

# ĀTA Professional Development Workshops Outdoor Therapeutic Groupwork

23rd & 24th November 2024

Karanga Camp, Te Henga, West AKLD

Cost? Early Bird (till Nov 4th)

Both days \$380 - Single day \$ 220

ĀTA members receive 15% discount on fees.

Overnight (Dinner and Accommodation) \$40/ per night.

## Options available:

- Choose your workshop/s
- Stay overnight Friday and/or Saturday to build relationships with others in this mahi!
- Airport pick up available Friday evening return Sunday evening

ĀTA are offering four workshops for kaimahi who work or want to work therapeutically outside with groups of whaiora.

The content for the first three workshops build on each other, but can be attended independently. All workshops are trauma and culturally informed.

1. Facilitating Therapeutic Experiences (Saturday 23rd 9-5pm)

**Learn essential elements for design and delivery of outdoor therapeutic group work**

- Introduction to theories behind adventure and nature-based therapy
- What 'Adventure Therapy' is within Aotearoa and worldwide
- Experience how to put these theories into practice
- The importance and application of whanaungatanga
- How you can integrate your usual mahi into adventure therapy experiences

2. Processing the Therapeutic Experience (Sunday 24th 8-4pm)

**Processing and transferring therapeutic outdoor experiences into ongoing life**

- Using models and adapting activities to meet the intention of the group, support processing and transfer learning into life
- Pūrakau & metaphor
- Framing and front loading
- Creating group discussion

3. Navigating the Challenges (Saturday 23rd 9-5pm)

**The art of managing the tricky stuff** during outdoor therapeutic group work.

- Understanding where challenging behaviours come from
- Ensuring psychological, cultural and emotional safety with a vulnerable group
- Resistance and alliance
- De-escalating strong reactions or conflict from individuals and within the group

4. Safety Planning and Managing Risk (Sunday 24th 8-4pm)

**The details of delivering a safe (enough) Therapeutic Outdoor Programme.**

- Understanding the Adventure Activity Regulations and Industry expectations of safety
- What risks should be considered and managed for a therapeutic group work
- The paperwork of a good Safety Management System

