

## Workshops Related to Adventure Therapy

### **#3 Resolving Trauma through Adventure: Applying a Somatic Experiencing lens to Adventure Therapy**

3-hour workshop presented by:

Sommerville Bevilaqua

Ariana DeToro-Forlenza

By bringing the lens of Somatic Experiencing to Adventure Therapy, therapists and field staff are able to identify signs of unresolved trauma in their client population and use adventure activities, the natural world, and trusting relationships to facilitate healthy activation and settling of the nervous system. Anyone involved in adventure therapy is invited to learn about the fundamentals of Somatic Experiencing, the autonomic nervous system, and how to tailor elements of your program to clients who are struggling with an unresolved trauma response. Participants will also learn skills to increase their own body awareness and self-care in the field.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#11 Point B: Clarifying the Intent of Our Work**

90-minute workshop presented by:

Tony Alvarez

In 1998, Roselle Kurland and Robert Salmon wrote about social workers' misunderstanding of purpose in group work. They suggest that we get caught up in what we do and not on why we do what we do. The same is true in adventure and experiential work. We are trained in how to use our tools (nature, ropes, canoes, paddles, rocks) yet are often at a loss when describing why we chose to paddle on any given day. In this workshop, we will explore outcomes and distinguish between ours and theirs. Come join in on this critical conversation!

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#17 Creativity Boot Camp!**

90-minute workshop presented by:

Daniel Cape

This down and dirty workshop will whip your creative muscles into shape, making you a lean mean creative machine. Using Robert Epstein's Generativity Theory, participants will gain greater insight into creativity; including how to think and act more creatively and how to intentionally facilitate novel activities to help clients become more creative. This interactive

workshop will demonstrate how experiential learning environments offer optimal settings for using and fostering creativity.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#18 Neurodiversity and Sensory Processing: Embracing Differences**

3-hour workshop presented by:

Lorilei Dreibelbis

John Dreibelbis

With activities, personal insights, and discussion let's build vocabulary and empathy to open windows to advocacy and inclusion. Too often modern traditions fail to create spaces (emotionally or physically) that support the body's neurological and sensory processes. Looking through the window of Neurodiversity gives invaluable insight into the infinite variability of people's experience with their environments, and understanding Sensory Processing provides new vocabulary and perspective from which to interpret and understand behavior. Help us build stronger community.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#19 Enhancing Motivation and Transforming Lives: Blending Experiential Education and Motivational Interviewing**

90-minute workshop presented by:

Robert Valle

Wendy Stack

The workshop will model blending EE and Motivational Interviewing (MI) to work with vulnerable individuals as utilized by members of the Center for College and Success of NEIU. MI approach/core skills will be explained interactively to help facilitators have conversations that guide individuals to make decisions that support positive outcomes. "Self-Determination Theory" will be briefly examined and emerging ideas from neuroscience, along with EE and by blending these approaches we work to resolve ambivalence, including with those who are stuck due to prior adverse experiences (trauma). Format: 60% interactive/practice/30% conceptual presentation/10% co-creation.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#21 Mindfulness in Action: Intentionality as a Tool to Develop Self-Awareness and Growth in Adventure Therapy**

3-hour workshop presented by:

Matt Hayes

Will Black

Intentionality is mindfulness in action. This workshop will explore how to harness the power of a client's intention to change as a catalyst for their own development. True intentionality requires an understanding of our unconscious behaviors so we can construct alternatives. This workshop will explore how to make use of intention setting in a client generated process as a means to frontload experiences to support clients in developing awareness of how they have acted in the world and creating the change they wish to see in their own lives.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#31 Sound Off!: Engaging Participants through Music, Rhythm, and Tone**

90-minute workshop presented by:

