



Adventure Therapy: Experiential Approaches for Effective Treatment

Camp Mary Orton
7925 North High Street
Columbus, OH 43235

Friday, May 30, 8:30am-5:00pm
&
Saturday, May 31, 8:30am-2:00pm

ADVENTURE
THERAPIST[®]

Registration:

<https://www.adventure-therapist.com/adventure-therapy-experiential-approaches-for-effective-treatment/>

Adventure Therapy: Experiential Approaches for Effective Treatment

Friday, May 30, 2025

Description

Activity-based interventions can enhance rapport, spark creativity and drive engagement in the treatment process for individuals, families and groups! Adventure therapy is a practice approach for mental health treatment that uses activity and experience as a powerful agent for change. This conference explores how adventure therapy is used in a variety of treatment settings, including individual, family and group therapy as well as private practice and community mental health settings.

Playnote and workshop content will span multiple aspects of adventure therapy practice: foundations, ethics, intervention, and more! Our aim is to introduce you to this innovative practice approach, offering participants the chance to explore a variety of applications. Expect to gain a number of experiential interventions that you can incorporate in practice!

The conference is located at the beautiful Camp Mary Orton in Columbus, OH. Lunch is included with registration. An optional campfire social is planned following the conference.

Learning Objectives

This conference is designed for practitioners of all experience levels, with a focus on introducing both new and experienced practitioners to the adventure therapy practice approach.

Participants will:

- Understand the foundational concepts, clinical models, and potential benefits of adventure therapy practice.
- Know models of practice and applications of adventure therapy interventions in a variety of contexts.
- Learn how to plan and implement adventure therapy ethically, effectively, and intentionally.

What to Expect

Adventure therapy is an active and experiential modality, yet it does not require athleticism, daring or any other extremes that the name might suggest. This will not be a typical sit-and-take-notes style of conference. To that end, we want you to know some important things about what to expect!

- Sessions will be active and engaging, inviting all participants to learn through experience. Dress to be moving around, including wearing closed-toed shoes appropriate for grassy outdoor areas.
- Sessions may be indoors and/or outdoors. Dress for the weather and consider packing layers for the temperature fluctuations we experience in spring in Ohio!
- Consider bringing a small backpack or day pack to easily carry layers, a water bottle, note-taking materials, and other supplies to accommodate transitioning between indoor and outdoor environments.
- Know that how you choose to participate in sessions will always be up to you. We want you to choose what is best for your well-being, learning, and experience.

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Registration

Rates:

Early Bird Rate \$99

Regular rate \$129

Student Rate (early bird) \$69

Student rate (regular) \$89

*Register before April 30th to receive the
Early Bird Registration rate.

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Meal Options

Lunch is included with registration. When you register, you will be asked to select a box lunch offering. Descriptions of the lunch options are provided on the website. There are options for gluten-free, vegetarian, and vegan diets.

Continuing Education

This program is approved by the National Association of Social Workers Ohio Chapter for 6.5 social work continuing education contact hours. In order to be issued your CE certificate, you will be required to sign in, attend all sessions, and complete the course evaluation. *pending approval

About Adventure Therapist, LLC

Adventure Therapist, LLC is sponsoring this conference. We provide training and consultation to practitioners and programs interested in offering adventure therapy. We believe that adventure therapy is a powerful approach for healing, and it is our goal to improve client access to these interventions by increasing the quantity and quality of adventure therapy practitioners through education and mentorship. Check out our offerings on our website www.adventure-therapist.com!

About Camp Mary Orton

Camp Mary Orton is owned and operated by Godman Guild Association, a settlement house serving the Weinland Park community in Columbus, OH. Camp Mary Orton is utilized as a natural arena for a variety of Guild programs. Camp Mary Orton has been serving children and families since 1910! When you choose Camp Mary Orton to host your next event, you're not only guaranteeing a memorable occasion for your guests, but you're making a much larger impact on the Columbus community!

Camp Mary Orton is located on land originally stewarded by the Hopewell Culture, Kaskaskia, and Myaamia indigenous people.



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WORKSHOP SCHEDULE

8:30-9:00am	Meet & Greet
9:00-10:00am	Welcome & Playnote
10:00-10:15am	Break
10:15-11:45am	90 Minute Workshops
11:45-12:30pm	Lunch (provided)
12:30-2:00pm	90 Minute Workshops
2:00-2:15pm	Break
2:15-3:45pm	90 Minute Workshops
3:45-4:00pm	Break
4:00-5:00pm	Keynote & Closing
5:00-7:00pm	Campfire Social

There are four different workshop tracks for this conference. Please feel free to choose the workshops that best fit your needs.

