

# Department of Economic Development and Tourism

## THE WILDERNESS PROGRAM

*Personal Growth Through Challenge and Adventure*

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### **Wilderness Therapy Info Sheet**

#### **Course Purpose**

To enhance student's understanding of the psychological impact of wilderness therapy as a participant, a group member and facilitator.

#### **What do you require to do this course?**

Issues of individual and group safety must be able to be achieved before psychological safety can be addressed. This requires the student to show willingness to conduct self assessment and to be able to reflect upon the activities presented. This course is under consideration for alignment within the Australian Qualification Framework. As a foundation course, it is assumed that most practitioners will be seeking a wide, yet thorough basis from which to develop their operational 'soft-skills'. Course participants will receive upon completion a Certificate of Achievement in Wilderness Therapy

#### **Course Format**

This program follows a Wilderness Therapy format along the lines of the Wilderness Program within Tasmania. The medium for learning will be theoretical and practical in focus, with each section of skill development given an opportunity to be experientially applied. Techniques such as group work exercises will be used as teaching tools, with participant journals a means for recording personal strategies, leadership styles and insights for *self-discovery*.

#### **Course topics include...**

- Communication, trust & empathy
- Participant growth through group developmental processes
- Application of developmental and psychological theory
- Facilitator self-care
- Personal evaluation

#### **Course Outcomes**

##### **Communication, Trust & Empathy**

- To enhance participants' abilities in personal expression, listening, empathy and non-verbal cues.
- Provide an opportunity for individuals within the group to develop a sense of trust in their physical and emotional safety through involvement in activities, which gradually increase in the level of physical/emotional risk.

##### **Participant Growth through Group Developmental Processes**

- Implement an activity that progressively encourages group and individual levels of trust, awareness, social and personal responsibility.
- Challenge participants to participate fully in the program, to own their problems and to move beyond discussion to action.
- Develop effective decision-making through setting of goals.

##### **Application of Developmental and Psychological Theory**

- Develop an understanding of individuals at different stages of growth
- Facilitate the enhancement of mastery and modelling of successful experiences

##### **Facilitator Self-Care**

- Develop regular patterns of self-care.
- Develop new strategies for working through & resolving conflict.

##### **Personal Evaluation**

- Identify and enhance your personal preference for assisting in participant growth
- Identify and enhance your personal audit of skills and areas for growth.