Rohan Shahani

John Henri Rorabeck

Music is a universal language! Whether your participants are of different racial or ethnic backgrounds, learning styles, or personalities, music is an instructional medium that can help engage their feelings and emotions. Sound is a medium that all people can interact with - even those with different hearing abilities. In this workshop we will explore how sound, song, tone, and rhythm can be integrated into your presentations, and how it engages your participant's thoughts, emotions, actions, and feelings.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#34 Modèle Intégrateur pour l'Élaboration, l'Implantation et l'Évaluation de Programmes d'Intervention par la Nature et l'Aventure**

90-minute workshop presented by:

Christian Mercure

Au Québec, la plupart des programmes d'intervention par la nature et l'aventure (INA) découlent d'initiatives d'individus ou encore de petits organismes. Dans un tel contexte, le développement et la mise en place de programmes d'INA incombent généralement à un petit groupe de personnes. Ces individus doivent alors être en mesure de maîtriser et de concilier tous les différents aspects associés à la conduite de tels projets. Dans le cadre de cet atelier, nous proposons d'explorer un modèle intégrateur qui permet de systématiser, de synchroniser

et de schématiser l'ensemble des démarches associées à l'élaboration, l'implantation et l'évaluation de programmes d'INA.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

#### **#41 Intersectionality, Inside and Out**

3-hour workshop presented by:

Chey Davis

Intersectionality, a concept recently cemented by Dr. Kimberlé Williams Crenshaw, describes the deeply complex layering of identities in societal frameworks and how those identities create lived experience, specifically when they come into conflict with expectations and systems that are functionally unaware of difference. The understanding of intersectionality and identity, can make a program director, professor, teacher, trainer and psychologist invaluable to the field and their constituents. This workshop will set the foundation for understanding Intersectionality, allow space and support for creating an intersectional mindset, and allow space for creating materials for bringing intersectionality home to your organizations, schools, and corporations.

*Audience Level: Advanced -- Has developed a solid base in both theory and practice and has significant experience from which to work*

#### **#43 The Experiential Creative Generalist : The Eloquence of Change**

3-hour workshop presented by:

Kim Neal Wasserburger

Kim Olson

In the age of instantly accessible information and communication the importance of sincere and genuine experience transcends time and technology and becomes the marrow of change. The eloquence of change can be a subtle recognition of perspective in a shared experience. Choosing from available tools from the canyon to the clouds (adventure programming, expressive arts, sensory exploration) for the intervention, and to mysteriously but intentionally move to transference of the change, is an art and a learned skill. Kim and Kimmer bring 42 years of experience and will educate, navigate, allow for you to investigate, practice, laugh, reflect and experience.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#47 Using Multi-Arts and Play to Create Empathetic, Inclusive Learning Spaces: An Eastern Psychology Perspective**

3-hour workshop presented by:  
Gitanjali Sarangan

The basic capacity for storytelling, painting, dance, singing, rhythm and play is inherent in all. This workshop aims at enhancing these basic capacities so that practitioners create for themselves a vocabulary of creative arts-based techniques which they can explore through the deliberate combination and involvement of both body and mind. The intent is to create an interdisciplinary approach comprising of practical, artistic and conceptual experiential elements in existing learning protocols. The intent of this workshop is explore and experience multi-art forms in order to re-imagine, facilitate and co-create classrooms.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#49 Creating Trans(gender) Inclusive Environments in the Outdoors, the Workplace, and Beyond**

3-hour workshop presented by:  
Meg Bolger  
Perry Cohen

Many of us are working with and wanting to support transgender individuals than ever before, but we don't know where to start. As youth in our communities come out as trans and nonbinary it is essential to have foundational knowledge about the trans community, know how to be an ally, and how to create trans-inclusive environments. In this workshop we will work with participants to demystify vocabulary, better understand pronouns and gendered language, work through common scenarios around gender and the outdoors, and help participants assess how their work places can continue to become more trans-inclusive.

