

Experiential Education and Adventure Therapy:
essential skills for outdoor adventure practitioners.

French Alps

24th to 31st August, 2019.



Course overview:

During our time together we'll explore the connection between "soft skills" and "hard skills" along the adventure learning spectrum - from recreational experience to experiential education to adventure therapy and counselling outdoors. You will gain a deeper awareness of how your soft skills can improve your provision. This is something we regard as essential for practitioners keen to bring maximum value to their own work and to their students' experience.

Based on the train-the-trainer principle this course is designed for practicing and aspirant outdoor instructors and other professionals, such as youth workers, social workers, teachers, working with youth outdoors.

How the course works:

Pre-course support helps prepare you for a highly experiential week in an inspiring environment. You are expected to build a portfolio to help you clearly understand and reflect upon your personal learning and development processes, and to capture your practitioner journey.

Ideally you have a basic grounding in trip planning, navigation skills, first aid protocols, legal issues, crisis response, risk management, and safeguarding your group and yourself. Though don't worry as we'll be revisiting these themes over the week.

During the course you will:

- Acquire and hone skills in delivering powerful outdoor learning.
- Acquire practical knowledge of the educational, developmental and therapeutic opportunities that outdoor adventure brings.
- Learn how to add significant value to your work through better understanding of your own and your students' personal, emotional and intellectual (soft) skills.



Course components:

Technical Skills

These are taught and revised as appropriate to the activities and individual's needs. Previously they have included navigation skills, improvised shelter building, fire lighting, tyrollean rigging, rigging slack lines, ascending ropes, and expedition skills.

Interpersonal Skills

- Contracting expectations.
- Decision-making, facilitation, mediation, listening and empathy.
- Understanding group dynamics, self-awareness. Leadership especially Authentic, Servant, and Host leadership models.
- Communication, teamwork, adapting leadership styles to meet the needs within your group.

Judgment Skills

- Awareness of environment and its impact on the group.
- Capacity to work with in complete information and understanding decision-making processes.
- Ability to achieve desired outcomes.

Reflection processes and skills

- Maximising your own learning and development.
- Transferring your learning and giving your best to your clients

Your facilitators

Together we offer a rich blend of our own diverse experiences, philosophies and approaches, and represent 55 years' experience in therapeutic and experiential practice using outdoor adventure.

Gerrit Onstein

has worked in special education for over 25 years where he is particularly proficient in a (ortho) pedagogic approach. He knows how to link your technical skills to your personality and soft skills. He has both national and international experience (Croatia, Belgium, Germany, France, Canada, Wales, Georgia), and has many years'

experience in managing and coaching of groups from diverse backgrounds.

Dr Stephan Natynczuk

has worked in Adventure Therapy and Experiential Education for 30 years and brings a rich experience of adventure-based interventions in therapy, education and management training. Based in the UK he has multiple qualifications in adventure activities, education, and counselling, which he combines to qualify as an adventure therapist. Currently Stephan divides his time between working with clients and training aspirant adventure therapists and practitioners.

Investment:

€685,- Incl. learning materials.

Excluding VAT, travel, camping and food.

Course languages:

English and Dutch.



Erik.

"The difference between the trainers Gerrit and Stephan was for me as a participant a big plus! I learned many hard and soft skills and I can see better, the connection between them. Looking back at this week I'm very grateful that I was part of this first edition. "

Martha.

"I came back empowered and determined to take on the challenge of career change towards adventure therapy."

Roman.

"I have to say thank you for putting together your heads into this amazing training. I feel I've been fortunate to get the most out of your experience and good practice. It was quite intense and I learned all that my forces and stamina let me."