

2022 National WTS Workshops

Friday, August 26, 2022

Drum Therapy Starts With Making A Drum - *Sheri Gallagher*

Drum therapy is an ancient approach that uses rhythm to promote healing and self-expression. From the shamans of Mongolia to the Minianka healers of West Africa, therapeutic rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health. All of this starts with making the drums in the first place. This is a hands on presentation that will result in the participants making and keeping their own 18 inch Native American frame drum. (Wood frame and deerskin rawhide face.)

Keeping the Tradition of Wooden Spoon Carving Alive - *Justin Swensen*

Keep the tradition of hand carved wooden spoons alive with spoon carver Justin C Swensen. In this workshop, you will learn that carving a wooden spoon is much more than making a few cuts on a piece of wood. It is an opportunity to engage your creative energy through the creation of something both useful and beautiful in a ceremonious way. Through spoon carving you may also find new opportunities for creative self-expression, a greater connection to the natural world, and most importantly, a new and profound way to engage with your clients in the field. Together as we remove the unnecessary wood from the spoon blank to reveal the inner beauty, I believe that you will find wooden spoon carving is rich with metaphor. In this workshop, we will also explore the use of hand carved wooden spoons in ceremony, basic tools, wood selection, and wood carving safety. All participants will have the opportunity to complete their own hand carved wooden spoon.

Sacred Wounds & Hungry Ghosts: Healing Through Parts Work in Experiential Therapy - *Travis Slagel, Patrick Delvin*

This presentation will explore the therapeutic application of internal family systems, depth-oriented experiential therapy, and other forms of "Parts Psychology" in regulating shame and addressing underlying trauma. The combination of Parts Psychology in outdoor therapy offers a powerful framework for increasing resiliency and drawing meaning from the natural world as a catalyst for identity formation. This will be an interactive seminar allowing participants to discuss ways to witness and unburden the Self, and utilize countertransference as a window into our own inner landscape. Case studies will highlight an attachment focused approach to

helping clients personify childhood wounds and identify with the "hungry ghosts" that follow each of us on our quest towards healing and wholeness.

Learning Objectives:

1. Give participants a basic understanding of internal family systems and other models that exist within the field of "parts psychology".
2. Demonstrate effective ways to design therapeutic and experiential interventions through the use of parts-work.
3. Provide participants with increased awareness of their own countertransference and the ways to break free from these patterns.

A Gender-Supportive Approach to working with Gender-Expansive Adolescents and Families - *Fred Peipman*

This workshop will present a model for working with transgender, non-binary, questioning, and otherwise gender-expansive adolescents and their families. Going beyond affirming care, this approach will incorporate aspects of developmental psychology, creating resilience and flexibility, acknowledging where students AND their families are in the coming out process, and will offer examples of how to facilitate communication with and between students and families. Parental concerns, issues with identity and mental health, and challenges with barriers to communication and treatment will be addressed with case examples and discussion.

Learning Objectives:

1. Present a gender-supportive approach to treatment that goes beyond (and includes) gender-affirming care
2. Understand difficult issues for students as well as their parents, and learn creative ways to address conflict
3. Facilitate ways to ask questions around gender and identity, including difficult ones, with curiosity and compassion

Decolonizing Wilderness Therapy - *Lily Cesari, Margo Kelly*

We will explore the origin of traditional wilderness therapy, and offer an anti-oppressive perspective to our work. The framework of Decolonizing Wilderness Therapy aims to define and cultivate awareness of the often unintentional and underdeveloped use of language in our industry. This presentation will focus on defining and contextualizing terms we so often misuse in the industry and the field through the lens of diversity and inclusion framework. In order to be trauma informed in our work we must also be trauma informed when engaging with the natural world. We have to be willing to understand our positions of power and privilege in nature, and in the field. This workshop aims to provide context and a framework towards cultivating that awareness and understanding.

Learning Objectives:

1. To define and provide a history of oppressive or exclusive language used in the field.

2. To explore field work through an oppressive lens.
3. To generate knowledge and awareness towards diverse, inclusive, and trauma-informed care.

From Wilderness High to Next Step Slump: Working with Transference and Family Dynamics to prepare kids for the journey through and beyond the woods - *Jordan Kling, Philip Bryan*

Transference and family dynamics are a window in to how students have survived, thrived and struggled in interpersonal relationships. We will explore how recognizing transference and understanding family dynamics can serve to deepen the therapeutic relationship and better prepare students for life beyond wilderness.

