expanding the circles

8TH INTERNATIONAL ADVENTURE THERAPY CONFERENCE
SYDNEY, AUSTRALIA 2018

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The 8IATC received funding from the Australian Government.
What Creates Competent Adventure Therapy Leadership Teams?

Martin Ringer
The team is the smallest unit of competence

Very few people have all the competencies required to lead AT groups

Co-leadership is essential – also for physical and emotional safety

So: -

(a) What roles are required to lead AT teams?
And
(b) How to we assemble a team for each particular situation (None are exactly the same)
A global overview of necessary leadership roles

1: Personal and professional capacity
Manager of self (*Self as instrument*)
Inspired practitioner

2: Functional Roles
Adventurer
Clinician/therapist
Limit setter/Safety supervisor
Outdoor practitioner
Instructor/ coach/educator/trainer
Group facilitator
Communicator/relator
But what does this program element need?

- Variables that affect what roles are needed:
- The nature of the physical adventure: Isolation, physical challenge, type of activity etc
- The nature of the participant group: Level of psychological and emotional capacity, therapeutic need, physical capability etc
- Presenting ‘problem’ such as PTSD, social alienation, recovery from illness, social stigma (families of prisoners), dealing with loss etc
- The duration of the program: A few hours to a few years
- Cultural and social backgrounds and needs (refugees, first peoples, extremists etc)
- Program resources, the nature of follow-up, research...etc
And how do we choose who to take?

Let’s try now...
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