

Canadian Adventure Therapy Symposium

Third Canadian Adventure Therapy Symposium

Exploring Our Common Ground

October 13-16, 2011



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Canadian
Adventure
Therapy
Symposium

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Exploring Our Common Ground

Sundridge, Ontario
October 13-16, 2011
Final Report

Canadian
Adventure
Therapy
Symposium

Acknowledgments

Symposium Organizers:

Tony Cox

Jonathan Carroll

Stephen Glass

With Special Thanks to:

Nevin Harper

Mario Bilodeau

Stephen Ritchie

Bob Henderson

Jason Prichard

Christian Mercure

Our Dedicated Volunteers:

Shannon Hartwig

Annemarie Perciasepe

Zac Kruzins

Ryan White

Katlyn Halls

Andrew Worley

Proudly Sponsored by:



A Note of Introduction to This Report:

This report is not meant to be a timeline of events from the origins of the first Symposium until the present, nor does it contain a summary of the happenings and recommendations for the previous national gatherings. Both of these previous reports as well as a detailed account of the Symposium's origins can be viewed in their entirety by visiting: <http://adventuretherapy.squarespace.com> or www.canadianadventuretherapysymposium.ca

With the addition of an extra day of length to this year's Symposium and five additional workshop timeslots each hosting 3 different speakers, the amount of session specific content has increased exponentially. As such, we have made the decision not to over-burden this report with lengthy transcripts of the numerous sessions and instead have chosen to paraphrase the conversations of some of the Round Tables discussions that were facilitated.

At this time, we wish to extend a huge thank you to the very talented presenters and speakers whose expertise were core catalysts for this event. We wish to thank you the reader in advance for your time and interest in the ever-growing Adventure Therapy community in Canada!

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An Overview of C.A.T.S. 3 – Exploring our Common Ground:



The Third Canadian Adventure Therapy Symposium unfolded October 13-16, 2011 on the shores of beautiful Lake Bernard in Sundridge, Ontario. On the fringe of Algonquin Provincial Park, this very rustic camp setting amidst the splendor of fall colours provided the perfect setting for a host of dynamic presentations, workshops and ongoing conversations around the deepening movement of Adventure Therapy across Canada.

There was excellent representation including attendees and presenters from British Columbia, Ontario, Quebec, Manitoba, Nunavut, Alberta, Alaska and Australia.

The theme of this year's Symposium "Exploring Our Common Ground" and from the opening address given by Lee White to the closing address given by Stephanie Cox, the concepts of what unites us as professionals working in this field was our focus.

At C.A.T.S. 2 in Chicoutimi, we had spent important time looking at the things that made our organizations unique in the people and sectors we serve etc. It felt equally important as we begin to turn our heads to the future and to the possibility of forming a national Adventure Therapy Body that as a wider community we also

spend time exploring those things we share in common in the ways of focus, needs and grounding elements.

Those in attendance commented that they were very engaged by the content; felt that there were meaningful opportunities for professional development. Others noted their appreciation of the very

inclusive atmosphere created which promoted open and innovative discussion of important relevant topics to our Canadian AT community.

The feedback from participants also strongly spoke of the opportunity for renewal and inspiration that resulted from the speakers who opened and closed the Symposium as well as workshops led throughout the event. Attendees commented that they left the event, with new passion and vigor and a sense of connectedness across provincial and territorial boundaries with those peers they had the privilege to share time with.

Intentional Design Evolutions:

Who is the Symposium for?

In preparation for CATS 3 much like the preparation for any other facilitated activity or event, we the Host Committee chose to re-visit the question of who would be attendance and more specifically how we could help to make the content and discussions most powerfully relevant for those who would be present.

As a Committee we wanted to create a highly accessible and intentional forum that encouraged attendees to share their rich contributions and broad spectrum of experiences. In doing so, we also hoped to find ways to compellingly invite them to the exploration of their own edges through unique development opportunities and workshops delivered by skilled presenters from around Canada and the world.

In an attempt to provide a sense of engagement for all who would be in attendance, we identified the following streams of participants who typically attend these Symposia: This list includes but is not limited to:

- 1) Academics and Researchers,
- 2) Field Practitioners
- 3) Organizational Leaders and Administrators
- 4) Students training to enter the field of Adventure Therapy.
- 5) Professionals in peripheral disciplines.

This year in addition to the above list we had a number of mainstream therapists presenting on ways that they are partnering to bring adventure to their clients; Traditional First Nations' Medicine people providing programs on the Land for people in their communities and an occupational therapist seeking meaningful overlaps between fields.

The "lens" of working with at-risk or adjudicated youth forms a strong presence in our Canadian industry but is certainly not the only lens through which people are working with a very full spectrum of participants. With the Symposium only in its third evolution, we know that there are many organizations that have not yet had the chance to gather with us and to share their work and the ways in which they might be bringing Adventure Therapy to their own unique cadre of clientele.

Symposium Length:

The first Symposium in Victoria was one day with a day of Post-Symposium workshops and the second in Chicoutimi was three days long with a session of workshops integrated within that framework. In response to the call from previous participants for even more opportunities to share and engage in development opportunities, CATS 3 was engineered to be four days long including a Pre-Symposium day of workshops with 5 additional workshop sessions built in to the schedule of the Symposium proper.

Preserving Space for People's Voices:

There is a traditional saying that "you aren't truly in the room until you have had a chance to speak". One important goal as Convenors this year was to ensure that regardless of the grouping you might identify with most (student, academic, practitioner etc.) that each person felt they had an opportunity to contribute something meaningful at some level to the ongoing conversations. Participants were able to self-select in many instances to place themselves in the heart of the conversations that mattered to them most.

Actively Excavating Meaning from the Experience:

As a web of diverse professionals we spend (and have spent) much time facilitating conversations and skilfully "excavating" new layers moment by moment. By the same token, the itinerary this year was designed to very intentionally choose moments of allocated time to carefully excavate the emerging interests of the group that would assemble for this gathering. New additions to the Symposium format this year like the Choose your own Adventure Round Table and the Virtual Workshop Forum helped us to embrace the challenge of truly facilitating the experience for those who were "in the room".

This was accomplished by preserving aspects of "open space" where attendees could have some choice in what unfolded next. This set the tone to best take advantage of the emergent needs of those present in the way of learning, development and the facilitation of this ongoing national conversation. as well as being alert to the huge spectrum of talent present and how to best harness that within the very brief time-frames of the gathering.

The Virtual Workshop Forum:

This space in the itinerary was designed to help identify topics and themes that the attendees were passionate about exploring, but might not have yet been explored through the various workshops and presentations. This involved facilitating a list of topics that people in the room were passionate to learn more about and a second list of the topics that those in the room might have expertise and a similar passion to present.

The two lists were then joined and seven, one-hour, impromptu workshops emerged. This provided yet another layer of choice-making as well as another forum for a talented group of professionals to share their expertise.

Actually Living on "Common Ground"

One of the very intentional ingredients in the design of this year's experience was to find a place where participants could be accommodated all together. In previous years, at the end of the day, attendees each ended up dispersing to their own individual hotels and living accommodations each night. Those who happened to stay on site commented that some of the richest conversations for them took place after everyone else had left for the day. Having everyone on site so those conversations could continue to unfold really helped to enrich the quality of this experience.