Wilderness provides an interruption from unhealthy patterns and dysfunctional relationships at home. However, this is only one step on an extended journey of recovery. As staff and therapists, in order to better support students in transitioning from wilderness to the next step, we must recognize how the relationships we build with students and the awareness of family patterns we identify in the field are integral in helping students face the reality of returning to the fronts. By recognizing transference, responding to maladaptive behaviors and actively interrupting homeostatic family patterns, we can support students and families with preparing for the challenges that reintegrating into life beyond wilderness inevitably brings. The intention is to offer skills and guidance for addressing and recognizing transference, identify how responding to transference and family patterns can serve students beyond wilderness, evoke critical thinking in how we practice mental health care and to open up a collaborative space for questions and comments.

Learning Objectives:

1. Gain understanding and awareness of transference. Transference is normal and extremely helpful clinical information when recognized and responded to.
2. Build skills in recognizing and responding to transference in the field and helping students recognize their ongoing patterns.
3. Understand the interrelation of family systems theory and how transference originate from influential relationships. This is important for supporting parent visits, letter-writing and process groups around family dynamics.

Making Clinical and Programmatic Decisions in Outdoor Behavioral Healthcare - *Trina Grater, Katelyn BeVard*

This is an extension of our presentation at the Regional Wilderness Symposium. We will discuss and build on our work with reviewing applications, and the clinical and programmatic considerations. Our discussion at the regional symposium produced some helpful discussion as programs shared ideas and thoughts about the dynamics of application process in Outdoor Behavioral Healthcare. As OBH becomes more accepted as a treatment intervention, we find that more and more parents want to access it as an intervention for their children. At times, this

has resulted in more challenging and clinically sophisticated cases that require a more thorough examination to determine fit for outdoor treatment.

We will share our journey as a program as we developed increasingly sophisticated systems of review, established collaboration across multiple departments, and worked with parents to explore clinical fit and establish clinical appropriateness. We will share case examples of young people that we accepted and rejected to explore the bounds of our review process.

Finally, OBH is experiencing changes in the way they are being governed in several states (i.e., Utah and Oregon). We will share how some of these changes are impacting our review process and the way this is guiding admission expectations for families.

Learning Objectives:

1. Audience members will gain an understanding of the evolving landscape within the population seeking OBH.
2. The audience will gain framework for thoughtful collaboration and come away with concrete examples for important considerations, i.e., decipher appropriate fit/supervision/what to do if not.
3. The audience will gain insight and learn about systems that facilitate appropriate placement and best fit.

Tending the fire: how to keep the flame alive after wilderness therapy. - *Mackenzie Keefe, Mike Gass*

Aftercare has always been a major contributor to the lasting success or failure of any wilderness program. The purpose of this workshop is to present several methodologies and activities that will help strengthen the integration of learning that happens beyond the wilderness experience. The wilderness experience is known for lighting up clients' internal strengths, passion, and drive even in the darkest of times. During these experiences, individuals are discovering their internal strength and developing habits and behaviors to bring back to their daily lives. During this workshop, practitioners from wilderness therapy and aftercare settings will collaborate to devise experiences that continue to add fuel to the internal fire that was ignited during the wilderness experience.

Learning Objectives:

1. Participants will be able to implement new techniques and methods to heighten the transfer of learning from wilderness therapy to the community.
2. Participants will devise experiences that help to bring to life the learned experiences from wilderness.
3. Participants will understand the research and theories behind transfer of learning.

Deepening the Clinical Conversation: A Practical Framework to Invite Connection and Change - *Alice Cennamo, Kevin Waller*

We are in the business of using language to support change. Regardless of the approach, therapeutic modality, or theoretical frame work, we use language and words to interact, learn

from, assess, and guide clients and families. Anyone working in wilderness therapy knows that the field staff are at the heart of the efficacy of the process. Relationships built through skillful, intentional conversations that happen on the trail, in a circle, or by the fire, serve as the foundation for what we often think of as “the magic” of wilderness. Using a Relational Frame Theory view we can explore our relationship with language to increase insight into our core values, beliefs, and communication. This presentation will look at evidence based approaches to harness the power of language to aid clients and families to gain awareness, be intentional, and increase psychological flexibility. These techniques can help clients and ourselves to move towards rich, full, and meaningful relationships.

Learning Objectives:

1. Explore evidence based approaches to using language with intention through the lens of Relational Frame Theory (RFT).
2. Learn tools to help clients, families, and staff gain more self-awareness through language and conversation.
3. Develop strategies to support field staff as they navigate power struggles and miscommunication, become aware of language traps, and utilize the power of words.

