

Therapeutic Adventure Professional Group

2024 Webinar Series

The Therapeutic Adventure Professional Group developed the annual webinar series to provide more opportunities for individuals interested in receiving additional training and education specific to working in adventure therapy and therapeutic adventure settings in a more accessible format. Each of these webinars offer two hours of training in the various core competencies required for certification as a Certified Clinical Adventure Therapist or a Certified Therapeutic Adventure Specialist. Each webinar take place from 7-9pm ET.

April 10	Adventure Therapy 101: Point “A” to Adventure
	Jesy Cordle, PhD(c), LRT, CTRS, CCAT & Shannon Kaecker, MSW, LCSW, CCAT
	A strong foundational knowledge is critical to the effective and ethical implementation of AT/TA programming and interventions. The application of this knowledge reinforces the high standards of professionalism for our field and better quality of care of our participants. This session will provide historical influences of the field, as well as an overview of the primary theories that guide our work.
	2 Hours of Conceptual Knowledge of AT/TA
May 8	Nature and Wellbeing: Enhancing Practitioner Self-Care and Resilience
	Christine Norton, PhD, LCSW, CCAT, CCTP, CET
	This presentation will focus on the role that nature and the outdoors can play in trauma recovery and grief/loss experienced through vicarious trauma. An overview of the research will be presented, along with important theoretical frameworks for human/nature connection and wellbeing. Participants will gain skills in trauma-informed care and resilience-building, and engage in experiential activities to deepen their own personal connection with nature and strengthen their own wellbeing.
	1 Hour of Conceptual Knowledge of AT/TA + 1 Hour of Professionalism in AT/TA
June 12	Metaphor Magic
	Maurie Lung, PhD, MHC, MFT, CCAT
	Metaphor can offer people a space to explore, explain, and address real world issues in powerful ways. Approaching these topics indirectly through speculative metaphor and analogy can serve to illuminate complex concepts or confront painful truths. Our speculative stories act as curious mirrors, reflecting ourselves and our world not only as we are, but as we could be; for better or worse. During our time together, we’ll look at examples of speculative metaphor in the work of adventure therapy; use creative exercises to generate our own absurd and accurate metaphors; explore the opportunities offered by existing genre tropes; and develop our own compelling ideas and imagery to open up real-world topics.
	2 Hours of Facilitation and Processing in AT/TA
July 10	Nature & Identity
	Aimee Frazier, MA
	How have your experiences with nature impacted your identity? In this webinar we will complete several experiential activities to explore the cross-section between nature and identity. Participants will learn about attachment to place, environmental identity, nature values, and reflect on the meaning that we assign to our favorite outdoor activities.
	1 Hour of AT/TA Interventions + 1 Hour of Sociocultural/Environmental Considerations in AT/TA

Aug. 14	Safety-Checking Your Orientation to Construct a More Effective Therapeutic Alliance
	Amy Ference, MS, LAC
	This workshop will walk the participants through the importance of setting up clear and relevant group or session norms as a tool for proactively building a solid foundation for your therapeutic alliance. We will discuss effective methods for setting expectations before common problems arise by brainstorming the common and likely ruptures that can occur through the course of adventure programming. We will then explore activities that can be used as a method of repair for various situations, extending our use of experiential learning into the building and maintenance of relationships.
	1 Hour of Facilitation and Processing in AT/TA + 1 Hour of Therapeutic Alliance Building in AT/TA
Sep. 11	Blending Traditional Assessments with Experiential Adventure Approaches
	Erin Carpenter, MA, CTRS/R & Dan Cavanaugh, PhD, LCSW
	Assessment is an integral part of all forms of mental health treatment. Adventure therapy provides a unique opportunity to utilize experiential activities during the assessment phase of treatment. In this workshop we will discuss strategies for blending traditional mental health assessments with experiential approaches. Additionally, we will cover ongoing assessment throughout the adventure therapy intervention process.
	2 Hours of Assessment in AT/TA
Oct. 9	Learning How to Professionally Collaborate with Nature
	Alice Nelson, MS, LMFT, AAMFT Approved Supervisor; Victoria Saager, MA, Nature Based Therapy Certificate, & Melanie Sellers, Marriage, Couples & Family Therapist Associate
	We all have a personal relationship with Nature, yet there is limited opportunities to learn how to develop a professional relationship with Nature to compliment our preferred professional style. The aim of this presentation is to provide insight and opportunity to further integrate your professional relationship with Nature. To maximize learning, this presentation will be from a Nature Based lens to channel a curious, informed, and non-judgmental mindset. This presentation aims to build awareness around biases and different perspectives, amplify the diversity of identities, inform how to integrate consent through an ethical client centered approach, and normalize equifinality.
	1 Hour of Professionalism in AT/TA + 1 Hour Socio-Cultural/Environmental Considerations in AT/TA
Nov. 6	For-Profit or Non-Profit: A How to Guide
	Lynette Spencer, MSW, LCSW, CCAT
	Feeling passionate and thinking about starting an Adventure Therapy program? Feeling overwhelmed about how to do it? The organizational structure you choose will set the trajectory for the duration. This webinar will provide the wherewithal to make an informed and intentional choice from the beginning.
	1 Hour of Organization/Administrative Policies in AT
Dec. 11	The Backpack: A Starter Pack for Adventure Therapists and Therapeutic Adventure Professionals in the Community Setting
	Christy Brock, MSW, LISW-S, CCAT
	In school we're taught how to run a clinical session, but we're not typically taught how to do anything outside of the box. When we think about adventure therapy, we often don't think about community parks, local climbing gyms, or what's in our trunk. In this workshop, we will look at different ways to provide adventure therapy or therapeutic adventure in the community setting, as a private practice or community mental health provider.
	1 Hour of Facilitation and Processing in AT/TA + 1 Hour of AT/TA Interventions