

LifeSTREAM Therapy

Life Success Through Experiential & Adventure Modes™

Foundation Training Outline

Training Goals:

1. To understand the importance of awareness and constant appreciation of the programmatic "bottom line" as critical to client success.
2. To learn how to use as many as 50 adventure/experiential activities in facilitating a variety of groups with either a prevention or treatment focus.
3. To strengthen group facilitation skills.

Day 1 Group Experience of challenge activities and sequence

Objectives:

1. Participants will develop common language and experience of the adventure base modality.
2. Participants will be introduced to the concepts of challenge by choice, support and full value contract.
3. Participants will have fun and create a learning community.

Day 2 Facilitation Skills (See attached facilitation model)

- Adventure based programming continuum of practice
- Goals: Individual vs. Group vs. Programmatic
- Stages of change: precontemplation; contemplation; readiness; action; maintenance
- Sequencing activities to meet goals and client level of change readiness.
- Framing activities: story/metaphor; objectives; safety concerns. Modifications and limitations.
- Leading/Intervening: full value contract; challenge by choice; challenge vs. risk (real and perceived). Leadership styles. Support vs. trust. Intervention techniques. Safety/emergency procedures. Group stages of formation
- Processing: Concrete vs. affective/cognitive vs. transfer/transition. Structure.
- History of Adventure based therapy applications

Objectives:

1. Participants will participate in experiential activities to learn a full range of facilitation skills.
2. Participants will understand the process of creating and meeting client goals through adventure based activities.
3. Participants will learn how to apply current practice knowledge and skills using an adventure based therapy model.

Day 3 Practicum with supervision and feedback

Objectives:

1. Participants will practice designing, framing, leading, and processing at least one activity and receive feedback from other participants and the trainer.
2. Participants will become aware of available resources for use or further training
3. Participants will have the opportunity to reflect on their current facilitation skills and areas of possible improvement.