Involuntary youth transport (IYT) to treatment programs: Best practices, research, ethics, and future directions - *Mike Gass, Martin Bernstein, Nick Grippe*

Involuntary youth transport (IYT) is a controversial practice used to admit adolescents into residential care. Critics point out that IYT is in need of regulation and is best used as a last resort. This presentation examines the risks and benefits of IYT, especially the long-term effects on the client, in order to ensure that all facets of a client's treatment are trauma-informed and guided by research-based practices and ethical principles. Practices that re-traumatize youth need to be replaced with informed practices that facilitate positive outcomes. This presentation utilizes an ethical decision-making framework developed for behavioral health professionals to assess and improve the ethical use of IYT. Based on this ethical framework, a more effective and collaborative model is presented that results in less restrictive approaches, greater levels of willingness by the adolescent to enter treatment, and trauma-informed management of difficult emotional or physical behaviors. This model also guides professionals and caregivers on how to proceed when IYT services are deemed necessary. The workshop presents past research and addresses ethical guidelines and best practices for IYT. Steps for practitioners and future directions are discussed.

Navigating the Wilderness of High Conflict Divorce - *Angela Heider, Lindsay Myrick*

Research indicates children involved in high conflict divorce have increased rates of post-traumatic stress symptoms. Nearly half (45.8%) of children demonstrated scores within the clinical range for trauma on the Children's Revised Impact of Event Scale (CRIES-13) as measured in a recent study (van der Wal, et al., 2019). While limited evidence is available, at least one pilot study demonstrates the efficacy of trauma-informed wilderness therapy (Johnson et al., 2020) in adolescents. Trauma-informed care involves creating an environment where

safety, choice, trustworthiness, collaboration, and empowerment are established (Fallot & Harris, 2009). This creates the potential for effective processing and integration. Presenters will outline a model of trauma informed care for adolescents and young adults in a wilderness setting with a focus on creating personal agency, encouraging a positive sense of self, and setting interpersonal boundaries. Presenters will demonstrate related experiential techniques and further discuss family considerations and models for effective parent child communication.

Learning Objective:

1. Develop foundational knowledge regarding struggles adolescents and young adults may face when experiencing trauma related to high conflict divorce.
2. Understand how to create a safe therapeutic environment in which clients and parents can have effective conversations surrounding the emotional impacts of high conflict divorce.
3. Model experiential techniques focused on building agency and helping parents and children to create interpersonal boundaries.

Safety Differently: A positive approach to managing risk for people and organizations - Steve Smith

Traditional views of safety are deeply ingrained in how we talk about, measure, and attempt to manage risk in the outdoor/experiential education industry. Scholars and researchers from sectors such as manufacturing, aeronautical, health care, occupational health and safety, etc. have evolved in their thinking and are making great strides in what is known as Safety Differently, a progressive way of thinking about and managing safety. Outdoor behavioral healthcare programs have much to learn from the high-level research and thinking associated with Safety Differently. We will use small discussion groups and interactive elements to make this session engaging. Participants will come away with a one-page handout showing a compare and contrast and outline of key action steps to apply a Safety Differently lens to their own program.

Cancel culture. What are we canceling? - Deara Ball, Margo Kelly, Kris Brightbill

"Cancel culture" began as a social activism. It originated on Black Twitter and within BIPOC communities to call attention to injustices and mobilize groups to withdraw support from offending sources. This relatively new form of protest, fueled by social media, was created with the positive intent of highlighting historical systems of oppression. Recently it has grown from a social platform to a personal one. It has transitioned from a modality used by celebrities to one used by classmates. While the initial goals of cancel culture were intended to further social justice movements, the impact on society, particularly among teens and young adults has been detrimental. It seems to promote ostracization over education, condemnation over compassion. Is it bullying with a cooler name? Cancel culture, as the data suggests, is being used to circumvent healthy conflict resolution within interpersonal relationships and is exacerbating the struggles of individuals who are already socially anxious. The dynamics of call-out culture (exclusionary) need to shift to become "call-in culture" (inclusionary). This presentation will

explore the implications of cancel culture on social, emotional wellness, and will examine how wilderness and therapeutic programs are working to preserve healthy conflict resolution, improve social confidence and decrease social anxiety.

Don't Forget to Have Some Fun: Wilderness Therapy from the view of a Recreation Therapist - *Emily Fritz*

Play, recreation and leisure are vital parts of overall well being and development. Unfortunately, they get less attention than they deserve. This presentation will explore the differences between play, recreation and leisure, discuss their importance in well-being and development, and explore their importance in a wilderness therapy setting. Participants will learn about ways in which New Vision Wilderness teaches incorporates play and leisure education while gaining resources for implementing leisure education and play into groups. This session will be interactive, so come ready for some learning and some laughs!