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Welcome & Playnote

9:00-10:00 am

Kinesthetic Connections

Stephanie Freeman, LPCC-S & Brian Strozewski, LPCC-S, CCAT

Huntington Room

Adventure Therapy uses challenge and experience to facilitate the process of therapeutic change. Adventure therapy trainers Steph and Brian will experientially introduce participants to adventure therapy values that guide the clinical practice of adventure therapy, guide participants to differentiate Challenge by Choice from typical informed consent processes, and review the benefits of relationship-focused experiential interventions in the process of building the therapeutic alliance and working toward treatment goals.



Adventure Therapy: Experiential Approaches for Effective Treatment Friday, May 30, 2025

10:15-11:45

90 Minute Workshops:

A Clinical Model for Adventure Therapy Practice: The Facilitated Wave

Kim Sacksteder, MSW,
LISW-S, CCAT

The Adventure therapy practice approach is informed by a clinical model named The Facilitated Wave Model. This model has great versatility, enabling practitioners to incorporate a variety of experiences within their clinical practice. The ability to talk about our work with clients and administrators and a framework for structuring interventions are a critically important foundation for practice. Workshop participants will engage in a series of activities that may be used for each stage of the model, providing specific tools for integration!

Area D Shelter

Trauma-Informed Care for Trauma Responsive Adventure Therapy

Bobbi Beale, PsyD, CCAT

The common factor across all clients and settings would be the high degree of exposure to trauma and traumatic stress. The purpose of this training is to make sure our AT workforce recognizes and responds appropriately to people who have experienced significant trauma and stress. We'll unpack SAMHSA's TIC definitions, core concepts, and principles to expand our understanding of trauma and shift our responses to be most effective with our clients and our colleagues.

IAC Conference Room

Saved by the Ball: Adventure for School Stress

Brian Strozewski, LPCC-S,
CCAT

Waking up in the morning, making it on time to school, pop quizzes - these are just a few of the more minor stresses for our students! But it's alright, because the Saved by the Ball: Adventure for School Stress workshop will provide participants with a brief overview of the functions of stress and the Stress Response, engage participants in a discussion of how adventure therapy at school can leverage stress and challenge to create growth at different levels of intervention (prevention, targeted, individualized), and include participants in experientially learning adventure therapy activities that are easily adaptable to various school settings for use in helping students learn and practice stress management.

Area A Shelter

Walk and Talk Therapy Sessions: How to Begin and Where to Go

Collin Rhoads, MA,
LPCC-S

This workshop will provide introductory information to participants on logistical and ethical considerations regarding conducting walk and talk therapy sessions. The workshop will also cover the potential benefits and risks regarding walk and talk therapy, as well as aligning walk and talk therapy interventions with treatment goals. Workshop participants will have the chance to brainstorm creative applications for walk and talk therapy with fictional client scenarios.

Area B Shelter

Adventure Therapy: Experiential Approaches for Effective Treatment Friday, May 30, 2025

12:30-2:00

90 Minutes Workshops:

Group Expectations: How to Build a Boat to Ride the Wave

Beth Sandman, LISW-S,
CCAT, WFR

Experiential Supervision in Adventure Therapy: Learning Through Practice

Christy Brock, MSW,
LISW-S, CCAT

Individual Interventions for (Mostly) Any Environment

Faith 'Jax' Lambert, MA,
NCC, LPC
Gabby Patton, BA

Exploring Resilience Through Adventure Therapy

Kim Sacksteder, MSW,
LISW-S, CCAT

Area D Shelter

Adventure therapy group facilitators identify experiences common to navigating rough waters as they voyage through the therapeutic process with clients: disagreements, awkwardness, conflicting beliefs, power grabs, unexpected environmental shifts - so many things we simply call them "squiggles!" Identifying and anchoring to a core set of values, beliefs, and behaviors will act as tools to help the group navigate and right the ship. This workshop will give adventure therapy group providers an understanding of the importance of group expectations, experiential methods for co-creating expectations with groups, and suggestions for how to intentionally integrate expectations into every session to help clients reach treatment goals as well as draw upon them as needed when the group milieu waters get rough.

