

Swat

systemic wilderness adventure therapy®



Developed by Dr Simon Crisp



Solutions to life's problems are often found in the most unlikely places!

In the **Swat** program, participants work together in small groups to develop essential skills for life. **Swat** is an innovative program for teenage girls and boys (13-19) who are looking to develop new skills for coping with stress, relating to others, and increasing motivation. It is an individualised, goal-directed program based on extensive research and development¹ and documented effectiveness² in developing resilience factors, social-emotional growth, and psychological health for adolescents. Uniquely, the program includes elements that enhance family communication and team building. A critical distinguishing feature of the program is the highly trained and experienced psychologists & accredited adventure leaders who use the activities as a catalyst for psychological/behavioural change - facilitating active, fun and positive peer learning, and counselling on personal issues & life stressors.

Referral: Private practitioners, schools or families can make a referral. Teenagers, parents and family members are encouraged to attend an information session to learn more about the **Swat** program. Places are limited and any interested person is welcome to contact **Neo** for more information.

Fees: available on request. Private health insurance rebates apply with some extras cover policies (consult with your insurance provider).

Featured on:



Information: Tel: 8430-2208

Email: programs@neopsychology.com.au

Web: www.neopsychology.com.au

Week 1	Introduction sessions for teenagers, parents and families	Evening session
Week 2	Day Activity: Peak Ascent + Family adventure session	1 day + 1 evening
Week 3	Weekend Camp-out + Peer group + Parent session	2 days / 1 night + 1 evening
Week 4	Day Activity: Caving + Parent session	1 day + 1 evening
Week 5	Day Activity: Cross Country Skiing + Peer group + Parent session	1 day + 1 evening
Week 6	Day Activity: Abseiling/Climbing + Peer group + Parent session	1 day + 1 evening
Week 7	Parent Workshop Intensive	Evening
Week 8	Wilderness Expedition: Coastal or Alpine Wilderness Trek / Snow Trek / White Water Rafting (season / conditions dependent)	6-7 days
Week 9	Peer group + Parent session + Family Rafting Expedition (weekend)	1 evening + 1 afternoon
Week 10	Graduation Ceremony	1 evening
1 month	Follow-up: Family Ropes Course (weekend)	1 afternoon

An innovative service of



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Program Features

1. Positive, engaging, adolescent friendly, supportive

- ▶ Wilderness based adventure is a natural and powerful way for young people to learn how to cope with stress and ways to manage life during their transition to adulthood. Learn life-long skills critical for social, school and work success.
- ▶ Sharing positive and fun challenges with peers in a supportive environment ensures a high level of motivation to attend and use everything the program offers
- ▶ Follow-up booster session for the whole family generalises and strengthens learning and behaviour changes
- ▶ Approachable, adolescent friendly psychologists counsel and facilitate learning and skill development, monitor progress and ensure supports are in place
- ▶ A range of complimentary services for on-going assistance are also available: Vocational or coaching psychology, counselling, couple and family therapy, etc.



2. Effective with a broad range of problems and needs^{1 2}

- ▶ Australia's most extensively evaluated therapeutic adventure program
- ▶ Demonstrated and documented effectiveness in increasing resilience factors such as coping, problem solving skills and self-worth
- ▶ Proven track record: The SWAT program is based on 12 years of demonstrated high quality service delivery with an exceptional safety record
- ▶ The most highly trained and experienced Wilderness Adventure Therapists teamed with accredited **wat** adventure facilitators



3. Comprehensive individual psychological assessment / profiling

- ▶ *Mental health needs:* screening and assessment
- ▶ *Emotional intelligence factors:* the foundation of psychological & social development and success in learning
- ▶ *Life enhancing attitudes & behaviours:* current and future risks
- ▶ *Life stressors*
- ▶ *Coping styles:* stress management and problem solving skills
- ▶ *Communication and co-operation within the family:* ability to use supports



4. Individualised and measured outcomes

- ▶ Personalised goals direct the focus of the program for the adolescent
- ▶ Weekly updates keep parents informed about the adolescents progress
- ▶ Close liaison with other service providers ensure integrated case management
- ▶ Written post-program report outlining individualised recommendations for maintaining improvements from the program



"You can discover more about a person in an hour of play than a year of conversation"
- Plato

¹ The SWAT model has been developed in Victoria following extensive overseas research on best practice by Dr Simon Crisp, Clinical Child Adolescent & Family Psychologist. Dr Crisp has an international reputation as an expert in adventure based and group interventions in clinical, counselling and school settings. Since 1992, he has published numerous papers, established a national training scheme, and advocated for tighter regulation of psychological safety in youth programs.

² 12 years of research in a number of hospital Child & Adolescent Mental Health Services (CAMHS), counselling settings and schools has consistently found SWAT programs to be effective with a wide range of mental health problems. They have also been shown to reduce future risk and enhance self-esteem, coping skills and family functioning when facilitated by therapeutic professionals properly trained in the SWAT model (Crisp & Hinch, 2004).