

Experiential Workshop

<p>Title</p>	<p>Seeds of greatness and family trees: <i>Strengths-based and systemic approaches to adventure therapy</i></p>	
<p>Goals</p>	<ol style="list-style-type: none"> 1. Participants will be able to answer the question: Why is a strengths-based approach beneficial to the adventure therapy process? 2. Participants will experience strengths based activities they can use in adventure therapy. 3. Participants will be able to answer the question: Why is a family approach beneficial to the adventure therapy process? 4. Participants will engage in discussion about the value of using a systemic approach in adventure therapy. 	
<p>Description</p>	<p>During this workshop participants will learn about 2 components of adventure therapy used by the Anasazi Foundation; the use of a strengths-based approach, and the use of a family systems approach. The Anasazi Foundation is considered a grandfather of adventure therapy in the United States. These two elements have helped form the foundation of the "Anasazi Way."</p> <p>The strengths based approach takes into account the inherent worth of individuals (their "seeds of greatness") and seeks to build on the strengths, qualities, and resilience the individual has within. Participants will learn and discuss research based education about this approach. Participants will engage in experiential activity, including ceremony, that will highlight the value of using a strengths-based approach, and allow them to learn some practical activities they can use in their own work.</p>   <p>The family systems approach takes into account that individuals are impacted deeply by their family system, and that healthy relationships are a foundation to success in effective treatment. Participants will learn and discuss research based knowledge about the value of a family systems informed approach to working with young people. Participants will discuss practical ideas regarding how they can work effectively with the entire family for the benefit of the individual receiving treatment.</p>	



Number of participants	Minimum	4
	Maximum	30
About the facilitator...	Name	Kira Roerig, MS LAMFT
	Background	<ul style="list-style-type: none"> • Work: Marriage and Family Therapist for the Anasazi Foundation (wilderness therapy program). • Education: Master’s degree in Marriage and Family Therapy. Bachelor’s degree in Recreation Management Youth Leadership, (Therapeutic Recreation).