The Challenges of Breaking Even on "Common Ground"

The search for a facility that could accommodate between 55-90 people (which was the estimated spectrum of attendance) proved to be the most expensive aspect of hosting this year's Symposium.

Without having the space donated or provided by a University or other institution, the incoming revenues had to be able to cover the costs of food and accommodation for those who would be participating. Under this particular model in this particular year, that was not the case.

In an effort to keep the Conference fees affordable and accessible to students as well as more established organizations or individuals, a gamble needed to be made on how many people would in fact attend and register for this year's event. The venue required a minimum number of participants to create a contract and then a per diem amount per individual once that minimum had been reached. This year's registrations though on par with previous years were not sufficient enough to break even.

As a Committee, our recommendation going forward would be that there is enormous benefit to having participants accommodated on-site, but that having a site donated or (in some way subsidized) would be important if registration costs are to remain in line.

On-line Registration:

This year an on-line registration system was implemented to assist participants in paying through a secure, pay-pal account with the hopes that it would encourage earlier registrations. This helped in the forecasting of numbers as people pre-paid on-line. This eliminated the need for participants to pay with cash at the door on day 1 of the event.

Early Bird Registrations:

Surprisingly, only one participant made use of the discount codes that were provided as Early Bird incentives. Three different Early Bird promotions were offered that spanned at least 3 months including one particularly aimed at students in mid to late September after school was again in session and only several weeks prior to the event. This did not seem to drive enrolment with the type of vigor we might have imagined.

A Legacy Project:

This year a new domain name was purchased (www.canadianadventuretherapysymposium.ca) with the idea that it could be a Legacy Project. Leaders of the Day's Jonathan Carroll designed the new website which connects to a number of popular social media products such as Facebook (<http://www.facebook.com/CanadianAdventureTherapySymposium>) and Twitter. The Facebook page for CATS was animated and maintained throughout the year and a new account for CATS on Twitter was established to increase the reach of our AT Community's activities and message.

The goal was to have some established infrastructure that could effectively be gifted and handed on to the next Host Committee. This would include the opportunity to take over an intact website (that could be re-populated with new information and photos etc.) having a template for forms, posters and itineraries without the need to "re-invent the wheel". The hope is that this will give the future Hosts a head start on the sizeable work of putting together such a national gathering of our peers.

The Stake-Holder's Drum

"Stay together. If you honour diversity, then keep your professional field a wide field. It is sound ecology. Monoculture forests are not sustainable."

Bob Henderson - CATS 1, Victoria 2009.



As the Symposium's format continues to evolve, it is clear that the many Stake Holders we have identified have a keen and passionate interest in what it will ultimately become. As we listen to Practitioners, they are excited to pull it in one particular direction in an attempt to get what they need from such a gathering and the similarly, the Researchers and Academics hope to draw it in a slightly different direction to help them get what they want most from such a gathering and so on and so on.

As each Stake Holder grouping takes hold of what they believe to be our collective "Common Ground" and as they begin to pull with equal enthusiasm and a spirit of co-operation, something remarkable begins to "unfold". Imagine for a moment: the Students, the Researchers, the Academics, the Practitioners and the Organizational Leaders in our industry all stretching the surface of an enormous drum skin.

As each Stake Holder grouping is encouraged to take leadership and to pull the "material" in their own unique directions and as they then "place their stakes" an incredible drum is created; a drum around which the whole AT community in Canada can effectively gather and upon which we could all communicate and share our distinct voices and experiences.

It is not to say that each stream should simply do their own thing move in their own independent directions; quite the opposite. It is to suggest that in exercising a holistic and inclusive expression of our unique, collective viewpoints and professional aptitudes that we can lend definition and structure to the continuing evolution of this idea around which we hope to continue to gather.

The 2011 Canadian Adventure Therapy Recognition Award:

This year the C.A.T.S. Committee chose to honour Jim McHardy of the Kinark Outdoor Centre for his long-standing and impactful contributions within the fields of education, outdoor adventure and mental health. Jim was presented the award at a special celebration during the event and received raucous applause and support from all who were gathered.

Jim has been Director at Kinark Outdoor Centre for almost 27 years. In this role, Jim has been a source of inspiration and guidance to countless staff as they developed and delivered innovative adventure therapy programs for a broad range of client populations served by the Kinark Outdoor Centre. Prior to becoming Director of Kinark Outdoor Centre, Jim taught for two years in Attawapiskat and served as Program Director at Camp Trail Finder for twelve years.

Jim has been a long-time thoughtful and dedicated supporter of the Council of Outdoor Educators in Ontario (COEO) as well as holding several volunteer leadership positions with organizations engaged in outdoor education and environmental stewardship. Jim epitomizes the 2011 Canadian Adventure Therapy Symposium theme of 'Common Ground', bridging the disciplines of mental health, education and outdoor adventure. Jim was presented with an original landscape painting by North Bay artist Alice Orley to commemorate his contribution.

Alice Orley, is a landscape artist living in the North Bay area, whose paintings often reflect a Group of Seven influence. Alice Orley is known to live with her own mental health challenges and so this gift seemed an exceptionally appropriate expression of the symposium theme of 'Common Ground'.



C.A.T.S. 3 SYMPOSIUM WORKSHOP DESCRIPTIONS

Visit

www.canadianadventuretherapysymposium.ca

Register today to avoid disappointment!



Pre-Symposium Workshops (Thursday October 13):

Enhancing the Effectiveness of a Traditional Therapy Group for Adolescents by Applying the Power of Adventure Activities.

Thematic Strand: Practitioner

Workshop Duration: 1.5 hours

Presentation Style: 60 % Lecture, 40% Interactive/Experiential

Venue: Windward Building

Workshop Description:

Two therapists who work in a traditional therapeutic setting share their first year experience in adding adventure activities to their CBT group for anxious adolescents. Learn why they teamed-up with an outdoor educator and how they moved into this new setting and what they have planned for year two. Learn about cognitive behavioural therapy and how adventure activities and the internet are used to connect with teens who struggle with anxiety.

Biographical Sketches:

Eric Crowther, M.S.W., RSW.

Eric has been working in the field of mental health for over 25 years and trains therapists in the delivery of services and has conducted workshops throughout North America on a variety of mental health issues including forgiveness.

Margaret Goodwin, M.S.W., RSW.

Margaret provides counselling to children, adolescents, and families and has a particular interest in adolescents at risk with the law. Margaret is clinical lead in the Intensive Support and Supervision Program in North Bay.

Bernie Moseley-Williams, BEd.

Bernie is an on-line teacher and a part-time instructor at Nipissing University. He believes outdoor experiences and adventure activities are powerful transformative tools.

Outdoor Travel Guiding: Considering what has changed over the last 30 years

Thematic Strand: Theory/Research:

Workshop Duration: 3.0 hours

Presentation Style: 50 % Lecture 50% Interactive/Experiential

Venue: Windward Building

Where were you in 1981? I was beginning to guide University student trips that were usually consistent in terms of curriculum, staff, location and philosophy. Some insights gathered over time will be considered concerning how youth have changed in response to outdoor travel. Four themes will be discussed: "Storification", "Sportification", "Safetization" and "Screenification". To support these themes, some numbing statistics will be shared. A closing discussion will consider how adventure therapy might respond to changing times concerning urban youth and how those concepts might likewise apply to other participant populations.

