

Experiential Workshop

Title	Counter lines-effective method to stretch zone	
Goals	The idea of the counter line workshop is to introduce participants a simple, fast and effective method that can lead any group or individual to the stretch zone, the method has been use with youth at risk, adults, students, and PTSD groups. During the workshop, the group will learn how to facilitate and process the method in a safe and significate way. During the workshop we will discuss the many possibility with different groups and clients.	
Description	The workshop will start with few ice breakers and then we will start to build a wall... a wall that represents the individuals and groups ideas. Part one of the workshop will be challenging and physical later on will be the mental/emotional part and the debriefing part, the closure of the workshop will be an open discussion about the implementation of the counter line method. Often when working with youth at risk in the outdoor we needs to strive and find the "black holes" or the "turning points" that will change people/youth future. Counter line is such a tool !	
Number of participants	Minimum	10
	Maximum	20
About the facilitator...	Name	Dotan Haim
	Background	Ma Outdoor Education, Griffith University Brisbane Australia. Wilderness Adventure Therapist – Lecturer in Haifa University At The Adventure Tourism school