*Audience Level: Beginner -- For individuals new to the field of experiential education and/or new to AEE. No previous knowledge required.*

### **#52 The Construct and Dismantling of Self: How Experiential Education Impacts Social Identity**

3-hour workshop presented by:  
Robert Owen  
Addison Odum

It is through our experiences of the world that we build, shift and shape our identity. Social pressures, family dynamics, culture, media and other forces impact choice. How does experiential education help not only our youth, but adults, call into question who they are? How does our relationship with nature, constructed challenges such as initiatives, storytelling

and adventure, strip away previously embraced ideas of character, language and presentation? As facilitators, we can challenge our students often damaging concept of self and others. This workshop is a hands on exploration of identity, intended to pinpoint and debrief misconceptions, stereotypes and behavior.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#55 Theory to Practice: Progress Monitoring for Improving Outcomes**

90-minute workshop presented by:  
Jeff Couillard

How do you know you're doing good work? Most therapeutic programs, if they're doing any evaluation at all, tend towards doing "pre" and "post" measures to see if their program worked. The limit of this approach is that you can't detect change in progress, nor can you intervene differently with participants who are "off track". Progress Monitoring is like getting vital signs throughout an experience, and using that information to improve your overall outcomes.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#57 Experiential Learning in the Age of Artificial Intelligence**

90-minute workshop presented by:  
Andrew Potter

Become a skilled advocate for experiential education in an era of increasingly technological confusion! Recent studies have demonstrated the important link between instructional methodology, student engagement and their acquisition of 21st Century skills. Experiential learning and related teaching strategies play a vital role in forming learning environments that empower students and deliver on both cognitive and affective skill development. Educators need to be equipped with both simple and complex teaching tools to be successful in the preparation of students for the challenges of the 21st Century.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#59 Diversity: Discrimination or Inclusion?**

90-minute workshop presented by:  
Belinda Clemmensen

This session explores diversity and begins to unpack how difference can lead us to discrimination or inclusion. The cycle of discrimination will be defined from difference to stereotype, prejudice and action (discrimination or inclusion). We are poised for a culture shift towards increased inclusiveness. Open, effective communication optimizes the opportunity to discuss experiences related to inclusion and discrimination. Many people fear that they may say the wrong thing, and struggle with intent vs. impact. While there are guardrails, it isn't about being perfect. Diversity and inclusion are best nurtured in an open environment where positive intent and dialogue are fostered.

*Audience Level: Advanced -- Has developed a solid base in both theory and practice and has significant experience from which to work*

### **#63 Overcoming Separation and Prejudice to Build Community Across Differences**

90-minute workshop presented by:  
Lara Mendel  
Brian Lowe

Learn "game-tivities" and tools that inspire thought and action concerning diversity and community among all ages. Separation and the resulting prejudice, discrimination, and violence have launched to the forefront of our national conversation. As educators, we have an opportunity, perhaps even a responsibility, to address these issues and work toward a more inclusive, just, peaceful future. We will take an experiential education approach to do doing just that. We will play, challenge ourselves, move past the "peace blockers" (blame, guilt, and defensiveness), and use the "Three Keys to Peace" (listening, empathy, and assertiveness) to work toward a better future.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#66 The Human-Nature Connection, Healing Ourselves by Appreciating Nature**

3-hour workshop presented by:  
Misty Blakesley

In this fun, experiential workshop, we will explore ways to encourage the awareness and release of trauma held in the mind, body and spirit. We will notice and appreciate Nature, patterns in Nature, patterns in ourselves and ourselves as part of Nature. By reinforcing our positive connections within ourselves and to those around us, we will be able to strengthen our individual and community resiliency. We will also explore indigenous perspectives of healing

and community. This workshop is open to all ability levels. Gentle movement and interactive activities are included. Bring clothing to spend a short amount of time outside.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#71 How, When to, and Who Might Use the Adventure Therapy Experience Scale (ATES)**

90-minute workshop presented by:

Keith Russell

Lee Gillis

Despite an increase in research and evaluation in recent years examining the relative effectiveness of adventure therapy for youth and young adults, little is known about the AT process. This workshop explores the development and psychometric properties of the Adventure Therapy Experience Scale (ATES) for its potential use in identifying unique factors that are theoretically reasoned to be inherent in an AT experience. The goal is to highlight how ATES can be used as an instrument to assess how these factors effectuate outcome, especially when used in conjunction with the routine outcome monitoring of treatment progress.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#74 Do No Harm: Our Journey Towards Inclusive Facilitation and Program Practices**

6-hour PDI presented by:

Frannie Varker

Evan Small

As facilitators and educators, we often pride ourselves on our ability to recognize and work with difference. But how effective are we really? This workshop will challenge us to examine our own biases, beliefs, and actions about the world around us. We will delve into topics like social justice, intercultural competence, and inclusion/exclusion in order to provide a shared language and a shared platform for action. Drawing on concepts from Sustained Dialogues, Deliberative Dialogues, and Difficult Conversations, participants will leave with an understanding of how to implement skills to become a more aware and inclusive facilitator.

*Audience Level: Advanced -- Has developed a solid base in both theory and practice and has significant experience from which to work*

### **#77 Reaching your Play-State: An Examination of How Optimal Play has the Power to Transform**

3-hour workshop presented by:  
Nicolas Salibrici  
Brian Gibbs-Griffith

Throughout childhood, our play-time is very important to us. I know this because as I watch my seven year old son play, he always reminds me of how serious this time is. Whenever it is time to go he always says, "but Daddy, I'm not done playing yet." The importance of this play-time is in fact life-altering. As adventure practitioners, we use this "play-state" to develop the very life-skills that inform our adult world of responsibility, relationships and decision-making. This workshop will demonstrate the nature and freedom of "play-state" and highlight how that "play-state" informs our adult world.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#79 Risk Assessment & Safety Management (RASM): A Comprehensive Risk Management Approach for Any Organization**

90-minute workshop presented by:  
Rick Curtis

The Risk Assessment & Safety Management Model (RASM) is used by outdoor programs around the world and provides a comprehensive approach for identifying the causes of accidents, assessing changing risk levels, and managing risk by reducing negative hazard factors and introducing positive safety factors. You'll leave with a model that you can use to train your staff through hands-on analysis of accident scenarios and provide them with concrete tools for assessing risk and reducing it and provide your clients with an innovative curriculum that has broad educational applications.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#81 Choice + Action= Change: The Combined use of Reality and Adventure Therapy**

90-minute workshop presented by:  
Annette Pelletier  
Kayla Bogs

There is often a misconception about reality therapy, a behavior-focused therapy grounded in Choice Theory, and the populations with whom it is most effectively implemented. This workshop will provide education around the basics of reality therapy and how to marry reality therapy with adventure therapy. In fact, the two are quite complimentary to one another.

Having the framework of reality therapy to rely on can help guide one through the process of adventure therapy interventions and/or programming. Examples of how reality therapy is used in conjunction with adventure therapy will be discussed and experienced during this workshop.

*Audience Level: Beginner -- For individuals new to the field of experiential education and/or new to AEE. No previous knowledge required.*

### **#83 Four Essential Behaviors for Effective Group Leadership**

90-minute workshop presented by:

Nate Folan

Ever wonder what makes group leaders and facilitators effective? In this practical, activity based session, Nate will share his answer to this question – four practical behaviors of group leadership that inspire engaging, inclusive, and effective learning experiences for a variety of groups in any setting. Really, the consistent practice of each behavior is what matters. Let's explore and practice each behavior through interactive activities and reflect on the impact when applied. Identify your areas of strength and growth, then choose one behavior to practice when leading your groups. Walk away inspired with a deliberate practice for effective group leadership.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#84 Active Debriefs: Spark Conversations that Matter**

90-minute workshop presented by:

Nate Folan

Physical activity benefits our body, lifts our mood, and readies our brains for learning. It also acts perhaps, as a catalyst for conversation. Let's leverage recent brain research and play with the process of debriefing. Experience a variety of activities – all different than last year – that move meaning beyond the traditional debrief circle. Explore a new debriefing paradigm for practitioners who desire to keep participants engaged, recognize their group's desire to play, and ultimately want to explore an active way to spark conversations that matter.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#88 The Neuroscience of Connection: Taking the Role of the Experiential Educator to the Next Level!**

90-minute workshop presented by:

Zach Burns

Renee Burns

As experiential educators, working with different groups requires us to consider how various facilitation techniques and process strategies help create positive group development and encourages connection. But what does “connection” on the biological level look like? This experientially-based workshop not only dives into the crucial role the facilitator plays in creating connections, but explores how the neuroscience of relationship plays out in all group experiences. This workshop is open to all, and individuals with experience as group facilitators in ANY setting are encouraged to attend!

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#89 Meaningful Reflection Brings Learning to Life**

90-minute workshop presented by:

Jennifer Stanchfield

Take advantage of teachable moments and bring learning to life with engaging reflection techniques. Enliven the traditional sharing circle with active, brain-based strategies to increase participant buy-in and ownership. Use multiple methods including movement, metaphor, reflective games, art, and interactive dialogue to increase relevancy, depth of understanding, and connection to real life and future learning. Create lasting lessons learners will carry forward. Join in this interactive session and take away inspiration, new perspectives, and practical tools for weaving meaningful reflection and dialogue throughout your program.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#93 Gamesmithing: Don't Panic! It's Organic!**

3-hour workshop presented by:

Justin McGlamery

Chris Ortiz

Come PLAY at this entirely co-created and experiential workshop where we will explore emergent leadership, group dynamics, creativity, divergent thinking, improvisation and innovation. Amidst the activity and discovery, we will pause to deconstruct the elements of a great game. We will even attempt to smith our own creations based on these principles. Bring

your best self, your willingness to play, trust, and learn with and from others and remember: Don't Panic, it's Organic Gamesmithing.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

#### **#94 What if We Could Walk to Peace?**

90-minute workshop presented by:  
John Lee

How can people living in conflict-affected communities with no positive or neutral experience of the "other," learn to cooperate? Experiential peacebuilding is a term used by the Outward Bound Peacebuilding to describe an approach that applies experiential learning to the challenge of building relationships between people on different sides of conflict. The theory behind this work is that experiential learning can build common language, accelerate trust and facilitate positive experiences among adversaries. This interactive session explores the theory and practice of experiential peacebuilding, as well as providing participants with a framework for developing their own experiential peacebuilding activity.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

#### **#96 Experiential Activities for Enhancing Emotional Intelligence**

90-minute workshop presented by:  
Scott Goldsmith  
Heather Wlochowski

Emotional intelligence represents our ability to manage our emotions and behaviors and navigate relationships. These skills are the crux of academic, social and vocational success for all of us but often go unaddressed in children and teens, resulting in behavioral and academic struggles. Using an experiential-immersion approach, participants will gain an understanding of emotional intelligence and how to integrate it into their work with children and teens. Through their own participation and guided reflection, participants will learn how to promote engagement from even the most difficult to reach students and set the stage for a successful group experience.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#100 EcoWellness: Integrating the Natural World into Experiential Education and Therapy Settings with Intentionality**

90-minute workshop presented by:  
Ryan Reese

The EcoWellness model of counseling was developed to serve as a guide for clinicians in agency and school settings in assessing and integrating the human-nature connection in traditional models of therapy. The purpose of this workshop is to provide experiential educators and therapists with an overview of the EcoWellness model, how it might be applied in experiential settings, and highlight some of the ethical and multicultural considerations from a clinical perspective. Prior training and experience in outdoor education and wilderness therapy programs and familiarity with the Ethical Guidelines for the Therapeutic Adventure Professional are recommended but not required for attendance.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#112 Asphalt Stepping Stones to Wilder Places: Place Based Learning on Outward Bound Canada's Urban Expeditions**