Biographical Sketch:

Bob Henderson, Career Professor and Educator

Bob has over 30 years of guiding outdoor travel experiences for University Students and has done some work with Youth at Risk and commercial adult programs. Bob recently retired from McMaster University's Kinesiology Department. He is currently editing Pathways: The Ontario Journal of Outdoor Education. Bob has been involved with Pathways since 1989. Bob's animated presentation style and engaging storytelling skills always make his workshops memorable.

Friday October 14, Keynote Address:

Exploring Our Common Ground - With Lee White **Venue: Main Lodge**

As Adventure Therapy practitioners we work with diverse mediums of delivery. Some are land-based with mountain views; some are water-based with calm surfaces or with turbulent flow. Regardless of the medium, when "Exploring Our Common Ground" we find similar archetypal themes in the internal landscape. We will explore the parallels of our internal experiences to better understand how Adventure Therapy leads to personal change and often transformation.

Biographical Sketch:

Lee White currently designs and administers Adventure Therapy programming for Youth Custody Centres in BC, and consults for adventure programming providers as well as with organizational development. With extensive field days with wilderness programs for young offenders and with Outward Bound schools, Lee has used the wilderness as a laboratory to better understand transferable transformative experiences.

In Post-Apartheid South Africa, Lee became the Program Director for Outward Bound South Africa with a specific mandate to train local staff and innovate contemporary and socially relevant programming for the Lost Generation. In returning home to British Columbia, Lee has focused on supporting First Nations communities with leadership development. In recent years Lee has transferred Adventure Therapy approaches to community engagement for climate change adaptation for the Climate Action Secretariat and the Community Capacity Building Strategy.

Lee is the author of *rapt in awe* and the forthcoming novel and then we dance. He blogs at www.worldbliss.com.

Friday October 14, Workshops: 1:45 – 3:15 p.m.

Exploring the Role of First Nations' Traditional Teachings

Thematic Strand: Traditional Teachings

Workshop Duration: 3.0 hours

Presentation Style: 70 % Oral Tradition, 30% Interactive/Experiential

Venue: Windward Building

This session will feature some of the important culture-based work that is being done with Aboriginal Youth as they seek to make a new way for themselves and re-integrate into their homes and communities after their custody sentences. Traditional Person, Vince Pawis of the Shawanaga First Nation invites you to join him for this very special session, exploring the powerful role of Traditional Teachings with First Nations' young people. Native people are connected to the Land, the Fire, the Air and the Water. Essential teachings featuring the Medicine Wheel, the 4 sacred Medicines, the 7 Grandfather teachings will be shared to help demonstrate the powerful role of these teachings can have in helping youth to draw upon the power of their cultural roots and their ancient connection to family and Clan.

Biographical Sketch:

Vince Pawis is an Ojibway Traditional Person from the Shawanaga First Nation near Parry Sound, Ontario. He is a member of the Eagle Clan and his spirit name is Chi Chak konse which translates to "He who understands the people". Vince has had a career in Policing including: 4 years in First Nation Policing and 3 years with the O.P.P. Vince has been on a healing journey for the past 28 years utilizing the traditions and of his culture on that journey. For the past 16 yrs he has worked as Native Liaison at the Sudbury Jail where he advocates on behalf of Aboriginal people. Since 2005 he has operated White Buffalo Road Healing Lodge and provided a re-integration program for Aboriginal youth coming out of open and closed custody programs.

Not Just another Emotional Bandage: Making Lasting Change with Vulnerable Youth in Adventure Programming.

Thematic Strand: Practitioner:

Venue: Archives Building

Workshop Duration: 1.5 hours

Presentation Style: 50 % Lecture, 50% Interactive/Experiential

Workshop Description:

In this learn by doing workshop, we aim to explore our inner landscapes, using a spectrum of therapeutic tools (mindfulness, yoga, Somatic Experiencing and non-violent communication used at Trails). Our goal is to share these integrative and complimentary holistic theories to equip organizations or anyone who works with youth and/or at risk/ vulnerable populations to have a set of alternative tools to help youth thrive despite their challenging underpinnings.

Biographical Sketches:

Julia Morch has been an avid outdoors woman since she was a child, and her desire for inner truth, and wisdom has lead her to a career that combines all her favourite passions such as social justice education, wilderness experiences, group processing, transpersonal therapy, and youth. As an advocate for social change, and a champion for those marginalized she has found both her roots and wings as the Executive Director of Trails.

Nicholas Babiuk's call for adventure and inner growth have led him on a myriad of journeys throughout his career as an Outdoor Professional. A graduate of Laurentian University Adventure Education Program along with his passion to facilitate change in youth living on the fringes, includes work at Pine River Institute, Smoothwater Outfitters, Trinity College School provided him with a frame to explore the diverse opportunities as outdoor professional. As the Program Director at Trails, Nick is involved in the recruitment of youth and day to day operations of the Program.

Adventure Union: Moving Canada's Adventure Fields Collaboratively Toward Professionalism

Thematic Strand: Practitioner

Venue: Living Lightly Lab

Workshop Duration: 1.5 hours

Presentation Style: 33% Lecture, 33% Interactive, 33% Experiential, 1% Pure Mystery

Workshop Description:

With a specific interest in bringing diverse practitioners and academics together to advance the ideas of the adventure industry, this lecture/dialogue/experiential workshop will engage participants to draw on their experiences and contribute meaningfully to a set of recommendations: possible next steps in the development of a national adventure profession. Ideal participant has some knowledge of the diversity of adventure activities used across sectors (e.g., education, therapy, competition...) but all are welcome.

Biographical Sketch:

Dr. Nevin Harper

Nevin has been involved in most aspects of the outdoor adventure field for more than 20 years; from guide, instructor, manager to consultant and more recently researcher and author. He lives on his Vancouver Island acreage with his family and a menagerie of domestic and wild animals.

Saturday October 15 Morning Workshops: 9:00 - 10:30 a.m.

Reflections on Land Programming in Nunavut: Recognizing the Unique Underpinnings of Indigenous Design

Thematic Strand: Theory/Research: Workshop Duration: 1.5 hours

Venue: Windward Building

Workshop Duration: 1.5 hours

Presentation Style: 90 % Lecture 10% Interactive/Experiential

Workshop Description:

What are on-the-land programs and is this approach adventure or wilderness therapy? What is Indigenous design? What are the unique underpinnings of on-the-land programs in Nunavut communities and what can we learn from these approaches? Why is gaining an understanding of cultural and socio-historical contexts essential to designing, implementing and evaluating programming? If you interested or intrigued by these questions, join us for a session that will focus mostly on wellness promotion through culturally-specific land programs in Nunavut.

Biographical Sketch:**Maxine Carroll, B. Sc**

Maxine lives in Iqaluit, Nunavut with the Arctic Ocean and a team of Canadian Huskies in her backyard. She has worked as a seasonal guide-facilitator for educational and therapeutic wilderness programs in Quebec, British-Columbia and Nunavut, including an adventure program she co-founded which brings Inuit youth out on the land. Currently pursuing her Masters in Social Work, she is enjoying taking the time to reflect on her practice and learning more about land programming from an Inuit perspective.

