

## Experiential Workshop

Title	<b><i>Imagine - What could you have done with your parents! Dreams come true in therapeutic adventures with families.</i></b>
Goals	<ul style="list-style-type: none"> <li>- To present practical experiences and results from a project "Fathers and sons up in the trees -adventure activities for young boys with neuropsychiatric symptoms"</li> <li>- To discuss the importance of family-centered adventure practices</li> <li>- To give the participants an insight of using personal memories as starting points to plan their work for the present and the future</li> <li>- To give the participants an opportunity to reflect their professional practices from the perspective of family intervention</li> </ul>
Description	<p>The workshop includes an empirical and theoretical presentation, some practical activities in groups and a reflective discussion based on above.</p> <p>First we present the results and the insights from a family-centered therapy/rehabilitation project. The second part will raise your own personal memories, examples and hopes concerning your history on adventure experiences as a child together with your parents. After the first part you will have an opportunity to explore how attuned interaction could benefit your own clients. The last part of the workshop is built on a reflective work based on the experiences of the participants.</p>  A photograph showing a group of people in colorful kayaks and rafts navigating a narrow river. The river is surrounded by dense green trees and foliage, with a large tree trunk leaning over the water on the left side. The water is calm and reflects the surrounding greenery.

<p>During the presentation we will describe briefly the outdoor and adventure-based techniques used in the context of family therapy and family rehabilitation, especially with sons and their fathers. It is also discussed how these activities promote the goal of rehabilitation, to support the relationship between the son and his father.</p> <p>The data presented is acquired from a project "Fathers and sons up in the trees -adventure activities for young boys with neuropsychiatric symptoms". The project is maintained years 2015-2017 by The Foundation for the Rehabilitation of Children and Young People, and is funded by Finland's Slot Machine Association. The experiences of the project indicate that by using emphatically adventure-based activities in a relatively short intervention, the growth and development of the young boy can be supported. We think that from the ethical point of view it is justified to activate the fathers to be more involved in their children's lives, and in professional settings participation of parents is crucially important</p>		
<b>Number of participants</b>	Minimum	4
	Maximum	20
<b>About the facilitator...</b>	Name	Mr. Pekka Lyytinen and Mrs. Satu Kananen
	Background	<p>Pekka is Psychologist and Family Therapist. Satu is Nurse and Occupational Therapist.</p> <p>Pekka and Satu are working at The Foundation for the Rehabilitation of Children and Young People. The Foundation has experience on adventure-based activities in family therapy and rehabilitation for over 20 years in Finland.</p>