90-minute workshop presented by:  
Marika Chandler  
Rob Wallis

Outward Bound Canada has been taking youth on expeditions down our cities' ravines, waterways, and trails for 6 years. Today we will take you with us! This workshop will explore how and why, in an ever growing urban world, it is necessary to engage youth on urban expeditions. By operating in urban centres we are able to address many barriers students face to outdoor education including: financial, emotional, medical, cultural and more. We will share our development of urban expeditionary curriculum, campsite partnerships, and the quirks of urban expeditions while exploring your own city maps and Montreal green spaces.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#124 Crisis Prevention & Deescalation**

90-minute workshop presented by:  
Mike Crowtz

Crisis prevention and deescalation is tricky at the best of times yet some people seem to be better at it than others. In this workshop we'll explore concepts, that when understood together will help us have a better understanding of why people go into crisis. this will be a fast paced look at: why people don't calm down when we ask them to, how all behavior is

communication, and we'll explore the crisis cycle as taught by The Mandt System of behavioral crisis interaction and prevention.

*Audience Level: Beginner -- For individuals new to the field of experiential education and/or new to AEE. No previous knowledge required.*

### **#125 Is Our Program Meeting Our Environmental Objectives?**

90-minute workshop presented by:  
Elizabeth Andre

The mission of many outdoor programs includes some pro-environmental aim. The curriculum, however, often focuses almost exclusively on intra or interpersonal growth and physical challenge. We often assume participants leave with pro-environmental feelings just by virtue of being outdoors. Without deliberate attention to environmental outcomes in the design of our programs, however, it is possible, and perhaps likely, that students are neither connecting with nature in the way we would hope, nor developing pro-environmental attitudes. We'll explore ideas for enhancing our existing curriculum to better achieve the environmental aspects of our mission.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#131 Team Development with Only Paper and Markers**

90-minute workshop presented by:  
Chris Ortiz

Do you need your program to do more with less? Does it seem like your materials budget is non-existent? This workshop will be filled with programming ideas to help engage students, physically and mentally in activity with academic purpose utilizing just paper and a marker.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#136 The Power of Touch**

3-hour workshop presented by:  
Jean Berube  
Tom Smith

Being human requires physical contact. Without touch, a child will die. Our fast-paced, technologically-based world has led us to put low priority on our need for intimate contact. By adulthood, we have become socialized against touching. Flinders suggests that lack of intimate

contact may be the cause for people's psychological and emotional problems and many societal problems. Burke believed that loving touch could save the world from disease and from war. To become whole, we must address this need for interpersonal contact. This workshop is meant to help participants recognize through sequential, hands-on activities, the power of touch.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#137 The Intersection of Resilience and Trauma Interventions: Using Neuroscience to Maintain Stability**

3-hour workshop presented by:

Diane Ryan

Katie Klein

This workshop will help participants identify ways to use resilience training to maintain stability while processing trauma in the therapeutic environment. This seminar is optimal for those familiar with trauma-informed care.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#141 What's Your Story? Examining the Impact of Narratives on Adolescents and Families in Therapy**

90-minute workshop presented by:

Sidney Dang

Amanda Mosse

In long-term treatment, the experiences of individuals often get overlooked by diagnoses and symptoms. Our narratives can be influenced by seemingly invisible factors that can have profound effects on development, which in turn impact our relationships (i.e., family, peer, therapist, self). Clients can often get stuck in their struggle having difficulties noticing their growth through traditional methods. Treatment teams can also have a parallel process, which creates frustration and contribute to the plateau of growth. This interactive presentation can help clinicians think out of the box, note their own cultural biases, and acknowledge our own strengths and areas of growth.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

