

What can OE learn from AT to improve outcomes?

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Innovation

- Improvement in OE
- Not wholesale change
- Work with what we have
- Small effort for biggest result
- **What can OE learn from AT?**
- AT according to Graham
not representing AABAT



Why is this important?

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 - 130 530 private secondary students
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- Average age onset is 14 years
- Significance for OE
 - 10-20 000 students annually on OE program with early signs of mental dysfunction
 - Between 1-5 students in the groups we lead
 - Prevention & early intervention

Method

- Scoping literature review combines
 - Complex Trauma (ComT)
 - Adventure Therapy (AT)
 - Outdoor Education (OE)
- Primary sources
- My own knowledge provides some direction
- Create new theory

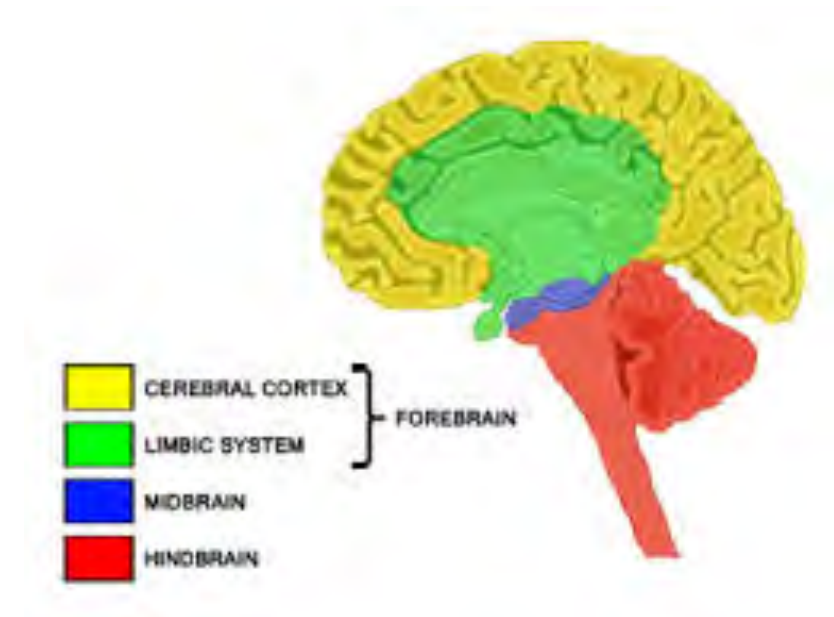


What causes mental problem?

- Genes
- Evolution
- Injury & physical disease

- Epigenesis
- ACE's

- Complex Trauma



Triune Brain

- Forebrain
- Midbrain, sometimes called Limbic system
- Hindbrain and stem

- Plasticity
- Left and Right brains

The Triune Brain



Pharmacology & Psychotherapy

- Medical model
 - Sick and need an expert other to fix
 - Drugs to counter bad neurochemicals and hormones
 - Talking with smart person to change bad thinking
 - Measured against placebo and lasts only while in therapy
- Debated by Seligman, van der Kolk, ASCA, Courtois, Bentall, Herman etc
 - Experience causes mental dysfunction
 - Drugs & talking do not change structure/chemistry of mid and hind brain
 - Experience heals the mind
- What experiences heal and how?

4 Environments

- Natural
- Adventure
- Social
- Individuals bio-psycho-social condition
- Time????



Natural



Social



Adventure



Individual



4 Phases

- Phase 1: Safety
- Phase 2: Processing New and Positive Experiences
- Phase 3a: Integration During Program
- Phase 3b: Integration After Program



ArSSSe Outcomes

- Attachment
 - respect
- Stress
- Skills
- Schema
 - Esteem
 - Empathy?????



$$4 \times 4 = 4$$

- 4 Environments

x

- 4 Phases

=

- 4 Outcomes



How to use the 4x4=4 model

- What phase are we in NOW?
- What environmental experiences are helping or hindering?
- What outcomes are we likely to get out of this?
- What do I do, not do, or promote?

Questions



Basic Trauma Focussed Adventure Therapy

- 4-6 May 16
- g.pringle@youthflourish.org



Survey

1. Your highest qualification?
 2. OE leader, manager, trainer, other?
 3. OE for 1-2, 3-5, 5-10 or 10+ years?
 4. Does ComT concept help you understand participant behaviour?
 5. Do 4 phases give framework for practice?
 6. Will 4 environments help to deepen your practice?
 7. Should time be included in environments?
 8. Are ArSSSe outcomes helpful targets?
 9. Should empathy be included?
 10. Will 4x4=4 assist you to innovate/improve your practice?
 11. List the concepts that are new for you pls
- Email on back if you want Flourish training announcements