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We are not all the same

Helen Jeffery
“Adventure” therapy

“Other” therapy or facilitation
Outdoor specialist

Mental health clinician

8th International Adventure Therapy Conference
Sydney, Australia 2018
Occupational therapy philosophy and practice:

“...a client-centred health profession concerned with promoting health and well-being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life.”

World Federation of Occupational Therapists
Occupation and health - linked

Occupational identity – sense of self through patterns of occupation

Occupational balance – perception of having the right amount and variation of occupations

Occupational justice – right to opportunities and equal chances to meet occupational needs

Occupational disruption - temporary

Occupational alienation – meaningless occupations

Occupational deprivation – precluded from engagement
Occupation as a means is when a specific occupation is used as a means in therapy to bring about change in a person's performance.

Occupation as an end is the goal or the product of intervention.
How is the way that you view individuals in terms of health and wellbeing influenced by your professional education and practice?

What are the underlying philosophies and practices that inform your specific profession?

What comes naturally to you in adventure therapy practice because of your professional background?

What is different about your profession from other health/wellbeing fields?
The place of talk in adventure therapy

The talk is the therapy

The activity is the therapy
The place of talk in adventure therapy

Where is the place of talk in your profession/discipline?

How do you use talk in your adventure therapy practice?

Is this the same or different from your profession/discipline in terms of the therapeutic use of talk?
The place of nature in adventure therapy

Nature is the therapy → Nature is irrelevant to the therapy
The place of nature in adventure therapy

Where is the place of nature in your profession/discipline?

How do you use nature in your adventure therapy practice?

Is this the same or different from your profession/discipline in terms of the therapeutic use of nature?
The place of metaphor in adventure therapy

Metaphor is the therapy

Metaphor is irrelevant to the therapy
The place of metaphor in adventure therapy

Where is the place of metaphor in your profession/discipline?

How do you use metaphor in your adventure therapy practice?

Is this the same or different from your profession/discipline in terms of the therapeutic use of metaphor?
Dissonance?

What are some of the differences between adventure therapy and your profession, and is there conflict here?

How do you manage the elements of your discipline that is different from adventure therapy practice?

How might your discipline/profession be evident in your adventure therapy practice?
Can you sum it up?

One succinct sentence that sums up the unique perspective your discipline/profession has within adventure therapy practice.
Occupational therapy:

Use of adventure therapy strategies and techniques as a means to reach an occupational goal, ultimately enabling engagement in meaningful everyday occupations, development of satisfying occupational identity and achieving belonging through participation in communities.
References


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