Elevating Wilderness Therapy Through the Power of Curiosity - *Eric Fawson, Clark Hammond*

“One of the most important things in therapy is curiosity and the trouble is, no-one really knows what it means and how to use it properly” (Hill, 2020, p. 52). There is increasing awareness of the benefits of curiosity, particularly within therapeutic relationships. However, curiosity is often misunderstood, over-simplified, and under-utilized. The unique, experiential elements of wilderness therapy provide a rich opportunity to cultivate an intentional level of curiosity that helps strengthen the working alliance and positively affect therapeutic outcomes. This presentation explores the lesser-known facets of curiosity, and how they help strengthen the therapeutic process of building rapport and motivating change within therapeutic settings. It will review the benefits of promoting a culture of curiosity, as well as identify potential barriers, offering insight into how to move beyond them. It will highlight the research suggesting that weaving these facets of curiosity into the fabric of the wilderness therapy milieu helps to create an emotionally safe environment, builds trusting relationships, and facilitates a state of mind more conducive to growth. Finally, this presentation will provide strategies for clinicians and field staff for cultivating the three facets of curiosity within themselves and within the clients they serve.

Learning Objectives:

1. Participants will learn about various complexities, or facets, of curiosity (i.e. Curiosity for Information; Curiosity for Play; Curiosity for Meaning & Purpose), thus enriching their understanding of its meaning and power within therapeutic environments.
2. Participants will learn about several benefits of curiosity (specifically about how cultivating a culture of curiosity on the trail can strengthen the working alliance and positively impact outcomes).
3. Participants will learn a variety of strategies for adopting a curiosity-oriented approach within/among the various elements and working relationships in the process of wilderness therapy.

Everything is Figureoutable - *Jeremey Whitworth*

"Everything is Figureoutable" is a meaningful and humorous workshop for front line staff to program leadership/administrators. It's a combination of introducing and presenting an effective mindset for resilient problem solving, paired with tangible take aways for individual use and teachable tools for administrators, managers and staff. This workshop will inspire, educate and entertain participants on a lens through which we CAN CHOOSE to view the world. It will touch on how that perspective can impact our mood, stress management, and relationships. Additionally, participants will gain insight on how this idea, as a cultural collective, can impact how a company grows leaders, solves problems, builds systems, and role models and works with it's students.

Guide Wellness: A Holistic Approach - *Josh Flaherty, Seth Gottlieb, Tim Walsh*

Adventure Recovery will present on how to identify, support, and prevent burnout and fatigue throughout organizational structures (from field staff to management). By shining a light and proposing solutions to this important issue many of us face as outdoor professionals and wilderness guides, we will create avenues for sustained longevity and resilience within the industry. In addition, we will encourage guide wellness so we can all continue to provide a consistent and high level of care for our clients. AR will answer the question of how to implement our personal and organizational missions while embracing the specific challenges regarding direct care and maintaining a healthy personal and professional balance. We will answer the ultimate question: how do we maintain our own medicine?

Leading with authenticity, HUMOR and grace. - Jennifer Hedrick, David Mosse

Hearing stories of adolescent hardships on a daily basis has the potential to feel overwhelming. The work we do can be heavy and hard. It can also spark joy...as long as we are open to it. One of the key components of psychological health is humor (Gkorezis, Hatzithomas and Petridou, 2011). Not necessarily how funny you are but more how you are able to allow humor and levity into your heart and mind (Aker and Bagdonas, 2020). In the 1970s, social psychologist Elliot Aronson talked about the Pratfall effect being a phenomenon that demonstrates seeing leaders as more human when they aren't afraid to laugh or make fun of their own blunders. Leading with humor can also increase group cohesion, workplace culture and relieve tension. This seems increasingly important in a Post-COVID mindset that bred a lack of connection and a reprioritization of relationships where humor and levity may have been lacking.

Saturday, August 28, 2022

Square your Spindle: And other Tips, Tricks, and Techniques for being an effective Wilderness Field Instructor. - *Shayne Gallagher, Derek Daley*

