

## Syllabus

**Module Plan – Adventure Therapy (25 Days) L Theory- 20 days ( 1.5 hour per day)**

### **WEEK 1 – Foundations & Core Principles (*Day 1–5*)**

Goal: Build foundational understanding of Adventure Therapy, its ethics, and core frameworks.

#### **Day 1 – Introduction & Context**

- Chapter 1 (1.1–1.6): What is Adventure Therapy, definitions, history
- Output: Class mind map of “What AT means to us”

#### **Day 2 – Applications & Misconceptions**

- Chapter 1 (1.7–1.9): Application areas, common myths, case example
- Group activity: Debunking myths role-play
- Reflection: Why AT works for different groups

#### **Day 3 – Ethical Foundations I**

- Chapter 2 (2.1–2.4): Programme design ethics, consent, power awareness, risk
- Case discussion: Risk vs challenge scenarios

#### **Day 4 – Ethical Foundations II**

- Chapter 2 (2.5–2.11): Confidentiality outdoors, sensitivity, distress response, toolkit
- Simulation: “Pause Protocol” in a group setting

#### **Day 5 – Experiential Learning Foundations**

- Chapter 3 (3.1–3.2): Flow theory & self-efficacy
- Activity: Skill-challenge balance exercise

### **WEEK 2 – Frameworks & Psychotherapeutic Integration (*Day 6–10*)**

Goal: Learn psychological bases, counselling integration, and group dynamics.

#### **Day 6 – Social & Neuro Perspectives**

- Chapter 3 (3.3–3.6): Social identity, neurobiology, trauma-informed design
- Case discussion: How trauma-informed design changes activity planning

#### **Day 7 – Design Tools & Blueprints**

- Chapter 3 (3.7–3.8): Session blueprint, quick-reference tables, facilitator prompts
- Workshop: Design a 1-hour AT session

### **Day 8 – Psychotherapeutic Approaches**

- Chapter 4 (4.1–4.3): Where AT fits in care continuum, therapeutic approaches, treatment planning
- Exercise: Create a sample goal-alignment plan

### **Day 9 – Counselling Integration & Ethics**

- Chapter 4 (4.4–4.9): Integrating CBT, scope boundaries, ethical safeguards, supervision
- Group activity: AT + counselling hybrid session design

### **Day 10 – Group Development**

- Chapter 5: Group stages, dynamics, cohesion-building
- Simulation: Managing conflict in adventure settings

### **WEEK 3 – Techniques, Assessments & Tailored Interventions (*Day 11–15*)**

Goal: Build facilitation skills, learn assessment strategies, and tailoring interventions.

### **Day 11 – Facilitation Techniques**

- Chapter 6: Roles, prompts, debriefing, activity framing
- Practice: Leading a short experiential activity

### **Day 12 – Assessment Foundations**

- Chapter 7 (7.0–7.4): Transformative assessment, informal tools, BELTS framework
- Practice: Observing & recording behavioural cues

### **Day 13 – Assessment Tools & Ethics**

- Chapter 7 (7.5–7.11): Tools, ethical priorities, case study, intervention cycle, stakeholder collaboration
- Group work: Create a mini-assessment tool for a case scenario

### **Day 14 – Tailored Interventions**

- Chapter 8: KINETIC profile, customising activities for client needs
- Workshop: Designing interventions for specific populations

### **Day 15 – Outdoor Skills & Safety**

- Chapter 9: Essential skills, equipment handling, safety drills
- Field demo: Safety protocols & scenario management

## **WEEK 4 – Risk, Field Applications, Cultural Competence & Professional Growth (Day 16–20)**

Goal: Apply learning to real-world contexts and professional pathways.

### **Day 16 – Risk Management**

- Chapter 10: Identifying, mitigating, and managing risks
- Activity: Risk assessment for a sample AT program

### **Day 17 – Field Applications I**

- Chapter 11 (11.1–11.3): Rock climbing, ropes courses, canoeing/kayaking
- Discussion: Adapting activities to client needs

### **Day 18 – Field Applications II**

- Chapter 11 (11.4–Closing): Adventure games, integration, reflection
- Practice: Running a structured game with a debrief

### **Day 19 – Cultural Competence**

- Chapter 12: Access, belonging, co-creation, inclusivity in AT
- Workshop: Redesigning an activity to be culturally inclusive

### **Day 20 – Professional Development & Capstone**

- Chapters 13–14: Certification pathways, designing mini-programs, closure rituals
- Final presentation: Students present their designed AT session with rationale

## **5-Day On-Ground Practical Training : (*Hands-on with adventure trainers*)**

### **Day 1 – Outdoor Skills and Safety**

-Essential safety skills and protocols managements

### **Day 2 – Group Development and management**

-Groups formations, interaction, and building trust, with a simulation to practice handling conflicts during adventure activities.

### **Day 3 – Adventure-Based Activities**

-Field application on developing activities as per clients need and integrating them

### **Day 4 –Professional Development**

-Shadow designing mini programs and practice closing ritual

### **faDay 5 –Practical Application and Field Experience**