

Summer Session II: Special Topics in Counselor Education:

Adventure Therapy for Helping Professions

Dr. Andrew M. Byrne, Counseling and Higher Education



Adventure Therapy for Helping Professions is a survey of the theory, practice, and experience of applying adventure-based interventions to helping contexts. The course is open to graduate students in helping fields of study, such as (but not limited to) counseling, education, higher education, psychology, criminology, and others. The course is composed of an online component, a 4-day immersive experiential component, and an application project.

I. Online Modules. Each module is composed of a reading assignment, a lecture recording, and a “web-quest”, asynchronous Blackboard discussion, or brief reflection paper. Students have the entire length of the summer session to complete these modules which are completely online.

Introduction and history of AT	Therapeutic foundation of AT	Models of AT	Practice of AT
Risk Management in AT	Competencies for AT	Ethics in AT	Research and evaluation for AT

II. In-person experience.*

- Monday, July 14th**
9am-2pm

 - Breaking the Ice: foundations for group building
 - Collaborative lunch #1
 - Learning the (low) ropes for group building
- Tuesday, July 15th**
9am-2pm

 - Learning the (low) ropes for group building part 2
 - Collaborative lunch #2
 - Discussion on facilitating and processing
- Wednesday, July 16th**
9am-2pm

 - Learning the (low) ropes for group building part 3
 - Community, pseudocommunity, and beyond
 - Collaborative lunch #3
 - Discussion on varied contexts to apply AT
- Thursday, July 17th**
9am-2pm

 - Theory based Applications:
 - Survival, freedom, fun, and power (Reality Therapy)
 - Social learning and hypothesis testing (Social / Cognitive Therapy)
 - Collaborative lunch #4
 - Closing the group – storying (Narrative Therapy)

III. Student project. Students seeking to earn an “A” in the course will complete a proposal for an adventure therapy progression or program of interventions in the context of their choice.

*The experiential portion of this course is 100% required, but the activities are “challenge by choice”, meaning your presence and support is valued whether it is verbal or physical. The instructor will make every effort to assure that this course is accessible to as wide a range of people as possible.

Any student who feels she/he may need an accommodation based on the impact of a disability should contact me privately to discuss your specific needs and provide written documentation from Student Accessibility Services. If you are not yet registered as a student with a disability, please contact Student Accessibility Services at 740-593-2620 or visit the office in 348 Baker University Center. AT has a long heritage of accessibility and modification for people with all sorts of gifts, talents, and strengths!

Students with questions about enrolling in this course, particularly if it is full, should contact Dr. Byrne: byrnea@ohio.edu