The TAPG Insights Newsletter

Hello, AEE Members! We’re bringing back **INSIGHTS** -- the quarterly **Therapeutic Adventure Professional Group (TAPG)** Newsletter. Other monthly updates and announcements will continue to be provided in the AEE Monthly Member Newsletter, as needed.

Sincerely,

*Your TAPG Leadership Council*

[Meet the TAPG Leadership Council Here!](#)

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About TAPG

**TAPG Mission**

The [Therapeutic Adventure Professional Group](#) is committed to the development and promotion of adventure-based programming and the principles of experiential education in therapeutic settings. We are also committed to the professional development of our members and the profession as a whole.

**TAPG Statement of Purpose**

Therapeutic Adventure is the professional group for those AEE members who work within the fields of health, mental health, corrections, education, and other human service fields. Our primary purpose is to facilitate networking for professionals within our various fields and share information, techniques, and concerns regarding the therapeutic use of adventure. We define therapeutic as moving toward healthy change with intentional interventions. We represent the interests of our membership to the Board and larger professional communities through workshops, conference and pre-conference activities, and best practices development.

Find us on [Facebook](#)

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**Upcoming Research**

The University of New Hampshire is getting nearly $3 million to study the effectiveness of wilderness therapy in treating teens with depression, anxiety and substance use disorders.
Officials say the grant money will allow the university’s Outdoor Behavioral Healthcare Center to conduct the first randomized clinical trial to compare the treatment and outcomes for several groups of youth. Half of the participants will receive the standard cognitive behavioral therapy in their own communities, while half will participate in wilderness experiences such as hiking, back-country travel and climbing. Read more [here](#).

**SAVE THE DATE!**

It brings us great pleasure to announce this year’s **Adventure Therapy Best Practices Conference**, held in collaboration with the Outdoor Behavioral Healthcare Council’s Annual Wilderness Therapy Symposium in Park City, Utah!

With ATBP taking place from **8/23-25**, followed by the WTS from **8/26-28**, we are set up for an amazing week with many of the most innovative minds in our field.

And of course, in a year like this one, we must also include the following disclaimer: Conference organizers will be monitoring the state of the COVID-19 pandemic and complying with all state and national regulations for group gatherings as they evolve. Conference format and dates are subject to change if needed.

In the meantime, check out some of the [upcoming virtual events](#) being offered by AEE over the next few months [here](#).

**Interested in becoming an AEE Certified Clinical Adventure Therapist?**

As the field of Adventure Therapy progresses forward, evolves and gains popularity, professionals from the wide variety of Adventure Therapy settings have come together to express an interest and a need for greater professionalism in Adventure Therapy. After the tremendous efforts of those involved in creating the Adventure Therapy Best Practices, and the advent of specific certification standards that meet the needs of Outdoor Behavioral Healthcare Council programs, a growing need for an adventure therapy certification became more and more apparent. Learn more about certification [here](#).

**Intervention Spotlight**

**Wandering**

No props. No gear. No course or destination. Just two people with an hour in nearby nature. When working with clients outdoors in a community based setting or in private practice, I sometimes invite them to simply...wander. I keep my invitation simple, open, and sensory (SOS) which allows the
client to interact with nature however they wish. After a brief grounding activity to awaken the senses, I might say, “let's slowly wander and see what we're drawn to on our way.” This invitation will often lead us off the path-- exploring, noticing, smelling, and listening--and provides an opportunity to process a shared sensory experience in a rich and powerful way.

“The faster one goes, the more strain there is on the senses, the more they fail to take in, the more confusion they must tolerate or gloss over--and the longer it takes to bring the mind to a stop in the presence of anything.” Wendell Berry, An Entrance to the Woods.

Wander on, friends.

Kim Hinzy, LCSW Clinician at Adventure Works and Action Consulting and Therapy in Illinois.

Volunteers

Our Leadership Committee is currently seeking volunteers to support our communication and outreach efforts. A planning meeting will be held on 3/26 at 1:00 p.m. (CT). Please reach out to kim@adventureworksdekalb.org if you're interested in joining the meeting to learn more.