The Power of Attachment

Thematic Strand: Practitioner**Venue:** Archives Building**Workshop Duration:** 1.5 hours**Presentation Style:** 65 % Lecture, 35% Interactive/Experiential**Workshop Description:**

The Power of Attachment...In our places of work we are constantly asking others to get moving, choose challenges, share feelings, thoughts and themselves; to solve problems, and to face conflict. Greater learning and genuine change can only happen if the person feels safe and secure enough to do that. In this workshop we will be talking about how secure attachment can be fostered through the intentional use of the natural world, others in our environment, and even ourselves. As facilitators, therapists, participants, instructors, and teachers; we will discuss and experience a powerful agent of change - Attachment.

Biographical Sketches:**Chris LaMontagne MSW, RSW**

Chris came to Canada 3 years ago from the United States to be employed as the therapist of the adventure therapy program at Wendigo Lake Expeditions: Project D.A.R.E., serving adjudicated youth as they prepared for reintegration. He currently works as the therapist of the REACH program at Wendigo Lake serving youth at risk and their families. He holds a B.S. in Kinesiology: Outdoor Education and a Masters Degree in Social Work from the University of New Hampshire. He has worked in a number of different treatment and advocacy settings serving the needs of at-risk youth and their families. He came into the helping profession after an 18 year career as a professional stage actor.

The Importance of Supported Recreational Respite as Evidence Informed Intervention

Thematic Strand: Practitioner**Venue:** Living Lightly Lab**Workshop Duration:** 1.5 hours**Presentation Style:** 70 % Lecture, 30% Interactive/Experiential**Workshop Description:**

Respite Services support the effectiveness of a wide range of “evidence informed practices” and are just as important to families as the many other brief interventions that are offered in the industry. Respite can be effectively defined as both an adjunctive and stand alone service. Adventure based activities within the context of a respite experience offer opportunities to address a number of behavioural change objectives and can serve as: introduction, reinforcement, and follow-up to other programs. This workshop constitutes a sharing of ideas and experiences that effectively make the case for respite to be identified as an evidence informed practice in its own right.

Biographical Sketch: Jim McHardy,

Director Kinark Outdoor Centre - Kinark Child and Family Services (1985-Present) – Specializing in adjunctive programs for Children’s Mental Health, Child Welfare and Autism.

Saturday October 15 Workshops: 1:45 – 3:15 p.m.

Adolescent Addiction: What are we treating? How do we measure success?

Thematic Strand: Practitioner**Venue:** Windward Building**Workshop Duration:** 1.5 hours**Presentation Style:** 90 % Lecture, 10% Interactive/Experiential

Workshop Description:

Often when we are treating addictions in adolescents we are just chasing the symptoms and not addressing the underlying issues that lead a child into addictive behaviors. This presentation will assert that disrupted maturation/development in adolescents and the resulting immaturity, is often the root cause of addictive behaviors in adolescents. Given this, if we are to effectively treat addiction in adolescence we need to address the delayed development. Success is then defined by an adolescent maturity not just the absence of a relapse.

Biographical Sketches:***Dr. Victoria Lynn Creighton, PsyD, C.Psych***

Dr. Creighton is the Clinical Director of Pine River Institute. She has a doctorate in clinical psychology and has been practicing for over twelve years. She has training and experience in treating drug and alcohol abuse, disordered eating, autism, ADD/ADHD, and self-harm, and has a sub-specialty in treating adolescent women. Her clinical work incorporates Experiential Therapy, Dialectic Behavioral Therapy, Object Relations, and Family Systems treatment. Dr. Creighton has been a therapist in private practice, as well as clinical supervisor at Montana Academy and Hope Ranch, both residential treatment facilities for adolescents in Montana.

Suzy Pollard, MS OLE Therapist

Suzy holds a Bachelor's Degree in Environmental Science from NENE University, England and a Master's Degree in Recreation Administration from Aurora University, with a focus on Outdoor Pursuits. Originally from Zimbabwe, Suzy has lived between England, USA, Australia and Canada. For over ten years, across North America, Suzy has been working in adventure and wilderness-based therapeutic programs for youth-at-risk. Suzy lives in the "Near North" area, working closely with the Pine River Institute's Outdoor Leadership Experience Program. In her free time, she enjoys scuba diving and traveling.

On The Tips of Their Toes: Journeying with Cancer – Research and Practice

Thematic Strand: Research / Practitioner Skill

Venue: Archives Building

Workshop Duration: 1.5 hours

Presentation Style: 70 % Lecture, 30% Interactive/Experiential

Workshop Description: This workshop aims to present this nova trice approach to adventure and to explore the philosophy, unique approaches and objectives of the Tip of the Toes Foundation. The presentation will demonstrate how these very powerful expeditions can be adapted to different programs serving other populations and their own unique needs. A short documentary "On expedition" will also be presented in order to help the audience to better understand what the Tip of the Toes expeditions are all about.

This workshop will also present a new research project conducted in partnership with the Université du Québec à Chicoutimi and the Tip of Toes Foundation. This project aims at investigating the effects of the therapeutic expedition program on the psychosocial adjustment of adolescents living with cancer. Linda Paquette will present the objectives and the research methodology from this past summer's Georgian Bay sea kayaking expedition. Preliminary results from qualitative and quantitative interviews conducted before and after the expedition will be presented, followed by a group discussion.

Biographical Sketches:***Dr. Mario Bilodeau***

Dr. Mario Bilodeau is a world-renowned climber, Outdoor Professional and recently retired Professor at the University of Quebec at Chicoutimi. He is Co-founder of Sur la Pointe des Pieds Fondation (The Tip of the Toes Foundation) and as such has spent the last 15 years creating unforgettable wilderness expeditions for young people living with Cancer. Also the Co-Founder of the Baccalauréat. Plein Air et Aventure at the Université du Québec à Chicoutimi and the social coop INAQ (Intervention Nature Adventure Quebec) that offer adventure experience for vulnerable youth. For the last 15 years Mario has often been invited as a keynote speaker for conferences relating to adventure education and adventure therapy the world over.

Linda Paquette

Linda Paquette is a psychologist and a professor of community and social psychology at the Université du Québec à Chicoutimi. As a psychologist, she works with teens and emergent adults. As a researcher, her interests include the emotional regulation mechanisms related to sports, risk-taking and drug abuse, as well as the socialization mechanisms of adolescents. She is currently working on a research project assessing the effect of the therapeutic adventure on psychosocial adjustment of adolescents with cancer, in collaboration with On the Tip of the Toes Foundation.

Stories of Hope : The Construction of Alternate Realities for Disadvantaged and At Risk Young People Through Narrative and Adventure-Based Practice.

Thematic Strand: Practitioner

Venue: Living Lightly Lab

Workshop Duration: 1.5 hours

Presentation Style: 60 % Lecture, 40% Interactive/Experiential

This workshop will explore the philosophy, practice and research of stories of change in disadvantaged and at risk young people by the use of narrative and adventure based practice from an Australian perspective. The workshop will be interactive and develop understandings of alternate story lines and how these may impact on a change in direction for young people undertaking an extended bush-based expedition and residential and educational components. The therapeutic and educational outcomes as researched over three years of this programming will also be discussed. This workshop will be a cross-section sampling of the 2-day Narrative and Adventure Therapy certification program to be presented over the weekend of Oct 22-23 at Laurentian University, in Sudbury.

