



North Eastern Victoria 2008

Wilderness Adventure Therapy® Practicum

- Weekend experiential -

An exciting opportunity to gain insight into the practical issues of providing physically and psychologically safe Wilderness Adventure Therapy® or related outdoor programs. The practicum has been developed for mental health professionals, teachers and youth workers who work in the field with outdoor leaders. In addition, outdoor leaders seeking to develop better practices with challenging behaviour in wilderness adventure programs will find this training highly relevant. The practicum orientates non-outdoor trained professionals to effective, in-the-field risk-management. The aim is to develop a practical awareness of environmental and medical conditions and risks - and the interaction of these factors with behaviour. Emphasis is given to responding effectively to these risks with a team-based approach.

Course Content & Prerequisites

The Practicum is an experience-based training that requires participants to undertake a short bushwalking expedition in a spectacular, semi-remote area. In addition, there may be a short abseiling option. Theory sessions are delivered in the field and practical exercises are used to illustrate key concepts. The Practicum content will emphasise prevention through the identification of predisposing risk factors, pre-existing conditions, and clinical crises that can lead to medical, psychological and behavioural incidents. Attention will be given to emergency response & evacuation. Participants will be required to carry packs over uneven ground and camp away from amenities. However, the experience will be geared to the level of the least able participant, and can be undertaken by any person of average fitness and good health. Prior training through the *Introduction to WAT Course* would be an advantage but is not essential.



Course Fee: \$450*

- Early Bird rate before 1st July 2008: \$410
- *WATC graduates \$325
- Includes all food & personal outdoor equipment

Closing date for registration: Friday 3rd Oct.

Registration Form: training@neopsychology.com.au

→ go to www.neopsychology.com.au for more about other training & consultation

Details

Dates:

Friday 10th October 7.00pm to Sunday 12th October 6.00pm 2008

Location & Venue:

Cathedral Range State Park
2 hours drive N-East of Melbourne

Enquiries:

Email: training@neopsychology.com.au
Tel: (03) 9810 3067

Practicum Facilitator: Dr Simon Crisp

Simon is a Clinical Adolescent & Family Psychologist with extensive experience in the outdoor field for over 25 years. Originally an Outward Bound Instructor, he established the first clinical Wilderness Adventure Therapy program in Australia in 1992. With over 3,000 WAT field days, he established the Australian WAT® Accreditation Scheme, has lectured in post-graduate Counselling at Monash University and is an active researcher of WAT.

Past Feedback



* 75% of past participants rated this training as "excellent" learning value

"Great company, good challenge"

"The best thing was the hike and talking about scenarios that may occur on an expedition"

"The best thing was the presenter and his instruction"