


Experiential Workshop

Title	Fire Experience: Fire as a therapeutic tool in Wilderness Therapy	
Goals	<p>Learn about the process of primitive fire making Use the fire making process as a therapeutic tool using metaphors and narrative therapy</p>	
Description	<p>From picking up little sticks to getting a fire to warm up and light up the group atmosphere, participants will go through the process of learning how to make fire. This is not only a physical process, but instead is a mindful and insightful journey to discover the magic and power that comes to making fire in a primitive way. The experience finishes with a magical moment with the whole group by the fire processing the experience. Through an introspective exercise, participants will be able to think and share about the metaphors of this process, comparing each part of the process with references of their own lives.</p> <p>This workshop is a little sample of an important part of a Wilderness Therapy program. This is also an introduction to our Wilderness Therapy training.</p> <div data-bbox="321 982 1425 1201">  </div>	
Number of participants	Minimum	5
	Maximum	15
About the facilitator...	Name	Natalia Ruiz de Cortázar Gracia
	Background	<p><i>Graduation in Psychology, Masteries in Mental Health Counseling and Family Therapy Intervention.</i> <i>Worked in USA for 2 years as a Mental Health Counselor and within the Wilderness Therapy industry in two different programs in the southwest, as a field guide and as a family and wilderness therapist.</i> <i>Program developer, psychologist and technical coordinator at Asociación Experientia</i></p>





	Name	Alexander Rose
	Background	<p><i>Graduation in Psychology, Sport Sciences and Teacher training, Masteries in Clinical Psychology and Drug Counseling.</i></p> <p><i>Experience volunteering in Adventure & Wilderness therapy programs in USA and Europe. 15 years working with youth at risk groups in non formal education and coordinating an Outdoor learning school.</i></p> <p><i>Clinical Psychologist in Private Practice and lecturer at different universities.</i></p> <p><i>President and Psychologist at Asociación Experientia</i></p>