Biographical Sketch:

Paul Stolz: BTh, MTh, Dip. Ed. Grad. Dip. Family Therapy

Paul started working in the Youth Support field in 1989 setting up what was to become The Regional Extended Family Service in the Eastern Suburbs of Melbourne to support young people at risk of becoming homeless. In 1992 he was awarded an Education Excellence Award from the Gippsland Regional Office of The Education Department as well as a Churchill Fellowship in 2000 for his work serving high risk, behaviour disordered adolescents in that region.

Paul has also trained as a narrative therapist and has introduced this practice into the work of bush adventure therapy over many years. His specialist areas include Narrative and Family Therapy, Applied Education, Innovative Curriculum construction, Bush Adventure Therapy, program construction for at risk young people using bush-based journeying and vocational education pathway development.

He is currently the CEO of Evolve at Typo Station, an organization that runs therapeutic and educational development programs for young people in Victoria, Australia as well as being the Chair of the Adventure Therapy International Committee.

Sunday October 16 Workshops

Incorporating Eco-Therapy into Traditional and Urban Settings

Thematic Strand: Practitioner Skill

Venue: Windward Building

Workshop Duration: 1.5 hours

Presentation Style: 20 % Lecture, 80% Interactive/Experiential

Workshop Description:

This workshop will help to orient participants to the different stages and immersions into ecotherapy and adventure-based therapies. The workshop will focus on activities that can be done in traditional counselling settings and urban settings that require limited resources. With a growing emphasis on experiential learning in the classroom, bring that experiential and ecological learning into counselling. The generations of facilitation will be addressed to help participants target activities towards the needs of their clients. A discussion on ethical and legal issues will also be included.

Biographical Sketch:

Nicole Lewis, M.ED, OCT, CCC

Nicole completed her Master's degree at the University of Ottawa in Educational Counseling. She is working as a school based substance abuse counselor using eco-therapy and animal assisted therapy in traditional counseling settings.

Technology in your Wilderness Therapy Program

Thematic Strand: Administration

Venue: Archives Building

Workshop Duration: 1.5 hours

Presentation Style: 70 % Lecture, 30% Interactive/Experiential

Workshop Description:

Technology in the wilderness is practical and worthwhile. Staunch techno-phobes are now embracing a few of the gadgets previously touted as conveniences. We encourage you to rally with us, overcome the technophobia, and take a look at the devices adapted to

wilderness guiding in the 21st century. Let's take a hands-on approach to reviewing technology and understand how it helps meet the needs of management and guides in the modern wilderness. Participants will have an opportunity to go hands on with various wilderness technologies. From the remote transmission of photos for tele-medicine consultation to the tracking of assets in the back country, technologies in wilderness therapy programming can have a big role to play.

Biographical Sketch:

Steve Prysunka

Steve is the Director of Alaska Crossings Program in Wrangell Alaska. He started his career in Outdoor Recreation at the Rock Mountain YMCA in Alberta over 30 years ago. Steve created the Crossings program 11 years ago with a goal to develop a wilderness therapy program that is built on a foundation of skills development.

The Road to Success: From Cancer to Camp to Expedition

Thematic Strand: Practitioner

Venue: Living Lightly Lab

Workshop Duration: 1.5 hours

Presentation Style: 50 % Lecture, 50% Interactive/Experiential

Workshop Description:

Cancer changes the lives of children and teens forever; so does camp. At Camp Oochigeas we have provided teens and young adults affected by cancer with programs and experiential education opportunities in many different environments - even in the hospital! As a result of the disease and its treatment, our campers have varying cognitive, social and physical abilities. In order to provide a positive and needed experience, we have adapted our program to redefine what it means to be successful and the very definition of camp itself. Come enjoy this interactive workshop to share thoughts and gain new experiences.

Biographical Sketch:

Jonny Handler

Since 1991 Jonny has been immersed in a camp environment, and knew at a very young age that this is what he wanted to do in life. In 2005, after many years guiding and leading outdoor experiences for youth and adults, Jonny founded an outdoor adventure travel company that brought international students to some of Ontario's most beautiful provincial parks. In 2009, Jonny joined Camp Oochigeas full time to facilitate their leadership and teen programs as their Young adult and Leadership Program Specialist. For the last two years, Jonny has had an opportunity to lead summer expeditions, fall canoe trips, and winter dog sledding trips for teens and young adults. In his role, Jonny also brings camp to Sick Kids Hospital in Toronto by providing programs year round to teens undergoing cancer treatment.

Sunday October 16 Closing Address:

Someone Has to Believe - With Special Guest: Stephanie Cox Venue: Main Lodge

Stephanie Cox, lifetime, Counselor, Educator, and Humanitarian Project Leader presents: "Someone has to Believe." This grass roots inspirational story encourages us as practitioners to examine how it is that we truly make meaningful connections with our students and clients and how we can then partner Life's challenges with promise and hope. From the lands of war and natural disaster to the streets of despair and homes of desperation in our very own neighbourhoods, someone has to believe. How can we learn to stand in the midst of our clients' challenging realities and offer them true and compassionate service while remaining open to the incredible things that they can share with us in return? Someone has to believe.

Biographical Sketch: Stephanie Cox

Stephanie was the first woman named to sit on the National Board of Directors for Big Brothers of Canada and while there, she did ground-breaking work to protect the vulnerable youth of that organization. Her design of a sexual abuse prevention program; the first of its kind in Canada, earned her the celebrated Governor Generals' commemorative Medallion of Excellence which is awarded as one of Canada's most prestigious civilian honours.

In 1992, Stephanie Co-Founded a humanitarian organization designed to deliver play therapy programming for children of challenged circumstances in 5 different countries including our own children here in Canada. Stephanie currently works full-time as an Addictions and Community Service Trainer at Everest College. She is engaged there in the shaping of new helpers to compassionately partner with those individuals and families struggling with trauma and addiction. Stephanie has spent her career helping people to move past the obstacles of their pasts; to discover their own strengths and to redefine their life's stories as they move forward on their journeys toward healing. Most recently, Stephanie and her family opened the Shamrock Centre near Barrie, Ontario. This unique centre is dedicated to innovative work in the area of child trauma and to the ongoing training and development of skilled Helpers and Practitioners in our field.

CATS 3 Round Table Discussion: The Future of CATS

Participants:

Lee White: Facilitator Volunteer Recorder: Ryan
Bob Henderson, Adam Ross, Paul Stoltz, Tamara King, Mario Bilodeau, Lee White, Patricia Mongeon,
Bernie Moselley-Williams, Nick Babiuk, Lynette Nichol.

Summary:

A discussion group was facilitated by Lee White on the subject of the future of the Canadian Adventure Therapy Symposium (CATS). There was broad consensus among those in attendance that a lot of momentum had been developed through the three symposiums to date and that at least one or two more such events should be organized as attendees valued deeply the opportunity to connect and network with other Canadians engaged in similar work.

There was a lot of approval for the four-day length of the conference (ie. the addition of a pre-conference day). There was broad consensus that the next event could most productively be held in the mid-west, probably Calgary, Alberta area. There was some difference of opinion on the timing of the next event. One concern was the possible negative impact on the next International Adventure Therapy Conference (IATC) scheduled for 2012 if CATS4 occurred in a similar timeframe.