Being a Wilderness Field Instructor is hard, sometimes very hard, and yet it is always rewarding. It is difficult to master all the diverse skill sets that it takes to become a truly effective Wilderness Field Instructor. Some of these skill sets come, and can only come, from years of experience. It is safe to say that every Wilderness Field Instructor has areas they are working to improve regardless of education, or the number of days spent on the trail. We have created a presentation synthesized from experienced instructors in the form of 20 tips, tricks, and wisdom for becoming a more effective Wilderness Field Instructor. In recent years there has been a lot of discussion, presentations, and ongoing attention paid to the subject of field instructor burnout. All this attention has addressed the true challenges field instructors face every day, and obviously their collective reactions to said challenges. What often gets lost or muted in the discussions is that Wilderness Field Instructors are full of passion and love for their work and have desires to improve in it. This is a presentation that aims to support instructors in the craft of helping another human being experience the changes for which they came to wilderness therapy. The presentation is appropriate for instructors who are in their early days of wilderness therapy as well as those who have mastery. It may be even more important for directors of field instructors, those who "guide the guides. We'll be sharing practical approaches for field instructors to utilize at any level, with plenty of reminders of why field guiding is a great career choice. Wilderness veterans Shayne Gallagher and Derek Daley share their knowledge about what skills create effective wilderness field instructors. Anyone who has spent time in the field has likely witnessed or experienced master field instructors who seem to naturally excel at their craft, and new guides who with the best of intentions seem to work twice as hard to try and achieve the same result. Between them, Derek and Shayne have slightly over 53 years worth of experience in the wilderness therapy arena, including a combined 3,450 days "in the dirt" as field instructors themselves. During this presentation, Shayne and Derek will share their observations, tips, tricks, and techniques, for what distinguishes the most skillful Wilderness Field Instructors. Derek and Shayne have presented at the Wilderness Symposium many times over many years. This would be their first time presenting together.

Attachment Theory: Breaking the Negative Cycle - *Roni Malencia, Daniel Rogers, Mallorie Stanley*

The content of the presentation will include work from Dr. Sue Johnson, the pioneer of attachment theory and will include knowledge of the following: 1. Perspective taking and being able to step out of ones shoes and see from the space of another and their needs in a relationship. 2. Increase awareness of the relational cycle or behavioral "dance" that occurs during emotionally stimulating times in all relationships. This will include the identification and labeling of the cycle with another in order to increase awareness and break the cycle. 3. Techniques to increase verbalization of personal needs, such as knowledge around the efficacy of "I feel" statements. 4. Responsive modes of communication to break the cycle, for example- "I am sorry statements and amends" 6. Use the Influence Pyramid from the Anatomy of Peace. 7. Use and education of the 4 S's from the work of Dr. Dan Siegel: Seen, Safe, Soothe, Secure. Ways to make relationships feel safe and secure. 8. Practical application in both a personal and professional setting.

Beyond Bowlby: What about your attachment style? - Jack Hinman, Eric Fawson

The model of psychotherapy is based on helping the client understand their attachment styles and impact on overall functioning. What about the role of the helper, including the therapists, field guides and the supportive staffs' attachment style on the therapeutic process? Research reveals that the cornerstone of positive therapeutic outcomes is the quality of the relationship between the client and therapist. This presentation discusses the role of the attachment style of the helper and its implications on the therapeutic relationship.

Bowlby claimed that attachment plays a vital role from the cradle to grave. From these early attachment experiences, we developed what Bowlby called Internal Working Models, which later influences our capacity to establish effective therapeutic relationships with our clients. Adult attachment is often overlooked in therapy. The adult attachment system is a two-way street. The client's attachment system is only half the therapeutic equation. The presentation will consider the influence of helper's attachment orientation on various aspects of therapeutic relationship. The presentation will discuss the different stages of attachment driven treatment and the role of the helper's attachment style on the stages. There will be an opportunity for the attendees to understand their own attachment style and invite vulnerability to discuss its implications. We will discuss why it is important for all the members of your organization to understand their attachment style and its implications on the people you serve.

Learning Objectives:

1. The attendees will develop a working knowledge of the adult attachment system.
2. The attendees will have an opportunity to understand their attachment style and its role in the treatment process.
3. The attendees will learn the stages of attachment treatment and the implications on the helper and client relationship.

Empowering Staff to Act Effectively: How To Use The Big Five Personality and Leadership Research Test to Predict In Intervention - John Buckner

The job of a field staff can be complicated, dynamic, overwhelming and everchanging. Although this can be exciting and thrilling at times it can also lead to burnout and uncertainty and a strong sense of not knowing what to do with students in the program. Giving staff a model to understand the complexities to make better predictions on how to intervene will empower field staff to act and give them a of a sense of accomplishment. In this presentation we go over the model of Big 5 (O.C.E.A.N.) personality assessment (which is the most research and empirically valid assessment on personality) and how the Big 5 traits can be used to guide staff in a way to understand the students and how to effectively intervene with the students in the program. Furthermore, we will discuss 5 Behaviors of Leaders from the teaching of the book Leadership Challenge to once again give the staff a model on how to effectively work with students. These know two models will empower staff 1) To understand the student's personality 2) Know how to coach/intervene with students effectively and 3) It will make staff feel empowered because they will know what to do or how to handle when a situation does increasing job satisfaction.

