board and is the current President-elect of the AEE Board of Directors. She is the first author of The Power of One.

#19: “It is not the mountains we conquer…” Mountain Valley Treatment Center Exposure Therapy Anxiety Treatment Model (Practice-oriented, Theory, Research & Evaluation, Program Administration)
(Open to All- 33% Lecture, 33% Experiential/Interactive, 34% Co-created)

In this workshop, anxiety will be discussed and defined with regard to its prevalence and manifestations, as well as how it is often misunderstood and misdiagnosed. Exposure Therapy and CBT will be discussed and demonstrated as an evidence-based treatment for anxiety. The discussion will explore how the concepts and practices of Exposure Therapy often occur naturally in AT treatment models due to client exposure to risk inherent to AT and how it can be a powerful tool if mindfully, intentionally and appropriately employed. Assessing the need, effective implementation, artful facilitation, risk management, ethical considerations, etc. will also be discussed using the Mountain Valley treatment model.

Chris Lamontagne, MSW, is a therapist at the Mountain Valley Treatment Center in NH. He holds a B.S. in Kinesiology: Outdoor Education and an MSW from the University of New Hampshire. He has worked in a range of treatment and advocacy settings
serving the needs of at-risk youth and their families, and is developing a specialty area in theories and applications of wilderness/adventure therapy in the treatment of Adolescent Anxiety.

Jennifer Fullerton, LICSW, M.Ed., serves as the Clinical Supervisor and Treatment Coordinator at the Mountain Valley Treatment Center, and specializes in the treatment of Stress, Acute Trauma, and PTSD. Jen obtained an undergraduate degree from Boston College in Biology and Psychology and has Master’s degrees in social work and education from the University of Vermont and Plymouth State University.

Dr. Daniel P. Villiers, Ph.D., is the founder of the Mountain Valley Treatment Center. He specializes in the treatment of child and adolescent anxiety disorders, and has specific experience and training in the assessment of the anxiety disorders, using Exposure/Response Prevention for the treatment of OCD, and Interceptive Exposure for the treatment of panic disorder and social anxiety. Dan has published articles on evidenced-based treatments for adolescent impulsivity and defiance, the relationship between social anxiety and perfectionism, and child mental health public policy. Dan received his Masters from Dartmouth College and doctorate from Northeastern University, and completed his post-doctoral residency at the University of Rhode Island.

#20: The Meditation of Fire (Practice-oriented)
(Open to All- 10% Lecture, 45% Experiential/Interactive, 45% Co-created)

This workshop will incorporate a meditation practice with the use of a bow drill fire kit. Participants will be instructed through a meditation, breath work, and sensory awareness exercise while a facilitator goes through the bow drill process. A discussion processing the experience and participants personal connection to the process will be facilitated. The participants will be provided an opportunity to work with their own meditative fire making process.

David Boyle, MA, is the Field Director at Open Sky Wilderness Therapy. He has been with OS since 2008. His wilderness therapy experience began in 200 with SUWS. David has a great passion for connecting with people and wilderness through ceremonies, primitive skills, and stories.

Tim Murphy, BA, is the Assistant Field Director at Open Sky Wilderness Therapy. He has been with OS since 2007. His wilderness therapy experiences began in 2004 with Three Rivers Montana. Tim enjoys rock climbing, skiing, playing guitar, mountain biking, and spending time with his dog.

#21 Adapt or Die! Matching Activities and Facilitation to Enhance Treatment Outcomes

Attaining the flexibility to adapt activities to meet specific clinical needs is a critical skill in the development of an adventure therapist. This workshop explores a variety of ways in which you can identify the clinical dynamics that emerge in activities and then re-structure activities to utilize those dynamics to better match your intervention. We will explore a large range of experiential activities, not just initiatives — adventure is a big word! Improve your intentional practice through this active workshop experience that
promises to flex your creativity.

Kim Sacksteder, LISW-SV has been working with at-risk youth since 1993 and began her adventure therapy experience in 1999 at Camp Mary Orton. She supervises the Wilderness Bond Program, which provides adventure therapy services to over 350 clients per year using initiatives, challenge course, and backpacking/camping activities.

#22 Not Just Another Emotional Bandage: Making lasting change with hard to service youth in adventure programs
(Intermediate- 10% Lecture, 80% Experiential/Interactive, 10% Co-created)

Remember the fairy tale in which toads hop out of the princess's mouth whenever she starts to say mean words? That's how being hooked can feel. Yet we don't stop—we can't stop—because we're in the habit of associating whatever we're doing with relief from our own discomfort. Self-transformation leaving behind one's inauthentic self is an alchemical process that takes requires a commitment to uncovering the shadows, masks and defense so we can discover our light. Using blend of holistic we will explore our internal landscapes, the blueprints of our beliefs, values, triggers, masks, and defenses of the EGO that limit our abilities to be able to be of service to vulnerable, at risk youth!

Julia Morch has pursued her passion for social justice, adventure based education, her sense of play, and belief in the healing powers of the outdoors for the past 20 years. She has worked for Outward Bound, been a College Professor, and been involved at Trails for past decade. Her commitment to life-long education led her to Master's in Education, Certificate in Transpersonal Psychotherapy, yoga instructor and shamanic training.

#23 Trauma-Focused Day Treatment (Program Administration)
(Open to All- 80% Lecture, 20% Experiential/Interactive, 0% Co-created)

This presentation describes an intensive day treatment program for youth grades K-12 who are experiencing severe behavioral and emotional disturbance related to their traumatic life experiences. The program uses experiential and sensory interventions, as well as structure, consistency, and a safe environment to help clients access and address their traumatic experiences so that they can become more successful and productive at home, at school, and in their communities. Other interventions used include: drumming, yoga, physical exercise, and artistic activities. This unique combination of components addresses and integrates most of the neural processes identified by neuroscience (Cozolino, 2010) for optimal cognitive, emotional and social functioning.

Mary M. Kreitz, M.A. is certified as a Clinical Trauma and Loss Specialist by the National Institute for Trauma and Loss in Children. As a Trauma-Focused Day Treatment therapist at Child and Adolescent Behavioral Health in Canton, Ohio, she provides intensive individual, group, and family therapy for children who have history of trauma and are experiencing severe impairment in their emotional and/or behavioral functioning. She also is involved with providing Parent-Child Interaction Therapy,
therapeutic adventure camps, and therapeutic adventure groups. Mary has a master’s degree in Community Counseling from The University of Akron and is working on her doctorate in Counseling Psychology at The University of Akron.

**#24 Activities for Inclusion (Practice Oriented)**
*(Open to All- 20% Lecture, 70% Experiential/Interactive, 10% Co-created)*

**Terry Nail Williams**, PhD. has over 25 years of experience in leadership, organizational development, experiential education and community building in her work with people from diverse backgrounds within schools, non-profit organizations and corporations. Holding a Ph.D. in Leadership and a degree in Therapeutic Recreation, her vision is to share her gifts of service, enthusiasm, and joy in her work with youth and adults. Terry is also the Founder and President of Children Are Our Future.