Others felt the number of people likely to be impacted by the events occurring close together was very small and shouldn't be a determining factor. There was concern on the part of several participants that an event every two years would result in loss of momentum. In the end, the majority view was that CATS4 should occur in 2012. There was discussion that a CATS committee should be formed to maintain year-to-year momentum.

However, there was a feeling that there had been symposiums in BC, Quebec and Ontario, but the central part of Canada had not yet had a symposium and there were 'voices' that had still not become part of CATS. Therefore, the consensus seemed to be that the formation of a CATS committee should be deferred to the CATS4 event in hopes that this would allow broader representation of voices from across Canada.

Scribed Notes from the Round Table:

Bob Henderson

Really believes open forum events such as these 3 CATS are needed as is till the organization/community makes it's way across the country.

Adam Ross (Enviros - Co-sponsor of regional AEE conference - Squamish)

Unfolding of things and subject matter organically is needed and useful, and should continue as such for some undefined time till it begins to really take form.

Paul Stolz

Australia began discussing loose associations on similar note to the gathering in 1998. South Pacific Adventure Forum was the initiating discussion that occurred to demonstrate the size and growth of the 'industry'. The current existence is very internal and there's a feeling of needing to broaden the community and connections that currently exist. Merits Bob Henderson's suggestion as a credible method of expansion.

Tamara King

Had no idea what to expect, walking in blind but feels like there's plenty of potential, and agrees that until CATS can be in more places it's still in its infancy and really needs to grow. There is really a need and space for this. Tamara is interested in helping coordinate and facilitating some growth of CATS through the various organizations she's currently working with.

Paul believes holding the CATS every other year would be the death of it. It's been every year so far and may lose what momentum it has.

Mario and Bob discuss the point of Maxine who began as a student and who is now here presenting. Makes an excellent story of the kind of thing that will really build the growth of CATS.

Adam Ross also agrees that a bi-annual symposium would end CATS essentially.

Lynette said, she had found out about CATS 3 on-line and that was what had brought her here. Lee White asked if her university is on its way to being able to host the Symposium. She thinks it's something they are looking at more though aren't quite there yet, speaking of the province as a whole. She'll be heading to Alberta to do her masters.

Bob Henderson speaking on behalf of the Maritimes believes the prairies have some potential and given their currently limited attendance that there is a pool of people there that could show a pool of interest and suggests joining onto one of their gatherings as an introductory. If such a symposium or gathering was held in any of Alberta, Saskatchewan or Manitoba, it would be very conducive to bringing momentum across the country to CATS. Bob speaks of some really amazing programs out east.

Lee White states there are some stakeholders that really need to be introduced to CATS as exemplified by the first CATS when piggy backed with Get Outside (Child Nature Alliance).

Mario Bilodeau speaks of trying to get people involved from the Maritimes for the CATS 2 and got very limited response, instead it was mostly Quebec and Ontario.

There was more discussion regarding potential piggy backing opportunities.

Bob Henderson believes in the intelligence of running every year in conjunction with other associated groups through various networks rather than every other year.

Lee White suggests perhaps an event could be organized specifically in line with recruitment and training.

Nick Babiuk enjoys that CATS is really all about the therapy side of things rather than (listed other conferences) that have an element of therapy as opposed to CATS focus and believes as well in joining hands with other associations and groups.

Bob Henderson speaks of joining hands with Council of Outdoor Educators in Ontario (COEO) and how they would be very into a marriage with CATS. There is apparently a large amount of interest in doing something in that regard on COEO's behalf. COEO is also quite small.

Paul Stoltz mentions the challenge of such a hookup, would it destroy the intimacy of what CATS has going for it.

Bob Henderson agrees and doesn't think that an amalgamation would really be a good fit but as a fall back would work rather well. Instead joining up with a more Occupational Therapy group rather than an ecology/environmental group.

Mario Bilodeau talks about some therapists that were not really adventure or outdoors groups/individuals.

Bob Henderson talks of how many great testimonials CATS has had in the 3 years it has been around (example of Crystal (OT) working on getting an immigrant program established and talks of another similar situation.

Patricia Mongeon from Durham College, never heard of CATS, came and now wants to institute an AT program largely because she came here.

Adam Ross, likewise like putting a conference in Manitoba would be along the same lines of putting it off a year. Bob Henderson wouldn't have thought Manitoba would work, but figured the proximity of Saskatchewan would have. Bob states that if CATS was to be held in Saskatchewan he would be happy to make every call in he could to friends.

Lee White asks Bob Henderson if CATS were to be held in Alberta, could Bob make those same calls to Saskatchewan to bring in more people. Speaks of the burden of losing money on this conference would really limit the potential of hosts and sponsors. Can we capture the energy and talents, drive and motivation, to really bring CATS to the potential it really has? - a point brought up by Paul Stoltz that this is exactly what Nevin's dilemma is in continuing to take the reins.

Lee White brings up idea of tapping into the potential of the youth involved and highlights Bernie Mosley William's blog involvement and how the transference of knowledge and connections was adding a significant contribution. Also highlights the benefit of giving such an undertaking to those with the 'space and energy'. However Paul Stoltz disagrees that this would happen and notes his experience in Australia; that the elders usually end up being the ones who have to take over the projects, etc. due to limited involvement on behalf of the youth.

Involvement with universities seems like it would be the best way to go and Mario concurs and points out that this is how they run things in Quebec.

Bob Henderson points out that everything Mario just described could be done by Nick Forsberg in Saskatchewan and he really isn't trying to force the next CATS into Saskatchewan but knows at least 4 guys that would be keen on something like this. Points out that the youth with the energy would be necessary to drive the 'flare' of events like CATS.

Lee White mentions that the tools online are really substantial and that while the tools are there it's just that there is a limit of people who are really keen AND have the time and energy to run the ground works of assembling such an event or to move CATS forward as a formal structure of some kind.

Facebook became a definite discussion of whether Facebook groups would really be all that effectual. While Bob Henderson never really uses Facebook as a necessary tool for forwarding information, Bernie Moselley-Williams mentions a class that had to put together a blog for use in the class to discuss some issues, however the same subject matter with the same students exploded on Facebook.

What came out of this discussion was that getting involved in a conference would really need some form of support group that could facilitate all of this reaching out and gathering of like minds.

Paul Stoltz points out that elders are elders for a reason and they're there for continuity and stability.

The discussion came back to a need for a ground support crew for CATS which attracted universal agreement of the group.

Mario Bilodeau speaks of a need for support and uses Chicoutimi as an example, in how they hosted CATS, with people all over the community supporting the various ends of getting the groups events off the ground.

Mario Bilodeau speaks of John Hazel who did a keynote speech at CATS 2 and talks of having something paying for his and Bob's fares.

Discussion turns to talk of breaking even and financial burden.

Adam Ross supports the idea that doing the next CATS in Saskatchewan and involving Alberta, wouldn't work as well as hosting it in Alberta, and inviting Saskatchewan. Adam points out that one of the stakeholders in Alberta has ties to University of Calgary which given the previous discussion point of involving universities is what needs to happen.

