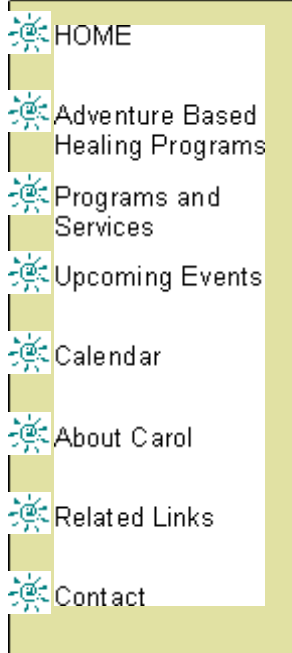




Adventure Based Healing Programs



Adventure Based Counseling and Healing Programs

- Use safe, carefully designed activity-oriented programs that challenge people to **REACH Beyond...** their perceived limitations
- Use **ADVENTURE** activities as metaphors for other challenges and **DEBRIEFING/COUNSELING** to help people make connections to their own personal realities
- Use fun, play and a passion for life to empower people with meaningful and effective coping skills
- Require traditional counseling skills in addition to adventure based training
- Have enhanced self-concept, personal efficacy, self-confidence and well-being

The power of experiential adventure as a therapeutic approach is in its potential to provide life experiences that are guided toward desired goals. The choice of the adventure experience, the environment and metaphoric connections are always based on careful client assessment, planning and evaluation.