WILDERNESS THERAPY
INTERNATIONAL TRAINING

An experiential approach
May 23rd to 28th 2023

VIII Edition
Catalonia, Spain

experientia
ADVENTURE THERAPY SPAIN

ABOUT THIS TRAINING

We offer an experiential approach to learning about Wilderness Therapy through a backpacking expedition in the mountains of Girona. Participants will live first hand how it feels to be in a wilderness program. The group will explore the benefits, theoretical and practical foundations of facilitating therapeutic experiences in nature. Facilitators draw from an extensive body of literature as well as their personal and professional experience working in programs in USA, Scotland and other countries in Europe. Experientia facilitates this training for the 8th time, aiming to share knowledge and experience from different points of view.

"A profound experience that dotted me with strength and clarity and kept yielding gifts for many months later. One of the best things I have done in my life in term of personal and professional development"

- Participant from IV Edition

ABOUT EXPERIENTIA

Experientia is a non-profit organization made up of mental health and social intervention professionals and is a pioneer in introducing Adventure and Wilderness Therapy to Spain. Experientia designs and develops therapeutic and personal development programs for other organizations such as hospital, associations, schools, etc. Experientia is the co-founder of the Adventure Therapy European Network and member of the International Adventure Therapy Committee.

GENERAL INFO

Participants

Professionals from the mental health, social intervention and outdoor education fields.

Place

Garrotxa, Spain

Dates

May 23rd to 28th 2023

Time

From 9:00am to 14:00pm

Inscriptions until April 15th

We work in small groups, so there are limited spots!

Click here to watch previous editions!

GOALS:

- To provide a Wilderness Therapy experience that is commonly used in other countries introducing a foundamental framework of the methodology.

- To introduce and explore some of the theoretical and practical grounds of Wilderness Therapy.

- To promote good practices when implementing Wilderness Therapy programs adapted to cultural context and client population.

- To engage practitioners in the Wilderness Therapy / Adventure Therapy community of professionals

CONTENT:

- Therapeutic tools in Wilderness Therapy
- Key components of Wilderness Therapy
- Theoretical foundations of Wilderness Therapy
- Soft and hard skills.
- Facilitation skills. Role of mentor & facilitator
- "Leave no Trace" and living in nature

MEET THE TEAM!

TRAINING STRUCTURE

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

Experience

First part: We will be inmerse in a backpacking expedition that includes:
- Hiking
- Camp in bivouac
- Introspection time
- Cooking your own meals
- Group gatherings and dynamics
- Night circles

Process

Second part: The focus will be on the personal experience, reflecting about what happened during the first days and the impact that it had in yourself.

Transference

Third part: 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.

Follow up

Online meetings with the aim of sharing, following up and creating a space of peer supervision that will take place with the group and with participants from previous editions

INVESTMENT

Fee: 890€
Inscriptions until April 15th

Scholarship available (discounted price)

Included:
Basic camping materials
Shuttle from the meeting point to the field area
Varied menu with some organic and proximity food
Accommodation in the field (bivouac)
Online follow up and being part of the Experientia Alumni Communitty

I want to be part!
Inscription form

Not included:
Transportation to the meeting point
International insurance
Personal material (could be rented if requested)

Contact us for more information!

formacion@asociacionexperientia.org
www.asociacionexperientia.org/training

+34 623 17 03 11

"Experience is not what happens to you, is what you do with what happens to you"

- Huxley

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