Lee White talks of having there be 'ambassadors' of the various provinces that are involved in CATS and having them be the 'ground crew' of bringing the community together.

Adam Ross talks of there being the connections in place already to move things forward. Lee White points out that the clear momentum behind CATS is demonstrated in the fact that now rather than just discussing the next events the following is already being discussed and facilitated.

Nick Babiuk volunteers that he would start a Facebook group while Lee White mentions that in addition to the person that does start the social network, there's a need for someone who will keep it going and alive and Lee White wouldn't have the time to be that person. Lee White doesn't think that this group is at a point to take on a volunteer basis to keep it going and nor is it the kind of group to charge a fee for membership.

Paul Stoltz points out that it's not the functionality of the social media but rather the will (Lee White and Adam Ross agree).

Lee quotes: "There's nothing more powerful than an idea whose time has come."

Nick Babiuk feels like given his level of surprise of how awesome it is that there is a group devoted to AT that when people are talking about whether or not to have it next year, his 'outsider perspective' said, "What? How can you NOT have this next year?"

CATS 3 Round Table Discussion:

What are employers looking for in the ideal AT Practitioner?

Earlier in the Symposium a discussion began to gather energy around training and ongoing educational needs for Practitioners in the AT Industry. Stephen Ritchie of Laurentian University drew a stick figure and proposed that it might be a really useful discussion to look at how to equip the stick figure and to help set them up for success. Throughout the 4 days, this theme seemed float to the surface as an emergent topic of interest. In response to this momentum, it was selected as one of the options for our second series of Round Table discussions.

What follows is a list of characteristics, skills and experiences that both employers in the room and Practitioners considered to be the "essential elements" of a well rounded and competent AT Practitioner. Following the list is a transcription of the resulting conversation during the balance of the session.

Essential Elements of AT Practitioners:

Technical Skills pertaining to modes of travel, adventure activities, expedition and camp craft skills

Primitive skills

Certifications Wilderness First Responder, Swift Water Rescue Technician, ORCKA and Paddle Canada canoe and kayak certifications, ACMG Mountain Guide, Ropes and Rescue certs etc.

Understanding of the causes of addictive behavior

Nonviolent crisis intervention

Passion for what you are doing

Skilful facilitation of activities

Communication and conflict management

Ability to work as part of a team

Ability to work independently

Knowledge of risk management

Compassion and empathy

Patience

Self awareness

Ability to adapt in dynamic environments and situations

Wilderness skills and experience

Cultural awareness
Mentorship
Resilience
Open to feedback (giving and receiving of)
Life experience
Ability to listen
Self care skills
Sense of humour
Humility
Non-judgmental
Understanding of mental health and cognitive development
Basic understanding of the effects of Trauma
Basic understanding of the concept of Attachment
Introductory therapeutic skills, interviewing etc.
Willingness to re-locate (laughter resulted with this offering)
Able to be away from home
Ability to ask for help
Job satisfaction vs. being pay driven
Possesses an understanding of the power of silence/self reflection
Emotional intelligence
Personal passion for joy
Mindfulness
Strength based training/perspective
Relationship skills
Knowledge of the history of the field
Ability to continually learn and to seek out such opportunities
Ethical practice
Personal passion for life
Understanding intentional programming
Ability to think outside the box and be creative
Awareness of facilitative process
Being able to make your clients feel safe – Physical and Emotional Safety
Flexibility
Ability to modify the program for client needs
Leadership theory
Physical fitness
Comfort outdoors
Understanding of equipment being used and how to maintain
Creativity
Ability to thrive in challenging circumstances
Area specific knowledge of tripping areas
Navigational Skills: map compass and G.P.S.
Organizational skills
Understanding of the client population and the change process
Use of appropriate language
Dynamic problem solving and decision-making skills
Motivational interviewing
Collaboration
Self-acceptance
Coachable and trainable
Being able to act on constructive feedback
Being able to self reflect
Good writing skills

The Resulting Discussion:

"We want all of these things but often the reality is that we are getting formally trained social work students or people who are formally trained in outdoor leadership and then needing to train them to the other half of the discipline that is missing."

Paths to get into the roles we already have:

Industry standards – Certifications

University

Education Programs / Teacher's College

Child Youth Worker diploma

Corrections Program

Outdoor Leadership Programs

Recreation and Leisure Programs

Biology/ Environmental Ed.

(Steve Prysunka) We don't hire by experience or training. We hire on personality. We require a high school diploma but we ask people number one: if they like kids? We've had people who have their MA and are great and some that have not been great. We are skeptical of people who say that aren't interested in making money.

(Maria) If what people are saying is they are hiring on personality why is it so important to have a BA? What are employers in this field looking for?

(Jim) not to take away from anything anyone has said but the people we hire have a B Ed or a BSW and sometimes only have 5 hours of experience when they start with us.

(Louise) maybe what we need to consider is more practicum experience so that students come away with tangible experience.

(Amir) I'm finishing my 2nd BA should I go get my MSW or do I go travel the world to balance out my profile as an employable individual?

(Steve P.) It depends what you want? Do you want to be in front line or in the MSW pool? They are often two very different worlds.

(Jim) we look at travel experience as being extremely important as it speaks to some inherent skills often.

(Steve) you have to know how long you expect your staff. We expect 3 year, 5 years

(Gord) we haven't mentioned connections – it is important who you know, so essential to get yourself out there and network.

(Stephanie) After completing a diploma in our program the people who are most successful at getting hired typically have the following characteristics: Confidence, a really developed sense of appropriate boundaries and initiative.

(Steve Glass) We rely a lot on the history of a person, so reference checks become a very important part of our hiring process.

(Jonathan) when we host trainings for Outdoor Professionals, we are able to observe people's conduct while they are learning or certifying. It is like an extended job interview.

We often approach people who we are impressed by and are similarly sometimes surprised by the people who look great on the surface but who make interesting choices when they feel they are out of sight of

their employers. If you are interested in certain jobs be aware of the way in which you conduct yourself in professional circles.

(Steve P) At AEE we pay for our staff to go and infiltrate the conference and the staff do the interviewing and decide if this is someone that they would want to work with. Also it is important to be careful in an interview of asking what the organization can do for you because you don't want to come across as being needy.

(Chris) what we are seeing coming out of a BA is that there is a lot of theoretical training but people do not have often have a grasp of practical skills.

(Gord) instead of co-op why aren't students going out and getting paying jobs instead.

This is already occurring, especially during the summer.

What are you some work experiences that employers are looking for?

International experience, volunteering, Katimavik (shows heart in community and you've had to deal with change and challenge)

Summer camp (basic child care skills, get them ready for bed, hygiene, being active, sing-songs, storytelling; we need the perfect camp counselor plus...)

Zack shared about creating an online backcountry resume for employers to do research on you; trip logs, outline of experiences etc.

(Steve P) I would use that counter to how you might think I would. I would be careful how you align yourself with other organizations because what if I don't agree or like that program? You might set yourself by eliminating yourself as a candidate before you get in the room for an interview.

Be aware of email addresses that are inappropriate. I teach people that you need to treat applying for the job like waging war – study, plan, learn about the organization.

Something that is often said by entry level people is that they need face time with students to get a job but where can they go to get more face time with students?

