

Experiential Workshop

Title	Metaphors in Adventure Therapy	
Goals	To introduce the concept of metaphors in adventure therapy	
Description	<p>"Is it possible to communicate without symbols at all?" -asked me one of our student recently, when we talked about metaphors. Despite that even simple words are symbols and this makes human communication just even more complicated, metaphors are the basic building stones of experiential learning, the central learning method of experiential education and adventure therapy. My workshop tries to examine the different types of metaphors and provide the possibility for participants to experience the kinesthetic metaphor. Aim is also to collect and generate possible metaphors in adventure based therapeutic work.</p> 	
Number of participants	Minimum	6
	Maximum	20
About the facilitator...	Name	Szabó Gábor Timur
	Background	<p>Gábor is a father of a daughter and raises two other children with his wife. At the University of Budapest he received his postgraduate diploma in counselling psychology and at the University of Vienna he was educated in experiential education and earned the title of Academic Outdoor Trainer and Consultant with Specialization in Adventure Therapy. He leads their praxis for couples and family therapy with his wife Natalia in Budapest. For almost two decades he works with for profit organizations as a leadership trainer, consultant and coach. His emphasis lays in group dynamics, conflict resolution, communication and social skills development. The Szabós (Natalia and Gábor) just finished to lead the first Semester of their Experiential Trainer Course with 14 students and organizing the 3rd Ösvény - Hungarian Conference for Experiential Learning.</p>