IAC Conference Room

Research shows that training alone is insufficient for sustaining high-quality practices - ongoing consultation, organizational support, and timely feedback are essential. Experiential learning with physical engagement through games, initiatives, and outdoor activities can foster social skills, self-concept, and group cohesion. This workshop explores integrating experiential methodologies into supervision, incorporating skilled facilitation, responsive processes, and adventure-based interventions like check-ins, skill-building, and case conceptualization. Led by an experienced experiential supervisor, participants will engage first-hand in supervision activities that deepen practice, clarify supervision's purpose, and align strategies with practitioner competency. The session will include supervision learning plans, adventure-based competency assessments, and a sample supervision experience, all enhanced through access to an outdoor space.

Area A Shelter

One of the most powerful aspects of using adventure therapy with individual clients is the ability to adapt activities to various clients, settings, and treatment needs. In this workshop, attendees are invited to observe activities and initiatives, practice facilitating interventions in small groups, participate in debriefing the experience, and learn about modalities utilized. Attendees will practice adapting activities through considering possible clinical scenarios and participating in experiential reflection processes. This workshop will have activities using no props/resources and activities that use specific items.

Area B Shelter

Adventure Therapy interventions provide an ideal process for exploring resilience. Four key components of resilience will be explored, including aspects of connection, self-control, competence, and contribution. Attendees will be invited to engage in a variety of experiential interventions that are targeted toward assessing and developing resilience and protective factors that support client success.

Adventure Therapy: Experiential Approaches for Effective Treatment Friday, May 30, 2025

2:15-3:45

90 Minute Workshops:

Adventure Therapy for Families with LAFF

Bobbi Beale, Psy.D., CCAT,
Stephanie Freeman, LPCC-S,
Brian Strozewski, LPCC-S,
CCAT

Often the best way to learn about facilitating adventure therapy is to experience it. Life Adventures for Families Trainers (LAFF) Bobbi, Steph, and Brian will experientially facilitate a full 1-hour family adventure therapy session from start to finish, guiding workshop participants as both members of the session and learners of the facilitation process. This workshop is intended to be educational and not therapeutic, as participants will learn facilitation skills through experience, practice problem-solving Adventure interventions through reflection processes, and have an opportunity to ask in-depth questions drawn from in-vivo experience.

Area D Shelter

Integrating Ecotherapy in Practice

Kristen Hicks LISW-S,
TRCC II

Ecotherapy is the practical application of Ecopsychological concepts and ideas. It involves nature as a partner in the therapeutic process and expands on the traditional person-in-environment understanding of well-being. We ARE nature. This workshop will present ways of integrating nature into therapy sessions for individuals, couples, families, and groups wherever you practice: outdoors, in an office setting, and via telehealth. We'll discuss the basics and engage in experiential activities and discussion, and you will walk away with new tools to start practicing right away.

IAC Conference Room

Adventure Therapy in Private Practice

Christy Brock, LISW-S, CCAT,
Collin Rhoads, MA, LPCC-S

As the field of adventure therapy grows, as does the settings in which it is used. This workshop will give participants the information they need to begin using AT in their private practice, including identifying approaches to informed consent and confidentiality, exploring ethical issues that might arise, and learning initiatives they can utilize in the office setting. Participants will have opportunities to discuss and collaborate regarding needs and concerns about incorporating AT in the private practice setting.

Area A Shelter

Processing Tools in Adventure Therapy

Tuesday Spangler, LISW-S,
CCAT

Let's have fun, play, and develop essential skills along the way in this workshop. We will learn and practice experiential processing tools and activities that can be used in individual, couples, and group therapy settings. Participants will engage experientially and should be prepared for light physical activity and group interaction. Together, we will not only practice various processing tools but will also collaboratively envision and problem-solve methods to implement them into practice.

Area B Shelter

**Adventure Therapy:
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Closing Session Keynote 4:00-5:00pm

**Addressing the Needs of Diverse Populations with
Adventure Therapy
Kynetta ‘Sugar’ McFarlane, PsyD**

Huntington Room

Affirming, strengths-based, relationally focused care is essential in adventure therapy. In this keynote session, we will review the foundations of adventure therapy while considering integration of trauma-informed care into practice, including working with diverse perspectives and needs. We will review a case scenario of a youth that has a history of trauma and sensory differences and discuss how adventure therapy effectively met his clinical needs, and apply concepts of the case scenario to participants’ practice of AT.

