



Adventure Based Counseling

An Action Based, Cathartic
Counseling Modality

Adventure Based Counseling's Theoretic Foundation

- Existentialist
 - Assumes that individuals must grow emotionally and cognitively to discover self and to transcend the human condition
 - Assumes that humans face the same core themes that affect their level of integration and function

Nature of Person

- Capacity for self-awareness
- Personal freedom and inherent responsibility for our decisions
- Strive for identity and relationship
- Search for meaning
- Anxiety is a life condition
- Awareness of death and nonexistence
- Life themes/attitudes underpin results

Adventure Based Counseling Works with 2 Stages of Maslow's Pyramid



- Actualization
- Self Esteem
- Belonging
- Safety
- Biological Needs

Nature of Problem

- Dealing poorly with themes
 - Death/living
 - Freedom/responsibility
 - Isolation/love
 - Meaning/meaningless
- Anxiety out of proportion (Angst)
 - Repress opportunity

Four Stages of Psychological Development

- Innocence
- Reaction to outside
- Self consciousness
- Transcendent consciousness

Two Distinct, Sequential Adventure Based Interventions

- 1) Low Elements
 - Designed to develop social cooperative skills
 - Must precede high elements or high element "initiatives" will increase competition and volatile interactive behaviors
- 2) High Elements
 - Designed to build self efficacy and self esteem
 - Relies on collaborative support to increase humanistic/existential feelings of safety, empathy, and interdependent growth

Elements of a Successful Program

- Trust
- Communication
- Cooperation
- Fun

Group Stage Developed Model

- Ice breakers
- Warm-ups
- Games
 - Low element initiatives
 - High element initiatives
