

## **CCAT Frequently Asked Questions**

The Certified Clinical Adventure Therapist (CCAT) credential is not a training; it is an endorsement that a clinician has the core competencies, advanced education, and licensure to legitimately call themselves an Adventure Therapist.

Most answers to the questions below are outlined in the CCAT Credentialing Manual, which can be found on the AEE website. The AEE Certification Council has created this resource to help provide quick reference for commonly asked questions after an interested party has reviewed the CCAT Credentialing Manual.

### **What kinds of training can I count towards the Core Elements of AT Training Requirement?**

The Core Elements of AT Training document describes the types of training expected of CCAT applicants. Outlining core competency requirements without prescribing specific training structures, the CCAT allows creativity and exploration within the field to be maintained. If training falls within the core competencies, it is within the standards of this certification. CCAT applicants are encouraged to align the training received with these Core Elements. CCAT before beginning the application process.

Training can be provided by institutions of higher education (documented with the course syllabus), by other professional development training, and specific workshops at AEE conferences. AEE workshops are also available asynchronously online through the [Therapeutic Adventure Professional Group Webinar Series](#). There is a list of trainers in the Certification/CCAT CTAS Application and Documents section of the AEE website. Please provide a continuing education certificate or participation certification and course content outlined as evidence of training. If not, a program packet and curriculum detailing the information reviewed will suffice as evidence.

### **How do I document my training if I have been a practicing adventure therapist, with many years of training, but do not have a record of all the training I have received?**

AEE recognizes that it may be difficult for applicants to reconstruct records of prior training, education, and supervision during the initial phase of launching this certification. In response, AEE invites CCAT candidates to complete this application to the fullest extent possible. In the application, there will be opportunities to explain how requirements of the CCAT certification have been met and reasons why the candidate is unable to provide records as outlined in this application. The CCAT Council will then decide whether there is enough evidence to grant certification.

A member of AEE's Certification Council will contact applicants when there is a question about a candidate's AT Training experience. Feel free to include references in your addendum for people who can contribute to the documentation of your training.

### **How many training hours are required?**

At least 75 hours of adventure therapy-specific instruction covering all components of the “Core Elements of Adventure Therapy Training”. A maximum of 25 hours may be virtual or online. This instruction should be provided by institutions of higher education (documented with the course syllabus) or by other professional development training. If experience was gained in a college course, each semester credit is equivalent to 15 hours of instruction. Please include the number of instruction hours for that course if it differs from 15 hours.

### **Is the CCAT relevant for AT practitioners outside of the US?**

The CCAT designation is available to anyone who would find it beneficial. AEE will not prohibit the availability of this certification nor discriminate against any qualified candidate. *Current and active permission to legally and independently provide clinical mental health or school-based services in your region, state, province, or country in which you practice is a key criterion for certification.*

The AEE Certification Council has had many conversations about the complexity of Adventure Therapy with so much diversity in the worldwide community. AEE recognizes, of course, that the certification process to date has been influenced mainly by standards of practice in the United States.

### **Are Certified Therapeutic Recreation Specialists (CTRS) eligible for the CCAT certification?**

The CCAT is a credential offered to mental health practitioners with a minimum of a master’s degree and licensed by a state regulating body to provide clinical treatment. CTRS meeting this criterion and other clinicians outlined in the CCAT application are encouraged to apply.

### **Suppose I work in the United States and have a master’s degree without a clinical licensure, but significant experience in providing adventure-based programming in a clinical setting. Can I apply for the CCAT credential?**

No. The CCAT is a credential offered to licensed mental health practitioners who follow professional and commonly accepted practices for their discipline, consistent with the laws and regulations for the jurisdiction in which they provide clinical services.

### **What can I do with a CCAT?**

People receiving the CCAT certification will be listed on the AEE website and identified as practitioners with knowledge and experience in providing AT services. You will be able to identify and market yourself to colleagues and clients as a certified member of a community of credible practitioners who are informed about the safe, ethical, and effective use of adventure therapy services. As insurance companies move closer to reimbursing AT services, we have been told that they will likely require demonstrated competency, and this certification would help provide such evidence.

## **Do supervisors need specialized training in adventure therapy to sign off on the adventure therapy experience of an applicant? `**

Supervisors signing off on a candidate's training and experience must have a current clinical licensure in good standing. Supervisors are not required to possess the CCAT credential at this time, but they should be familiar with a candidate's proficiency in providing adventure-based services for clients.

## **What is the difference between AT Supervision and AT Consultation/Training?**

The CCAT credential requires a candidate to receive at least 50 hours of adventure therapy-specific supervision. Supervision in this way involves an ongoing relationship between a candidate and their supervisor as the candidate completes a minimum of 300 direct service hours. AT Supervision requires review of the following:

- Using adventure interventions for specific clients or populations
- Processing the clinician's experience of facilitating a specific adventure therapy intervention
- Integrating best practices regarding documentation or other administrative practices specific to adventure therapy services delivered
- Processing an ethical dilemma that arose during the delivery or preparation of adventure therapy services.

Professional AT consultation is different from AT supervision. Professional consultation is often defined as the deliberation of two or more professionals about a particular case study and the provision of expert advice and feedback by an individual with specialized knowledge. Consultation does not require an ongoing relationship, nor are specific consultation hours *required* for the CCAT credential. However, professional consultation may be used towards AT training requirements if:

- Consultation addresses the AT core competencies.
- Documentation of this consultation is provided
- Documentation includes who the consultant was, what core competency was covered, and the number of consultation hours received.

## **What is the cost of the CCAT application?**

The cost of the credentialing application is \$9. This cost is non-refundable. Those awarded the credential will pay an annual dues of \$60. The most current pricing information will be found on the application.

## **What are the recertification requirements?**

To remain in good standing, Certified Clinical Adventure Therapists seeking Recertification through AEE requires paying the annual fee and obtaining a minimum of 18 hours of continuing training specific to the Core Elements of Adventure Therapy Training. Up to 6 hours may be earned for delivering professional presentations in line with the core elements of adventure therapy training. One hour of continuing education will be awarded for each hour spent presenting, and no hours are granted for preparing and/or planning those presentations. Continuing education hours may be earned

through in-person or virtual learning platforms. CCATs must also provide evidence of their first aid certification(s) and current licensure and re-sign the ethical agreement.

*and are required to obtain a minimum of 18 hours of continuing education specific to the Core Elements of 8 Adventure Therapy Training every three years. Up to 6 hours may be earned for delivering professional presentations in line with the core elements of adventure therapy training. One hour of continuing education will be awarded for each hour spent presenting, and no hours are granted for preparing and/or planning those presentations. Continuing education hours may be earned through in-person or virtual learning platforms. CCATs must also provide evidence of their first aid certification(s) and current licensure and re-sign the ethical agreement.*