

Experiential Workshop

Title	More about ‘being good in your skin’	
Goals	To offer an experiential exploration of the core element for adventure therapists of ‘being good in one’s skin’.	
Description	This workshop will involve a short expansion on the theory from the keynote talk and a number of experiential exercises followed by group exploration and discussion.	
Number of participants	Minimum	8
	Maximum	20
About the facilitator...	Name	Martin Ringer
	Background	In this workshop Martin will draw on his experience of running 4-day experiential workshops for students in a Masters in Psychodynamic Psychotherapy course, and on his experience of holding ‘reflective space’ sessions for multi-disciplinary mental health teams who work with self-harming adolescents.

