



## **Certified Clinical Adventure Therapist (CCAT) Credentialing Criteria and Application Overview**

This chart summarizes the criteria that applicants must satisfy to earn the Certified Clinical Adventure Therapist (CCAT) credential. The criteria are designed to ensure that candidates possess a well-rounded education, and training in Adventure Therapy.

<b>Application Criteria</b>	<b>CERTIFICATION REQUIREMENTS</b>
<b>Educational Degrees:</b>	Master's or higher degree in mental health, social services, or social sciences degree from an accredited institution of higher education.
<b>Clinical/School Experience:</b>	General clinical or school experience required by region, state, province, or country equivalent to 2 years and 2,000 hours of general clinical mental health experience.
<b>License or Regulatory Permissions:</b>	Licensed in their respective field of mental health practice and is able to work independently to provide care and services without direction or supervision, within the scope of the individual's license and consistent with individually granted clinical privileges.
<b>Adventure Therapy Specific Training:</b>	At least 75 hours of adventure therapy specific instruction covering all components of the <a href="#">"Core Elements of Adventure Therapy Training"</a> . Applicants should have at least 4 hours of training in each of the core competencies. This instruction should be provided by institutions of higher education (documented with the course syllabus) or from other professional development trainings. If experience was gained in a college course, each semester credit is equivalent to 15 hours of instruction. A maximum of twenty-five (25) hours may be virtual or online.  If these trainings offer CEUs, a certificate of completion and course content can serve as evidence of training. If not, a program packet and curriculum detailing the information reviewed will suffice as evidence.
<b>Supervised Adventure Therapy Experience:</b>	At least 300 hours of supervised adventure therapy specific experience plus 50 hours of concurrent adventure therapy specific supervision. For applicants completing these hours using days in the field, 300 hours of experience can be accumulated no faster than 50 full days in the field, on each trip, or each expedition. For concurrent adventure therapy specific supervision, this can be accumulated usually no more than 1 hour per day. Occasionally an applicant might have group supervision on the same day as individual supervision.  Supervisors must be fully licensed social workers, counselors, psychologists, or marriage and family therapists that can adequately vouch for the applicant's AT experience. At this time, AEE is not requiring that the supervisor need to hold the CCAT credential. Supervision must be distributed throughout the total 350 hours.

<b>Technical Skills</b>	<p>Adventure therapy technical skills may include a variety of activity skills needed to facilitate low-level challenge and adventure activities, such as games and initiatives, low ropes courses, and/or high-level challenge and adventure activities (high ropes challenge courses and outdoor adventure pursuits, etc.). Regardless of the type of adventure therapy activity, the primary facilitator should have training in the technical skills required for that activity.</p> <p>A primary facilitator must meet one or more of the technical skill conditions below to lead adventure activities:</p> <ul style="list-style-type: none"> <li>○ <b><i>Certified / Licensed</i></b> – Certifications, licenses, and training to lead an adventure activity are credible and received from professional organizations that utilize commonly accepted practices for their discipline and are consistent with the laws and regulations for the jurisdiction in which activities are conducted.</li> <li>○ <b><i>Professional Training</i></b> - Appropriate sources of adventure activity training is received through credible organizations that follow commonly accepted practices for their discipline; Examples include organizations accredited by the AEE, AMGA, ACCT, and Colleges and Universities.</li> <li>○ <b><i>Organizational Oversight</i></b> - Training received as part of a program that utilizes commonly accepted risk management practices, staff training, and appropriate activity protocols.</li> </ul>
<b>Technical Skills Continued</b>	
<b>AT Technical Skills Use Agreement</b>	<ul style="list-style-type: none"> <li>○ Agree to uphold the ethical and legal guidelines within the credentialing guide of this application, of my professional background, region, state, province, or country, and for the licenses/certifications I hold.</li> <li>○ Agree to facilitate adventure therapy activities to the only to the degree with which I have been trained and assessed as competent.</li> <li>○ Agree to ensure that competent instructors facilitate the technical aspects of activities I offer that I am not qualified to facilitate.</li> </ul>
<b>First Aid and CPR:</b>	<p>Certified at the appropriate level of first aid (or higher-level of training) and CPR by nationally or internationally recognized organizations specializing in wilderness, or front country first-aid training. Level of First Aid certification should be consistent with setting of practice (wilderness or front country).</p>
<b>Adventure Therapy Self-Assessment:</b>	<p>Applicants (and Adventure Therapists who are submitting a renewal) need to submit an Adventure Therapy Self-Assessment</p>