

## Experiential Workshop

<b>Title</b>	Expedition: trustful relationships in Adventure Therapy	
<b>Goals</b>	To know the basic understanding of a fully-functioning, trustful relationship as a leadership moment (approach) within a therapy. Self-reflection of one's own managerial behavior.	
<b>Description</b>	Trust and relationship management are very resounding words amongst specialists and important elements for the success of adventure therapeutic processes. However, the most important factors and frame conditions for building and maintaining trustworthy therapeutic relations are not clearly defined yet, but rather nebulous understandings. The workshop wants to “lift this fog” (bring clarity into this subject). We want to explore what a “fully functioning trustful relationship” according to a systemic adventure therapeutic approach is. Close to the action, with head, heart and hand. Ready for an exciting journey?	
<b>Number of participants</b>	Minimum	6
	Maximum	20
<b>About the facilitator...</b>	Name	Elmo Mesic MA/ Michaela Hierl MA
	Background	<p>Elmo Mesic MA (40): Master in Education and Sports, professional deepening in systemic therapy and systemic nature therapy, systemic experiential educator, sports psychology expert, wilderness guide main professional activity: experiential-therapeutic facilitating in change processes; intensive experience-centered facilitating for families with youth at risk, team dynamic facilitating in (social) business and high performance sports, lecturer for qualifications for the experiential facilitating, expert consultant, lecturer.</p> <p>Michaela Hierl MA (28): Master in education and psychotherapy, experiential learning educator</p>



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*Reaching Further: Exploring the healing effects of Adventure Education and Experiential Learning, a methodology to increase the quality of youth work for European youngsters with fewer opportunities*