#### **#144 Facilitated Growth: Experiential Activities for Wellness and Recovery**

90-minute workshop presented by:

Michelle Cummings

Marc Pimsler

This workshop will feature 10 experiential activities for addictions recovery and wellness. Experiential activities provide an opportunity to intentionally surface behaviors or scenarios that happen in the real world in a more controlled environment. Walking participants through what happened, why it is important, and how it impacts the future is an important part of the recovery process. We invite you to explore the intentional use of experiential activities in your recovery and wellness practice.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

#### **#147 International Experiential Education Roundtable**

90-minute workshop presented by:

Juan Antonio "Tony" Dixon

Misty Blakesley

We invite experiential education and therapeutic adventure/adventure therapy practitioners from around the world to network in this workshop. Participants will share what is happening in their countries and communities and will be encouraged to share their perspectives, approaches, and modalities. This workshop is open to all backgrounds, cultures, and people. We will also have a short presentation of the 8th International Adventure Therapy Conference that will be held in Australia in 2018.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

#### **#150 Adventures in Assessment**

90-minute workshop presented by:

Nick Magle-Haberek

Assessing who has shown up to our programs is an important skill. Often associated with intuition and "gut-level" hunches, assessment can be both more systemized and more thorough. This workshop will review several strategies and models for assessing our participants. Finally, we will put our new strategies to the test during a few new and novel activities. Participants will also have the opportunity to discuss a variety of challenges that can come along with assessment.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

**#152 Facilitating Performance: Leveraging Mental Skills to Enhance the Performance of Experiential Educators.**

90-minute workshop presented by:

AJ LaLonde

Angela Veatch

Katy Tran Turner, Kelly LaLonde, Marcus Washington, Brian Miles, Brad Marshall

As educators, facilitators, and coaches our main priority is to create an optimal environment for effective learning. We must keep in mind that facilitating is a performance moment and we can employ specific, deliberate strategies to ensure we are performing optimally - especially under pressure or stress. Sport and Performance Psychology consultants have been teaching mental skills to enhance performances under pressure for over 40 years. This workshop will introduce select mental skills and provide examples of how these skills can be applied to experiential education practitioners to enhance their readiness to perform.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

**#153 Trauma-Informed Adventure Therapy with Current and Former Foster Care Youth**

6-hour PDI presented by:

Christine Lynne Norton

Dr. Bobbie Beale, Sky Gray, Lynette Spencer, Rachel Pruess, Aaron Wiebe, Natalia Rakar Szabo, Chihmou Hsieh, Amy Horn, Anita Pryor, Bri Condon

This PDI is sponsored by the Foster Care Adventure Therapy Network, a network of TAPG practitioners who are implementing adventure therapy in foster care settings around the country, and even in international settings. The workshop will include panel presentations, case studies, policy briefs, and interactive work groups to further implement and evaluate AT with foster care youth around the world.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#157 Building a Better Boat: Risk Management Strategies for Greater Program Transparency**

90-minute workshop presented by:

Austin Paulson

Boats are built for a journey and designed to handle conditions for their use and to support the crew, passengers, and cargo they transport. So too are effective adventure programs. This workshop overviews the rationale and practices for building adventure programs designed to get us where we want to go. Understanding the capacity of our boat, the roles and expertise of our shipmates, and the responsibility of governing bodies on the seas will lead us to specific conversations about program management and assessment strategies. This workshop is for instructors and program managers interested in program review and risk management topics.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#160 Experiential Education: An Engine for Integrated School-wide Social Emotional Learning**

90-minute workshop presented by:

Larry Childs

There is a nation-wide SEL movement recognizing that student social emotional development is not only an essential responsibility of schools but a 'missing link' in the elusive quest for meaningful school improvement. At Project Adventure, we acknowledge that experiential educators are well-equipped to help advance SEL programs but also support and assume a key school leadership role for better alignment and integration of SEL often disconnected and scattered initiatives. Using an interactive format, this workshop will explore easily adoptable strategies to elevate your SEL programming and leadership abilities as a critical resource for any school or district.