Kynetta ‘Sugar’ McFarlane, PsyD

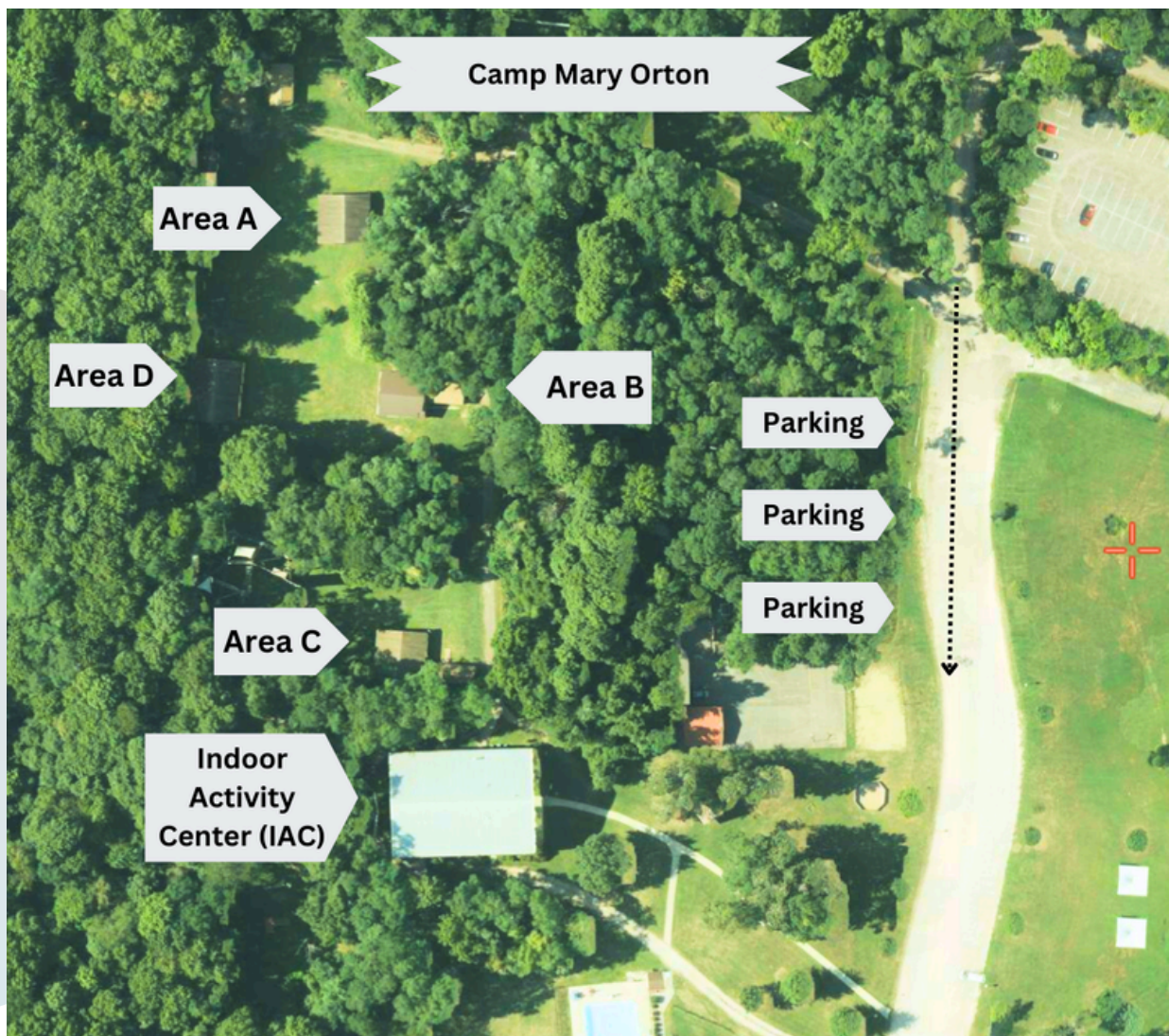
Dr. Kynetta McFarlane (she/her/hers) is a licensed clinical psychologist with 20 years of experience working in psychology. She holds a BS in Psychology with a Minor in Africana Studies, an MA, and a PsyD from the American School of Clinical Psychology, Washington, DC at Argosy University. Dr. McFarlane has expertise in complex trauma and trauma-focused psychological assessment including assessment of pediatric bipolar disorder, autism, personality disorders, and psychosis, as well as assessment and treatment of gender diversity in children, adolescents, and young adults. Dr. McFarlane is the System of Care, Equity and Inclusion Coordinator for The Center for Innovative Practices (CIP) at Case Western Reserve University, an expert on the Project ECHO Team for multisystem youth at Northeast Ohio Medical University, a former Treasurer and Board Member of The Ohio Children’s Trust Fund, and has spoken internationally on issues related to trauma, culture, and gender diversity.



