

Summer course wilderness & adventure therapy  
PXL University of Applied Sciences, Hasselt, Belgium  
September 4 to 8, 2023



# Assignment

**IN ORDER TO FINISH THE SUMMER COURSE WILDERNESS & ADVENTURE THERAPY, STUDENTS NEED TO COMPLETE THE FOLLOWING ASSIGNMENT**

1. Create a **wilderness & adventure therapy intervention for clients** (or simulants if you are not in the possibility to work with 'real' clients) in the student's workplace or at the place where the student does his or her internship.
2. The intervention should answer the following conditions
  - a. duration in total: **8 hours** (one intervention of 8 hours, or two interventions of 4 hours, or four interventions of 2 hours)
  - b. for **a real client, a group of clients or simulants** if the student does not have the possibility to work with real clients
  - c. the interventions might be
    - for different clients or client groups  
*(if the student makes one intervention, but uses this intervention for different clients or different groups of clients, for example: one intervention of 2 hours, but the student executes this four times, every time with another client or client group)*
    - or for one client or one client group  
*(if the student organises one intervention of 8 hours or sequential interventions, for instance 4 hours of intervention in week 1 and another 4 hours of intervention in week 2, with the same (group of) client(s), or 2 hours of intervention in 4 consecutive weeks, with the same (group of) client(s))*
3. The interventions should answer the conditions of wilderness & adventure therapy, being
  - a. process based
  - b. clear goals for the clients
    - to improve problem solving skills
    - to change the handling of conflicts
    - to learn more socially accepted behaviour
    - to handle emotions in a more appropriate way
    - to build trust
    - to build 'the self'
    - to improve handling his own life
    - to improve his own functioning and well being
  - c. adventure education
    - experiential learning
    - inquiry based learning
    - working with real life experiences in which dialogue is engaged, action is taken, reflection on possible outcome is made, reflection of the achieved result
    - adventure therapy in a place that offers challenging activities with limits, with activities that create eu-stress and that are safe enough to face the risks encountered
    - wilderness therapy in a place unknown to the client, in which he feels 'loss of control', with activities that are challenging and ask for creative solutions to get under control again





d. emancipatory

- the client is responsible for his own behaviour, his own goal and the way he challenges the activities
- the therapist guides but does not take over

e. real life situations on itself, or new activities in real life situations are used as a tool, as an intervention

4. The student should provide proof of the given intervention by

- a. photos or videos of the intervention, if the participating clients or the clinical setting where the intervention takes place allows the student to take photos and/or to make videos
- b. a written proof of the fact that the student carried out the wilderness & adventure therapy intervention, signed by a supervisor (from the working place, the place where the student does his internship, from the university of the student,...)
- c. a presentation (followed by discussion and questions from the teachers), containing
  - reflections on the students own participation in the summer course
    - how the student participated in the different activities
    - the lessons the student drew from his participation and from the participation of the other students
    - all this linked to the theory of wilderness & adventure therapy
  - the given intervention, containing
    - an identification of the student and the supervisor (if any)
    - an identification of the participants (anonymous, so general identification about reasons for participation, goals, age, number of participants,...)
    - the moment and the location the interventions were carried out
    - the activities that were presented during the intervention (what, why, goals, tools used, description how the activities were carried out)
    - an evaluation on the level of the chosen activities/interventions
    - a self evaluation on the students functioning as a wilderness & adventure therapist
    - all this linked to the theory of wilderness & adventure therapy

#### FINAL PRESENTATION

In order to support the student in creating and executing the intervention or in making his evaluation & presentation, he can ask questions, send propositions,... to the teachers, while he is doing his preparations . Deadline for the final presentation is **May 1st 2024** (or if the student graduates earlier, at least one month before graduation), so the PXL University of Applied Sciences can confirm on time that the student earned the 5 ECTS credits, and let the university or university of applied sciences where the student is enrolled know that he passed the assignment and the summer school.