*Audience Level: Intermediate -- Has had training and practice in the field of experiential education and has attended past AEE conferences. Some previous knowledge required.*

### **#164 Radical Flexibility: The Key to Running Expeditions with Unique Populations**

90-minute workshop presented by:

Danny Peled

Expedition leaders love systems. However, we find that radical flexibility is key when working with unique populations. At Boreal River, we run expeditions on Quebec's Magpie River with a diverse range of groups—from Innu youth to people living with cancer to political leaders. We put a lot of energy into deciding how to adapt to participants' needs and traditions. During this interactive session, we will use case studies from our expeditions and draw on your experiences. You'll learn about how other organizations enable flexibility while maintaining quality. You'll come away with tools and ideas for your own programs.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

**#165 Tip of Toes Foundation: Wilderness Therapy for Adolescents and Young Adults Living with Cancer**

90-minute workshop presented by:

Mario Bilodeau

Virginie Gargano

The On the Tip of the Toes Foundation has been offering wilderness therapeutic expeditions for teenagers and adults living with cancer for more than 20 years. We will present the mission, goals and objectives of the foundation, explain how the program was created and developed, how to implement such a program, and how to create strong bonds with the health and hospital community. Finally the philosophy, approach and content of the wilderness therapy expeditions will be presented together with the intervention plan, including specific objectives and how to meet them.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

**#166 Nurturing the Spirit in Our Staff and Participants: Spirituality and Experiential Education**

90-minute workshop presented by:

Andrew J. Bobilya

Brad Daniel

Glenn Middleton

Do you consider how to give attention to the spiritual dimension of the human life in your programs? Join us for an engaging discussion on spirituality and experiential education. Learn from others and share ideas about if and how we can encourage spiritual development in the lives of our staff and participants. The workshop facilitators hope to encourage an open dialogue where one faith orientation or spiritual practice is not elevated above another in our discussion.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*

### **#171 Accreditation: Organizational Development and International Recognition**

90-minute workshop presented by:

Steve Pace

Would you like to know more about AEE's accreditation program? Would your organization benefit from going through a developmental process for improvement, followed by international recognition by the first recognized accreditation process focusing on experiential adventure programming? AEE accredits a wide variety of adventure programs and organizations, including wilderness adventure programs, outdoor behavioral healthcare programs, colleges and university outdoor programs, K-12 school programs, youth programs, and corporate teambuilding and training programs. If you would like to learn more about this process or if you are interested in serving as a reviewer for the program then this workshop is for you.

*Audience Level: Open to All*

### **#172 AEE Accreditation Roundtable**

90-minute workshop presented by:

Steve Pace

Accreditation reviewers, members of accredited programs, and anyone with ties to the AEE Accreditation Program are welcome to join in on this discussion. We will be sharing all the latest news and updates, as well as brainstorming ideas for the future. A significant part of this workshop will focus on the improvements made to the accreditation standards in the newest editions of the accreditation standards manuals.

*Audience Level: Open to All*

### **#173 Adventure Therapy: Latest Research Developments and How These Will Affect the Field**

90-minute workshop presented by:

Michael Gass

Anita Tucker, Lee Gillis, Christine Norton, Keith Russell

What are the latest developments in the research of adventure therapy and how will this affect the future of the field? Is it working and for how long? What are the various elements in adventure therapy and how are they affecting the outcomes for a variety of clients? What is the real level of safety in adventure therapy? Is it worth the money? The answer to these questions and more will be the focus of this workshop, demonstrating real answers to critical questions for the continuation of the vitality of the field.

*Audience Level: Open to All -- Topic does not depend on level of knowledge or involvement with the field of experiential education.*