Adventure Therapy: Experiential Approaches for Effective Treatment Friday, May 30, 2025

Campfire Social 5:00-7:00 pm

Building connections is one of the best parts of a conference gathering! Following the conference, participants are invited to attend a campfire social at Camp Mary Orton. This event is a bring-your-own food and beverage outdoor event and will be dependent on weather conditions. S'mores supplies will be provided! Consider packing a camp chair and spending some time relaxing while building community post-conference.



Connection & Play Day

Optional Add-On - \$35

Saturday, May 31, 2025

8:30am-2:00pm

As adventure therapists, we thrive in community—but how often do we take time to truly connect, not just with others, but with ourselves? This optional add-on experience is an invitation to come together, share space, and engage in meaningful connection through play. Join us for a day of nature meditations, yoga, and a shared community meal—activities designed to foster relationships while offering practical tools you can bring into your work and life. Take this time to recharge, laugh, and build deeper connections, because just like adventure, growth happens together.

8:30 AM - Welcome & Refreshments

- Tea, coffee, and snacks

9:00 - 9:30 AM - Group Grounding & Connection

- Start the day with a guided grounding session

9:30 - 10:30 AM - Choose Your Morning Self-Care Adventure

- Yoga (some mats provided or bring your own)
- Nature Meditation
- Hike

10:30 AM - 12:30 PM - Community Campfire Meal

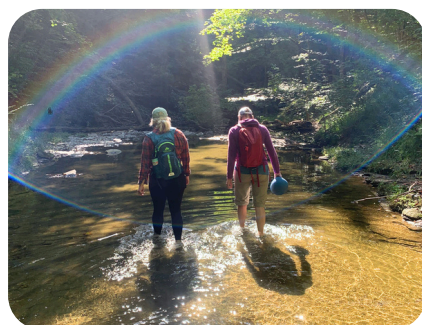
- Cook & enjoy a nourishing meal together

12:30 - 1:30 PM - Choose Your Afternoon Self-Care Adventure

- Join in for a Zip-Line adventure OR
- Relax and create at the Art Shelter

1:30 - 2:00 PM - Group Closure

- Reflect on the day in a peaceful, connecting space



Thank You to Our Presenters!

Brian Strozewski, LPCC-S, CCAT



Brian has over a decade of experience in community mental health in Northeast Ohio incorporating adventure therapy in practice and supervision and has been presenting on and training others in AT since 2011. Brian has served youth and families with complex trauma in a variety of settings, including schools, offices, community centers, homes, parks, and camps. Brian now works at his adventure therapy-focused practice, Everchanging Counseling and Consulting, near Cleveland, provides Life Adventures for Families training to providers throughout Ohio through CWRU, and is a current board member of the Association for Experiential Education (AEE).

Stephanie Freeman, LPCC-S

Stephanie has been bringing her passion and energy to the adventure therapy world for over 15 years. She started her work as a therapist in a Trauma-informed Day Treatment Program in Canton, Ohio where she provided daily group therapy, individual therapy, and family home visits for children and adolescents with severe behavior problems and other mental health issues. Currently, Stephanie is the Clinical Manager of an Intensive Outpatient Program at Wooster Community Hospital. Stephanie is also a trainer and consultant for youth suicidality and implementation of Adventure-Based Programming in community mental health agencies and school districts.



Kim Sacksteder, LISW-S, CCAT

Kim has been providing adventure therapy services in the Columbus area for over 20 years. Formerly, she managed adventure therapy programming at both The Buckeye Ranch and Camp Mary Orton, serving over 300 clients per year. In addition to this, Kim has served the Association for Experiential Education (AEE) as the Therapeutic Adventure Professional Group (TAPG) Best Practices Committee Chair, TAPG Leadership Council Secretary and Chair, and AEE Accreditation Council Member. She is also co-author of Adventure Group Psychotherapy: An Experiential Approach to Treatment.



