



Intermediate

Wilderness Adventure Therapy®

- Intermediate Course -

An exciting and rewarding professional development opportunity to learn practical skills used in the implementation of Australia's arguably most well researched and developed adventure therapy model. The focus is on peer based learning and WAT team skill development. Client assessment, case-planning and activity facilitation skills are given in-depth attention leading to a high level of practical skill development. With approved prior experience, the course is the completion of the second stage of the Australian WAT® Accreditation Scheme - accreditation as a *Wilderness Adventure Therapy Assistant* (with Neo Psychology). Subsequent training towards becoming a WAT Practitioner or WAT Therapist includes *Group & Individual WAT Supervision Units* and finally the *Advanced WAT®* course.

Course Outcomes

Trainees will be graduates of the *Introduction to WAT* course from around Australia so will share a common foundational understanding of WAT. The course aims to provide practical extended training for the specialised knowledge and applied skills of evidence based WAT. The course builds on the foundations of the *Introduction to WAT Course*, and extends adventure facilitators' and therapeutic professionals' applied skills in the methods of WAT. The course will prepare participants to take on the role of WAT Assistant. As a result, this course is an ideal advanced training for those adventure leaders who provide programs for special needs groups. Participants will gain an in-depth understanding of clients' needs and the procedural requirements for implementing best practice WAT. They should also gain applied skills of activity processing (using the *Wilderness Adventure Processing System*), group therapy, and how to engage and support a client through a therapeutic process.

The emphasis of approach in this course will be to challenge trainees in their thinking, to constructively appraise and criticise their own practices, and be reflective about the value-systems that underlie them. Trainees will be encouraged to give and receive feedback to each other with the expectation this will heighten their effectiveness as practitioners and enhance their capacity for ethical and professional practice.



Course Pre-requisites

To enroll in the *Intermediate Course in Wilderness Adventure Therapy*, you must have completed the *Introduction to WAT Course*. If seeking accreditation under the AWATAS, you should also have completed all other prerequisite training and experience as outlined by the AWATAS (download a copy from www.neopsychology.com.au/wildernessPrograms.php). The Intermediate course has an emphasis on practical skill-training and so group size will be kept small to ensure a quality training experience.

Details

Dates:

- Thursday 16th & Friday 19th October
(Daily: 9.30am-4.30pm)
- Friday 19th - Sun 21st October
(Residential: 48 hours / 2 nights)

Location & Venues:

Neo Psychology, 378 Burwood Rd
Hawthorn + Burragunyah Retreat

Enquiries:

Email: training@neopsychology.com.au

Tel: (03) 9810 3067

What's New in Wilderness Adventure Therapy®?

WAT was developed at the Austin Hospital Child & Adolescent Mental Health Service (1992-2000), Barwon Health Adolescent Mental Health Service (2000-2001), and in community counselling agencies (eg CASAs, drug & alcohol services, etc.) and schools through the SWATRAD project (2001-2003). It is arguably the most well researched adventure therapy intervention in Australia (results: www.neopsychology.com.au/wildernessPrograms.php). Research demonstrating its effectiveness in treating a range of mental health problems were released by the Australian Psychological Society as part of National Psychology Week in 2004, and as a result was featured on ABC-TV's *The 7.30 Report* www.abc.net.au/7.30/content/2004/s1259220.htm (watch story on our website)



Course Lecturer: Dr Simon Crisp

Simon continues to practice WAT clinically and in schools and has been lecturing in post-graduate Counselling, and Ethics & Professional Issues at Monash University. Recently he's been researching WAT and other school-based interventions at Monash as a Research Fellow. He continues to consult to organisations such as the Victorian Schools Innovation Commission, School Focused Youth Services (SFYS) and Independent Schools



Course Fee: \$650.00 (inc. accom./meals on resi.)

- ✓ Early Bird rate before 1 July 2008: **\$620**
- ✓ Includes course materials and psychometric self-assessment
- ✓ Concession for full-time students \$495 - documentary evidence required



Closing date for registration is Friday 3rd October 2008

For a registration form email: training@neopsychology.com.au

Course Content

Sessions are a combination of seminar formats and experiential workshops. Small group discussion and role-plays make this course highly interactive and practical. All WAT team staff must have applied theory and skills in the specialised practice of WAT - including a working knowledge of each other's skills and roles. Issues of effective team functioning and leadership are given close attention. Course notes and other materials are provided.

Day 1	<ul style="list-style-type: none"> • Client presentations & psychological disorders [1]: Theories; disorders in adolescence & adulthood; clinical case studies • Client presentations & psychological disorders [2]: Practical applications, group issues • Advanced assessment for WAT; WAT as a form of psycho-social assessment, psychometric measures in assessment 	
Day 2	<ul style="list-style-type: none"> • Individualised WAT treatment plans - role plays • Developing WAT psychological risk management & crisis plans role plays • Special client issues: Homelessness; sexual assault & abuse; domestic violence; substance abuse; body image issues & eating disorders 	
Day 3	<ul style="list-style-type: none"> • Principles of group therapy • Clinical documentation • Liaison with families & agency staff, referral on 	
Day 4	RESIDENTIAL	<ul style="list-style-type: none"> • Advanced professional practice: Ethical hypotheticals / APS Code of Ethics • Advanced group facilitation & intervention methods workshop • Group facilitation: Briefing & de-briefing workshop • Facilitation: Wilderness Adventure Processing System workshops
Day 5		<ul style="list-style-type: none"> • Facilitation: Wilderness Adventure Processing System workshops • Advanced conflict management and solution focussed workshop • Individual trainee feedback

Trainee Feedback

"I just wanted to thank you once again for a fantastic training course. The photos and feedback looked great, and made me miss the course - how often do you learn and have that much fun!"



"The best thing was experiential learning, having a go, and receiving supportive feedback"

"The best thing about the course was 1) the interaction, group learning, chance to experiment & develop skills, and 2) feedback"

"The best thing was the mix of the group, modeling of effective group facilitation by Simon"

"The best thing was getting feedback from peers and trainer, small group, incident management, and WAT Team roles"

"The best thing was honest confrontation used – sincerity of delivery; interview of past clients (young people); strong WAT framework (meaningful); comfortable settings – Melbourne then Burrigunyah; resources, number & variety; diversity and shared experiences of group; small group size"

"The best thing was the group selection (individuals), and size – very personal..."

