

Syllabus - PSY 667- ADVENTURE THERAPY Spring 1995

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

Major Course Objectives:

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

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

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

Required Text:

Gass, M. (1993). *Adventure Therapy: Therapeutic applications of adventure programming*. Dubuque, IA: Kendall Hunt.

Assigned reading

Gass (1995). Processing adventure experiences: Six generations of facilitating adventure experiences. In M.A. Gass (ed) Book of Metaphors Volume II. Dubuque, IA: Kendall/Hunt Publishing Co.

Gass, M. & Gillis, HL (1995) Focusing on the 'solution' rather than the 'problem': Empowering client change in adventure experiences (unpublished manuscript)

Gass, M. & Gillis HL (in press) CHANGES: An assessment model using adventure experiences. Journal of Experiential Education

Gillis, HL (1995) If I conduct outdoor pursuits with clinical populations, am I an adventure therapist? (unpublished manuscript)

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

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

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

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

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 (unpublished manuscript)

Ringer, M. (1995) Viewing the group as a whole: Working with the central concern (unpublished manuscript)

Ringer, M. & Gillis, H.L. (in press) Managing psychological depth in adventure programming. Journal of Experiential Education

Required Materials: 3.5 DOS/Windows or Mac Computer disk for turning in questions, #2 pencil when taking scanned exams, and 2 NCS 200 item scan forms for each test (2 total)

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

Unless you make **prior** arrangements:

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

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

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

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

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

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

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

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

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

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

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

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

Experiential Portion: Project Adventure + Dr. Jarvie's class + 'other duties as assigned': You will attend 'group' or treatment team run by me at Project Adventure once per week for the experiential part of the class. We will decide on each Monday class who is to attend which session, Thur PM or Fri AM. Write up each group observed using the S-O-A format; turn in on following Monday. **100 points total for write-ups and attendance**

Project: Pick a class project e.g., bibliography, pilot research project, WWW, etc focused on adventure therapy during the quarter. Pick the project by the end of the second week of class.**50 points**

Course Outline

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|---------|---|
| 4/3/95 | Introduction
Adventure Group/Martin |
| 4/5/95 | Ringer's '94 paper +Section 1:
Overview and theory of
adventure therapy |
| 4/10/95 | Sect 2: Applications CH
5,7,9,10 |
| 4/17/95 | Sect 3: Programming: CH 11,
13, 15 |
| 4/24/95 | Sect 4: Processing CH 20, 23,
24 |
| 5/1/95 | Sect 5: Research CH 26, 30,
31 Project Due
<i>Last day to drop w/o penalty NOT A CLASS
DAY</i> |
| 5/8/95 | Prospectus draft due |
| 5/9 - | Pre-registration for SS1, SS2, |

15/95 Fall 95
5/15/95 Sect 6 Future: CH 33, 37, 38,
39
5/22/95 Articles
5/29/95 Articles
6/1/95 ****WED** Questions on Disk
Due **WED****
6/5/95 **FINAL Prospectus DUE**
6/7/95 **FINAL EXAM = WED =**
6/10/95 Graduation
6/20/95 SS1 Classes Begin
7/25/95 SS2 Classes Begin
9/14/95 Fall 95 Classes Begin