Latest Developments in Litigation, Research, Legal Aspects, and Insurance Reimbursement Involving Therapeutic Wilderness Treatment - *Mike Gass, Mary Covington, Brian King*

This workshop will cover the intersection of legal developments, insurance companies, and new research studies in the wilderness therapy fields. This will also include laws governing challenges to denials of Outdoor Behavioral Health (OBH) treatment, Contract Law, ERISA's trust law overlay—fiduciary duties and notice and disclosure obligations, the federal Mental Health Parity and Addiction Equity Act (MHPAEA), State law statutes, and regulations . It will further present how the strengths and weakness of theories of liability vary based on why the insurer or health plan denied the wilderness claim, exclusions, and recent court cases.

Uncovering the Roots of Substance Use: Using Brainspotting to treat Substance Use and Addiction - *Steve Sawyer*

How can trauma lead to addiction? Countless research studies confirm the link between traumatic experiences in childhood and addictive behaviors in adulthood. Brainspotting (BSP) with adolescents who have experienced trauma will be discussed along with BSP's ability to be utilized in the wilderness setting. Specific areas of focus will include discussion on the "dual attunement" frame, the limbic and autonomic nervous system, "activation" within a student, effectiveness with youth struggling with substance use to cope with their trauma, and utilization within the wilderness setting. This presentation will explore the significance of the underlying events that happen early in a person's life, that can influence the utilization of substances as coping mechanisms to deal with said events. Traumatic occurrences/events that remain unresolved continue to make an impact on a person's life years after the occurrence/event. This presentation will discuss the importance of using therapeutic interventions that directly focus on attempting to heal core, integral issues of a person's trauma rather than outer, surface level issues and the ability to do so in an experiential wilderness therapy setting.

Learning Objectives:

1. Discuss most common addictions related to trauma.
2. Identify the connection between early trauma and later addiction.
3. Explore effective clinical interventions.

Presenter Bios

Katelyn BeVard

Katelyn Bevard: Katelyn is the Program Director of Evoke Entrada and has been with the company since 2009. Through her experience in roles as a Field Instructor, Parent Coordinator, Recruiter, Assistant Field Director, Field Director and Program Director she has gained a versatile understanding of the impacts on the treatment team and risks associated with accepting a complex behavioral student. Katelyn works closely with the admissions, clinical and medical teams during the application review process.

Philip Bryan

Phil is a primary therapist with Evoke Entrada. Before joining the clinical team, he has been a field staff with close to 1000 days in the field, a field director, and a program manager. He works currently with adolescent boys and young adults.

Alice Cennamo

K. "Alice" Cennamo, MSW, LCSW, LCAS, is a Primary Therapist at Blue Ridge Therapeutic Wilderness, working with adolescent females as they move through problematic substance use, trauma, defiance, mood disorders, and family conflict. She utilizes a strengths-based approach in her work with adolescents and emphasizes empowerment as an agent for creating change.

Lily Cesari

Lily holds a Masters in Social Work from New York University where she studied anti-oppressive practices in social work. Lily applies this lens to her work in residential treatment, community mental health, and now wilderness therapy. She has been able to merge her therapeutic skill with her background in outdoor education, as she believes in the healing that takes place in nature. Lily is trauma informed in her approach, and trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavioral Therapy (DBT), Mindfulness Based Stress Reduction (MBSR), and Somatic Experiencing.

Patrick Delvin

Patrick is a Licensed Clinical Social Worker and a Level II Certified Alcohol and Drug Counselor. His entry into the therapeutic and addiction field began in 2008 working as a direct care staff

member at a wilderness therapy program with adolescents. Since that time he has worked in a variety of treatment settings including the non-profit sector, outpatient addiction services, a secure mental health facility with severe and persistent mental illness, and was the Program Director & Therapist at a young adult transitional program for 5 years. He is a Co-Founder and Lead Therapist at Skyline Recovery in Bend, Oregon working with young adult male identified clients and their families. Patrick has extensive training and specialty in the areas of addiction, trauma, family dysfunction, attachment theory, and body-based therapies. He is trained in EMDR, Somatic Experiencing, IFS, and mindfulness approaches. In addition to his therapeutic training, he has been trained in nature based rites of passage ceremonies through the School of Lost Borders.

Eric Fawson

Eric Fawson is a well-known therapist working in outdoor behavioral health care. Eric first earned a degree in Behavioral Sciences from Utah Valley University and later earned his Master's degree in Clinical Social Work from Brigham Young University. Eric is an owner and Clinical Director of Elements Traverse Young Adult Wilderness Treatment program. Eric is called on for his expertise as a family systems attachment trauma specialist, which goes hand in hand with his work with mood disorders, substance abuse, and other addictive behaviors. Eric's passion for the outdoors began early in his childhood and was highly influenced by growing up in Hawaii. To this day, Eric's favorite vacations with his wife, 5 kids and 2 grandchildren are to the beach with surfboards in tow. Since Utah is landlocked, Eric has developed a love for mountain biking and in 2017, became the Utah Go Ride Gravity Series state champion. Eric also coaches a high school mountain bike team.