"What type of resume is preferable chronological or skill based?"

Hook people with what they want to see up front and then set the hook by exploring with greater depth. A cover letter is so important to capture personality pieces, what you have done, where you have worked.

We often have 300 applicants and only 30 positions to hire for. We look for a "pleasant pest". If you email pleasantly, with a reminder of who you are you help to keep yourself at the forefront of an employer's mind without bugging them.

(Steve P.) The more you put down that is braggy and boastful the less attractive that is. We as an organization are really interested in social advocacy – if you volunteer with the elderly, or some other type of service work, we are really interested in that.

Many in the room especially those from Universities, Colleges and Training Institutions felt that this list would provide an interesting framework to begin to assess how they could better be responding to the emergent needs for more comprehensive training of AT practitioners.

Close of session and the wrap-up of conversations.

Recommendations:

- 1) To come to consensus about a cyclical period around which future gatherings will take place; ie: 1 year, 18 months or 2 years.
- 2) To continue the movement towards a more cohesive network of national professionals.
- 3) To continue to provide a venue for high level professional development and the discussion /development of best practices for AT in Canada.
- 4) To consider the wider peripheral disciplines which may have important overlaps and which may lend to the formation of a sustainable base of interest / representation in consideration of our smaller relative population in Canada.
- 5) To promote C.A.T.S. and the recommendations of attendees and the committee at other national gatherings as well as internationally.
- 6) To promote ever-improving benchmarks on training and development that help to raise the bar for AT Practitioners and to help better set them up for success in their work with clients and students.

CATS Future and the International Adventure Therapy Community

The attendees of the 3rd Canadian Adventure Therapy Symposium (CATS 3) have reconfirmed the notion from CATS and CATS 2 that we should continue hosting this event; the question is, does CATS become a regular gathering? In the short term, and at the time of writing this, it has at least been determined to gather again, this time in Alberta. The following will provide some background and an overview of CATS as a new organized entity, and the possibilities for its future.

The 'voices' of Canadians involved in adventure therapy were sought, and for the most part, are being heard. This was a mandate from Canadian delegates at the 4th International Adventure therapy Conference (IATC) in Rotorua New Zealand, 2006. The rationale was to determine needs, trends and the nature of adventure therapy practice in Canada, and then to determine a future course.

The Canadian representatives to the international committee were also encouraged to educate, advocate and support the development of adventure therapy nationally. As a Canadian representative since 2006 (along with Bonnie Dyck of AADAC, then Helena Longpre of Tips of the Toes) I have undertaken these responsibilities, with founding CATS as the primary action. The conveners of CATS gatherings have stayed true to this mandate as evidenced in this report.

Following CATS 3, we have heard consistently a strong desire to forge ahead, and that practitioner, student and academic alike, suggest increasing our connectivity and impact on those we serve and to reach broader populations. I believe that these desires are also tempered with the realities of developing and sustaining structure to reach these objectives.

To begin the task of developing formal structure around the CATS movement, an oversight committee has been struck. Members are previous CATS conveners, and individuals who have played a significant part in the success of the gatherings. While early in its development, the CATS Committee will undertake the role of an advisory group and support future CATS Conveners while continuing to support the work identified above to develop adventure therapy nationally, and in the international community.

The committee currently consists of (and yes, we know we lack diversity beyond regional representation!):

Nevin Harper (CATS Convener)
Mario Bilodeau (CATS2 Convener)
Tony Cox (CATS3 Convener)
Stephen Glass (CATS3 Convener)
Bob Henderson (Attendee and speaker at all 3 CATS)
Stephen R. (Attendee and speaker at all 3CATS)
Lee White (CATS1 & 3 Attendee and speaker)

Canada, while only represented by a handful of individuals and organizations, has played a significant role in the Adventure Therapy International Committee (ATIC) since 2003. The 2nd IATC was held in Germany and Tim Cormode of Power to Be attended and was granted the right to host the 3rd IATC in Victoria in 2003.

In planning that gathering, a number of us on the host committee recognized our absence from this diverse and inspiring group; Canada has since had two national representatives on ATIC. At the same time, we noticed little to no increase in networking nationally on adventure therapy. CATS now provides a platform for this networking and growth of the field as we gain deeper understandings of what practice looks like in Canada.

Could we not join other existing organizations? Well, yes, and then, why? Many of you may have attended a Therapeutic Adventure Professional Group pre-conference associated with the Association for Experiential Education.

While an American organization, they are inclusive of international participation. This annual gathering and its biennial 'Best Practices' conferences are likely the most well established in our adventure therapy fields for the level of involvement and relationships to research, training and practice.

This reflects the size and scope of health and treatment services in the US as well as their population base. Does this organization fit the needs of Canadians involved in adventure therapy? Is there other professional groups we could be more meaningfully aligned with? Counselling, Social Work and Psychology among other fields are well established in Canada. Do we need to educate the public regarding the merits of adventure therapy and dispel assumptions?

Is there appropriate insurance and risk management systems available in Canada to bridge outdoor adventure with healing and helping fields?... These are 'next step' questions that we can

approach as a committee along with attendees at future CATS events. I am truly inspired by what may come from this movement.

I strongly encourage participation in the IATC gatherings which next will be held in Czech Republic, September 2012. See: <http://www.6iatc.eu/> for more details. This gathering provides a forum for expressions of adventure therapy to be showcased from all corners of the world, and truly opens up the possibilities for practice like no other event I have been associated with.

I also encourage local developments of adventure therapy networking groups. Talk with your colleagues, start a dialogue, host workshops and trainings...and then encourage those folks to attend and network with other Canadians involved in adventure therapy at CATS4.

Last, I am maintaining an archive of CATS reports, Canadian adventure therapy literature and update events happening nationally and internationally in adventure therapy at <http://adventuretherapy.squarespace.com/> . If you have relevant notices or literature, please forward to me at Nevin.harper@gmail.com.

Respectfully submitted,

Nevin J. Harper, Ph.D.

CATS Committee Chair & CATS1 Convener

Announcement for CATS 4 - Coming to Alberta in 2013



The C.A.T.S. Advisory Committee is very pleased to announce that the 4th Canadian Adventure Therapy Symposium will be hosted by Enviros in May of 2013 in beautiful Alberta!

Adam Ross and his Team are already hard at work and coordinating with the Committee to begin to design another incredible gathering; this time in the Canadian Rockies for 2013.

We invite you all to lend your voices, viewpoints, skills and passion as we prepare to set the stage for another impactful gathering. We know that in the end, the most important effects are those that last far beyond the actual event itself; those impacts and ideas that return home with us to our practices, work places and research projects.

On behalf of Adam, Enviros and the wider CATS Committee, I want to extend a formal invitation for you to join us for CATS 4.

We look forward to seeing you there.

Tony Cox.

Incoming CATS Committee Chair.

Contact Information:

Canadian Adventure Therapy Symposium

Hosting Committee CATS 3

Tony Cox – Leaders of the Day - tony_cox@leadersoftheday.com
Jonathan Carroll – Leaders of the Day - jonathan_carroll@leadersoftheday.com
Stephen Glass – Wendigo Lake Expeditions glass@wendigolake.com

CATS 3 website: www.canadianadventuretherapysymposium.ca



List of CATS 3 Participants and Presenters

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