*This form will be used to document Therapeutic Adventure Training for the AEE Certified Adventure Specialist Certification(CTAS) application or recertification. Please complete it and have the training workshop or course facilitator sign it.*

**Name of Person Being Trained:**

**Title of Training or Course:**

**Location of Training or Course:**

**Date of Training or Course:**

**Name of Trainer / Training Agency:**

**Contact Info for Trainer/Agency:**

Please indicate below the number of hours spent on each Core Element of TA Training:

|  |  |  |
| --- | --- | --- |
| Core Element | **Definition** | **# of Hours:** |
| Facilitation and Processing in Therapeutic Adventure(TA)  | *Definition: This element focuses on the effectiveness of the therapeutic adventure experience, assists clients in finding direction and sources for functional change, and creates changes that are lasting and integrated into the clients’ lives.** Practicing within one's competencies based on technical skills training and assessed competency. Competency can be assessed by having a certification or an assessment of skill competency from a reputable training organization or employer.
* Conducting risk analysis of sites and activities that are utilized
* Environmental awareness
* Minimizing and recognizing the impact of TA on the environment
 |  |
| Therapeutic Alliance Building in TA | *Definition: This element focuses on the ability of the therapeutic adventure specialist to co-construct an effective therapeutic alliance with clients. The building of this positive form of therapeutic relationship incorporates the use of natural environment elements and adventure programming concepts. Special attention is paid to the specific and diverse context of various clients (e.g., social, cultural, systemic, ethnic, gender, and sexual orientation, etc.** Respecting and honoring inclusivity and diversity when providing TA services.
* Recognizing the impact of TA on the client-therapist relationship
* Awareness of the breadth of interaction and communication styles during TA services
* Demonstrating empathy, genuineness, and unconditional positive regard
* Repairing ruptured therapeutic relationships during TA interventions
* Ensuring clients’ rights when receiving TA services.
 |  |
| Assessment in TA | *Definition: This element focuses on how the therapeutic adventure specialist examines clients in mental health settings through adventure experiences and uses supportive documentation for screening and creating potential interventions.** TA interventions as part of ongoing client assessment.
* Adventure-based assessment to inform therapeutic facilitation decisions.
* Seeks information about clients from multiple areas to deliver effective TA services.
* Evaluation and management of risk (emotional, physical, environmental, trauma-informed)
 |  |
| TA Interventions | *Definition: This element focuses on the implementation of therapeutic adventure strategies and processes to produce functional client change in an appropriate, culturally relevant, lasting manner.** Activities and techniques used in TA programming.
* Selecting culturally relevant adventure experiences
* Interaction with the therapeutic environment is an integral part of the therapeutic process.
* Selecting and conducting TA interventions that are appropriate and individualized to the client.
 |  |
| Therapeutic Monitoring in TA | *Definition: This element focuses on the continual connection to clients involved in therapeutic adventure programming, including ongoing evaluation of therapeutic experiences.** Monitoring transfer of learning from adventure activities to “daily life” over time
* The use of adventure activities for formal and informal outcome evaluation purposes.
 |  |
| Professionalism in TA | *Definition: This element focuses on the expected professional behavior of a therapeutic adventure specialist.** Will follow all professional regulatory laws and ethics of the region, state, province, or country in which one practice.
* Ethical Standards specific to TA services
* Knowledge of commonly accepted practices in TA
* How to use supervision for developing specific TA interventions.
 |  |
| Documentation in TA | Definition: This element focuses on the accurate appraisal of all steps in the adventure therapy process, including but not limited to screening and intake, participant forms, agreement to participate, waivers, informed consent, and other pertinent documentation forms for client benefit.* HIPAA and confidentiality considerations of providing AT services (e.g., storage of AT documentation and files in the field and in the office)
* Assumption of Risk and Liability Releases Appropriate for Adventure Programming
* Incident and Accident reporting
* Use of clinical language in notes to reflect the intent of AT interventions and client progress.
 |  |
| Socio-Cultural/Environmental Considerations in TA | *Definition: This element focuses on the awareness and practices related to diversity needs, power, privilege, and environmental stewardship.** Recognition of practitioner biases.
* Practicing reflection to increase awareness and manage bias.
* Practice environmental ethics appropriate to your location and region of practice.
* Advocacy for diversity, equity and equality, and environmental conservation and protection with an awareness of climate change and the history/traditions of indigenous peoples.
 |  |

**Trainer or Supervisor Signature:**

**Date:**