Mike Gass

Michael Gass, PhD, LMFT, CCAT, CCBT, is a Professor in the College of Health and Human Services at the University of New Hampshire. He received his Ph.D. from the University of Colorado at Boulder and completed postdoctoral studies in marriage and family therapy. Dr. Gass currently directs two critical research initiatives in the field of adventure therapy—one as Director of the Outdoor Behavioral Healthcare Research Center (OBHRC) and another as Director of the NATSAP Research Database. Work completed by the Center has resulted in the return of over \$17.5 million to families for wilderness therapy over the past six years. He has made over 300 professional presentations and written over 200 professional publications. His book, *Effective Programming in Adventure Programming* written with Dr. Simon Priest, is the largest selling textbook in the field. His latest book, written with Dr. Lee Gillis and Dr. Keith Russell, *Adventure Therapy: Theory, Research, and Practice*, is published by Routledge Press in 2020.

Trina Grater

Trina is the assistant clinical director and a primary therapist at Evoke Therapy Programs. She is a licensed clinical mental health counselor and has worked in a variety of roles within Outdoor Behavioral Health over the past decade. She is passionate and creative in her work in wilderness therapy. Trina works with young people who feel deeply and don't know where to start; often, these are young ladies who struggle with attachment, identity, and impacts from past trauma. Trina is known for her ability to get behind defenses while creating an atmosphere where her clients feel seen, and co-creating meaningful engagement from students and their families.

Clark Hammond

For over twenty years, Clark has been a part of some of the foremost wilderness and residential treatment programs in the nation, and never tires of the life-changing growth he gets to witness in the transformation process. And he's played a part in that process from several key positions, including primary therapist, clinical director, executive director, and the responsibilities of marketing & outreach.

He has presented at several regional and national conferences on a variety of topics, most of which center on developing effective collaborative relationships, organizations of trust, the importance of "healing the healer," and improving outcomes.

Recognizing the growing rates of mental health issues, especially among our nation's young people, Clark is passionate about this work of literally saving lives. He and his co-founders are intent on creating an environment where students, and all stakeholders, feel highly valued, deeply loved, and securely connected.

Clark grew up in Huntington Beach, CA and still feels like he's got saltwater in the veins. But the outdoors of Utah – his home for the last 20 years – is a close second, and he loves to hike, fish, kayak, and mix in some golf or tennis to decompress. Above all, family time is the best!

Angela Heider

Angela has joined blueFire to further her career in wilderness therapy. She received her Master's in Clinical Mental Health Counseling degree from the University of the Cumberlands after completing an internship focused on the inpatient treatment of clients with substance use disorders. She is a Licensed Professional Counselor.

Previously, Angela was an obstetrician and gynecologist, trained at the University of North Carolina at Chapel Hill before retiring from practice in 2006 to stay at home with her four children. When she decided to return to work, she pursued a career in a helping profession and

specifically wanted to help children face mental health challenges in what seems to be an increasingly complex world. Wilderness therapy is the perfect fit!

Angela enjoys being outdoors – hiking, camping, skiing, scuba diving, or just reading a book. She loves joining adventures with clients at blueFire and being part of a team that is making a difference in the lives of families. She enjoys her Southern Idaho community.

Jack Hinman

Jack Hinman is the Founder and Executive Director of Engage Transitions. He has been providing mental health and administrative services to individuals and families in a variety of treatment settings including hospitals, wilderness therapy programs, residential treatment centers and community mental health for over 20 years. Jack is a licensed clinical psychologist who is a passionate and committed clinician and administrator in helping young adults cross that bridge into healthy and engaging independence. This blend of clinical and administrative experience has provided Jack a comprehensive perspective of the therapeutic journey. He believes through the power of connection we thrive. Jack's clinical foundations are driven in attachment theory and Dialectical Behavioral Therapy. Jack has also served on the board of directors for the National Association of Therapeutic Programs and has a local private practice working primarily with young students from the local community. Jack loves living in the outdoor rich area of Cedar City with his wife of 23 years and their two teenage children. Jack is an avid mountain biker and a coach for his son's high school mountain bike team.

Mackenzie Keefe

Mackenzie Keefe MSW, MS, practices as a young adult coach for Sky's the Limit Fund and as an Adventure-Based Counselor with Adventurelore in New Hampshire. Mackenzie attended the University of New Hampshire, where she studied Outdoor Education during her undergraduate studies. She spent five years working in wilderness therapy at Open Sky Wilderness Therapy and returned to UNH to complete the Master of Social Work and Master of Science: Adventure Therapy dual degree graduate program. Mackenzie works closely with Dr. Michael Gass and Dr. Anita Tucker and the Outdoor Behavioral Healthcare Research Center to advance the current state of knowledge and expertise in the field.

