

Syllabus - PSY 667- ADVENTURE THERAPY Spring 1996

Catalog Description: Prerequisites: PEM 551, PEM 552, PSY 664, PSY 652 + Admission into Adventure Therapy Track. An in depth analysis of the theory and practice of adventure therapy including its history, current status, and future direction. Students will be expected to facilitate groups using adventure activities in a therapeutic context.

Major Course Objectives:

To expose students to the history and systems of adventure therapy.

To allow students to have practical experience using adventure in a therapeutic context.

Instructor: H. L. "Lee" Gillis, Ph.D. **Office hour:** 8:30-10 Mon, Tue & Wed **Class time:** 10-12 AM M&W

Required Texts:

- Gass, M. (1993). *Adventure Therapy: Therapeutic applications of adventure programming*. Dubuque, IA: Kendall Hunt.
- Schoel, J., Prouty, D., & Radcliffe, P. (1988) *Islands of Healing*. Hamilton, MA: Project Adventure, Inc.
- Gass, M. (1995). *Book of Metaphors, Vol 2* Dubuque, IA: Kendall Hunt.

Assigned reading

Berman, D. & Davis-Berman, J. (1995). Adventure as psychotherapy: A mental health perspective *Leisurability* 22 (2) 21-28

Gass, MA & Gillis, HL (1995) Focusing on the "solution" rather than the "problem": Empowering client change in adventure experiences. *Journal of Experiential Education* 18(2)

Gass, MA & Gillis, HL (1995) CHANGES: An assessment model using adventure experiences. *Journal of Experiential Education* 18(1), 34-40.

Gillis, HL (1995). If I conduct outdoor pursuits with clinical populations, am I an adventure therapist? *Leisurability* 22 (2) 5-15

Griffin, K. (1995, May/June) Dangerous discipline. *Health*, 9(3) 95-99.

Handley, R. (1992). The wilderness within: Wilderness enhanced programs for behaviour disordered adolescents - A cybernetic systemic model. Port Kembla, New South Wales, Australia: A paper presented to the fourth national conference on children with emotional or behaviour problems.

Itin, C. (1995). Adventure therapy and the addictive process *Leisurability* 22 (2) 29-37

Morgenstern, J. (1995, January 15). A death in the wilderness. Los Angeles Times Magazine, 14-18.

Pinkard, J. (1995). Mapping out the territory: Beyond isomorphs and metaphors in adventure based programs. Southport, Gold Coast, Queensland, Australia: Paper presented at the 9th National Outdoor Education Conference.

Ringer & Gillis, HL (1995). Managing psychological depth in adventure programming. *Journal of Experiential Education*. 18(1), 41-51.

Ringer, M (1994) Adventure therapy: A map of the field. Towards a definition of adventure therapy. (unpublished manuscript)

Ringer, M. (1995) Viewing the group as a whole: Working with the central concern (unpublished manuscript)

Terry, T. (1995). Universal adventure programming: Opening our programs to people with physical disabilities *Leisurability* 22 (2) 16-20

Attendance Policy Attendance You are responsible for everything that occurs in class and all assigned readings. No make up tests will be given. You are responsible for reading assigned chapters before coming to class.

Unless you make **prior** arrangements:

If you miss 2 class session, the *highest* grade you can make is a **B** (I will subtract **10** points from your final average.)

If you miss 3 class sessions, the *highest* grade you can make is a **C** (I will subtract **20** points from your final average.)

If you miss 4 class sessions, the *highest* grade you can make is a **D** (I will subtract **30** points from your final average.)

If you miss 5 class sessions, *you will have earned* a grade of **F**

Note: If you come into class late (after roll is called) or you fail to return after break, you will be considered absent unless you can sufficiently explain yourself to me at the end of that day's class.

The current catalog has an extensive statement concerning academic dishonesty. This policy is taken very seriously!

Grades are on a 10 point scale (e.g., 90% of final available points is an A) **Final grades will not be "rounded up"**. (e.g. a 89.9999% is a B)

Exam. One 'roll the dice' exam on the Gass book + all articles given out will use a short answer and discussion format = **200** total pts

Prospectus: You will write the intro, review section and methodology for your thesis prospectus during the quarter.

Draft grade may range from **0-100 points**, Revision grade may range from **0 - (100-draft grade)**

Your total final grade will be draft+revision. 100 total pts.

Turn in the corrected draft with the final typed copy (or lose points)!

- **LAB: Experiential Portion::** You will attend 'group' or treatment team at Project Adventure once per week for the experiential part of the class. Write up each group observed using the S-O-A format; turn in on following Monday. **100 points total for write-ups and attendance**

Course Outline

Introduction

4/1/96

4/3/96 Adventure Group/Martin Ringer's '94 paper +Section 1: Overview
and theory of adventure therapy

4/8/96 Sect 2: Applications CH 5,7,9,10

4/10/96 Sect 3: Programming: CH 11, 13, 15

4/15/96 Sect 4: Processing CH 20, 23, 24

4/17/96 Sect 5: Research CH 26, 30, 31 **Project Due**

4/22/96 Sect 6 Future: CH 33, 37, 38, 39

4/24/96 Pre-registration for SS1, SS2, Fall 95

4/29/96 Sect 6 Future: CH 33, 37, 38, 39

5/1/96 Articles

5/6/96 Articles