
WILDERNESS THERAPY INTERNATIONAL TRAINING

An experiential approach

VI Edition

May 19th to 24th 2020

Barcelona & Girona, Spain



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Experientia

Terapia a través de la aventura



ABOUT THIS TRAINING

We offer an experiential approach to learning about Wilderness Therapy through a backpacking expedition in the mountains of Barcelona and 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 and Europe. Experientia facilitates this training for the 6th 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

Barcelona-Girona, Spain

Dates

May 19th to 24th 2020

Time

From 8:30am to 17:30pm

Inscriptions until May 1st.

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 such as USA.
- To present and explore some of the theoretical and practical grounds of Wilderness Therapy.
- To promote good practices when implementing Wilderness Therapy programs adapted to the population and context.



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"





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.

First part: Experience. Backpacking expedition that includes:

- Hiking
- Camp in bivouac
- Introspection time
- Cooking your own meals
- Group gatherings
- “Fire circles”

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

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.



PROFESSIONALS

Natalia Ruiz de Cortázar

Holds degrees in Psychology, Masters in Mental Health Counseling and Family Therapy Intervention. Worked in USA for 2 years as a Mental Health Counselor and within the Wilderness Therapy field 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

Psychology degree from the University of Minnesota. Masters in Outdoor Education from the University of Edinburgh. Certified Wilderness First Responder and Non-Violent Crisis Prevention Intervention. 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.





INVESTIMENT

Early bird price: 600 € (495€ + taxes) until February 15th

Price: 700 € (580€ + taxes)

Scholarships available (discounted price)

**I want to be part!
Inscription form**

Included:

Basic camping material

Transport to the field from the meeting point

Food and accommodation

Not included:

Transportation to Barcelona/Girona

International insurance (can be hired if requested)

Personal material (could be rented if requested)

Contact us for more information!

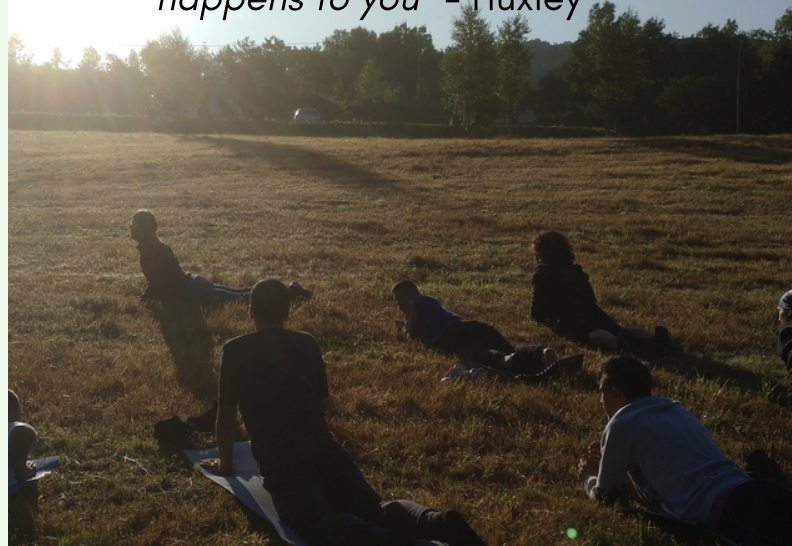
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"Experience is not what happens to you, is what you do with what happens to you" - Huxley



Experientia

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