Margo Kelly

Margo (they/them/theirs) received a bachelor's degree in Early Education and Anthropology. They traveled to Romania to work with children living in group homes, gaining insight in how environments influence children's resiliency and practicing a strength-based approach within a different worldview. They returned to Seattle and spent 8 years working in public schools to build

students' social emotional skills and provide wrap-around services for families. Margo has experience supporting adolescents and young adults with anxiety, depression, disordered eating, gender variance, relationship health, and neurodiversity. Margo specializes in gender and sexuality development, identity formation, and sexual and relationship health. Margo approaches therapy from a relational, trauma-sensitive, and strengths-based perspective and believes the wilderness offers experiential learning that cultivates growth within the mind, body, and spirit.

Throughout all their work, Margo maintained a strong connection to the outdoors in their personal life, backpacking throughout the pacific northwest, west coast, and now the northeast. Margo continues to enjoy the outdoors through hiking, camping, biking, or snowshoeing. They can also be found puzzling, dancing, rollerblading, cooking, or stooping on their front porch.

Jordan Kling

Jordan is a primary therapist at Cascade Crest Transitions, an adult transitional living program in Bend, Oregon. Prior to moving indoors, she guided at a wilderness program in Oregon, earned her master's degree in social work, provided family therapy at a wilderness program in Colorado and worked as a primary wilderness therapist with adolescent girls in Utah.

Lindsay Myrick

Lindsay currently works as a primary therapist and assistant clinical director at blueFire Wilderness Therapy where she utilizes EMDR therapy and mindfulness based interventions in conjunction with wilderness and adventure programming to assist adolescents and their families with healing issues related to trauma and attachment. Lindsay is dedicated to a treatment team approach in wilderness therapy and completed and presented research related to secondary and vicarious trauma in wilderness therapy frontline staff. She started as a commercial guide and instructor and in her free time enjoys rock climbing and hiking in Sun Valley, ID.

Fred Peipman

Fred is a Licensed Psychologist with 26 years of experience treating adolescents, young adults, and families. He works with issues of anxiety, self-harm, depression, personality disorders, technology overuse, acting-out behaviors, sexually compulsivity, identity challenges, and family conflict. He has worked extensively with transgender youth and adults, as well as with LGB individuals. Fred often works with students for whom other treatment options and settings have failed, or who have complex psychological presentations. Adopting a unique conversational and educational style, he works well with adolescents and young adults for whom previous modalities and treatment settings have led to minimal change and growth.

Fred earned his B.A. from Yale University in music and psychology, followed by a M.S. in Mental Health Counseling from the University of Bridgeport. After working in college admissions and counseling, as well as in mental health clinics and hospitals, he went on to earn his PhD in Counseling Psychology from the University of Miami, with a focus in behavioral medicine and adolescent mental health. Fred has since worked as a wilderness therapist, and as a psychologist in private practice providing therapy and psychological testing. In addition, he has enjoyed speaking at workshops and conferences

Steve Sawyer

Steve Sawyer is a licensed psychotherapist filled with passion and knowledge surrounding the intervention and change process. His experience comes from over a decade of intervention with tough-to-reach client populations in therapy settings ranging from residential, community-based, outpatient and wilderness therapy. Steve currently serves on the board of The National Association of Therapeutic Wilderness Camping (NATWC).

Steve's largest project has been the development of NVW's Trauma Informed Care model in the wilderness setting that has challenged the entire wilderness therapy industry on making healthier interventions with their clients. Steve's trainings are recognized nationwide for cutting-edge therapeutic techniques and inspiration.

Travis Slagle

Travis is a Licensed Professional Counselor with extensive experience working with adolescents, young adults and families in wilderness and residential treatment. As the Clinical Director at Evoke Therapy Intensives, Travis works with a diverse team of clinicians that provide multi-day healing retreats and workshops utilizing gestalt, psychodrama, internal family systems, and attachment based group psychotherapy. As a former wilderness therapist, Travis is passionate about helping parents engage in their own healing process and providing alternative treatment options for families in need of wraparound support. As a therapist, parent coach, and group facilitator, Travis collaborates with treatment teams throughout the country to provide customized experiential retreats and therapeutic support that bridges the gap between wilderness, after-care, and in-home intervention.

Kevin Waller

Kevin Waller, NCC, LCMHCS, LCAS, CCS, works as the Family Program Manager at SUWS of the Carolinas. He has spent more than 15 years working with adolescents and their families in wilderness settings. His clinical focus consists of ACT, MI, and Systemic Family Therapy.