Christy Brock, LISW-S, CCAT

Christy has been a social worker for 20+ years, discovering Adventure Therapy at Camp Mary Orton. In 2018, she founded New Adventures Counseling, serving youth, emerging adults, and families. A dedicated leader, she has served six years on the Association for Experiential Education's (AEE) Therapeutic Adventure Professionals Group (TAPG) Leadership Council in roles including Chair, Vice Chair, and Conference Convener. She presented at the 9th International Adventure Therapy Conference in Norway (2022) and was just accepted to present at the 10th International Adventure Therapy Conference in Taiwan this summer.



Thank You to Our Presenters!

Bobbi Beale, PsyD, CCAT

Bobbi Beale, PsyD, is a clinical psychologist and a Co-Director of the Center for Innovative Practices & the Child and Adolescent Behavioral Health COE at Case Western Reserve University. Dr. Beale has over 30 years of practice and expertise in trauma, resilience, system of care and behavioral health treatments. Specializing in Intensive Home-Based Treatment (IHBT) and Adventure Therapy, she spends most of her time training, consulting, researching, and assisting providers and their work serving youth and their families involved in multiple service systems. She is co-author Adventure Group Psychotherapy and has served as a volunteer leader in many roles at AEE including leading the Social Justice Task Force founded in 2016.

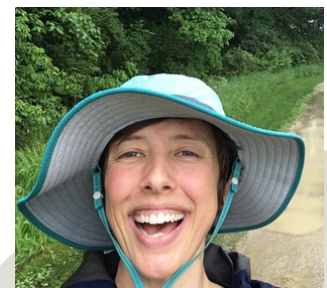


Tuesdey Spangler, LISW-S, CCAT

Tuesdey Spangler, MSW, LISW-S, CCAT is the founder of Outdoor Connection and Counseling in Columbus, Ohio. A Licensed Independent Social Worker and Certified Clinical Adventure Therapist, she integrates evidence-based therapy with adventure-based approaches to support individuals and families. With over a decade of experience in outpatient, residential, and wilderness therapy settings, she is a leader in experiential mental health treatment. An active Association for Experiential Education member, she presents at national conferences and mentors professionals. A Magna Cum Laude graduate of The Ohio State University, Tuesdey is passionate about helping clients build resilience through nature-based healing.

Beth Sandman, LISW-S, CCAT

While pursuing her master's degree in Social Work, Beth stumbled into the field of Adventure Therapy in 2008 and found her professional niche. Over the last 17 years, she has facilitated AT groups and AT trainings in classrooms, gyms, rec rooms, living rooms, treatment center basements, parks, fields, creeks, and woods. She's currently a clinical supervisor and oversees the Adventure Therapy program at the Buckeye Ranch.



Collin Rhoades, LPCC

Collin Rhoades is a counselor and co-founder of Inner Trek, a private counseling practice and an outdoor experiences company that hosts intentional events for organizations, families and individuals. Collin primarily works with teens and young adults using a variety of treatment modalities along with an adventure-based focus. Along with spending time with his 4 young children and wife, Collin enjoys many outdoor pursuits, running, playing music, working in the family garden, and tending to the family's chickens.

Thank You to Our Presenters!



Faith 'Jax' Lambert, MA, NCC, LPC

Faith 'Jax' Lambert (she/they) works with children, teens, adults, families, and groups in Beaver County, PA. She has over 13 years of experience in the community mental health setting, over 2 years of experience in family-based therapy, 3 years of private practice, and decades of outdoor experience. Jax received their graduate degree from Geneva College in Clinical Mental Health Counseling and is currently pursuing training (expected completion: middle of 2025) for their CCAT (Certified Clinical Adventure Therapist) through the AEE (Association for Experiential Education). Jax is also fully trained in EMDR and pursuing certification.

Gabby Patton, BA

Gabby earned her undergraduate degree in Psychology from Duquesne University in Pittsburgh, PA, and is currently pursuing a Master's in Clinical Mental Health Counseling at Geneva College. She is an intern at Cornerstone Wellness in Robinson, PA. As a counselor, Gabby views counseling as a collaboration, as opposed to brilliant professional guidance - working together with clients to uncover and integrate missing pieces, fostering understanding, healing, and growth. She loves the outdoors and is passionate about incorporating nature into therapy.



Kristen Hicks, LISW-S, TRCC II

Kristen is a Licensed Independent Social Worker Supervisor (LISW-S) in the state of Ohio with certificates in Ecopsychology and Trauma Responsive Care. In her therapy work, Kristen integrates her deep knowledge of how trauma impacts the physical body and brain with the profound healing benefits of nature connection. Kristen holds a Bachelor of Science degree from Bethany College and a Master of Social Work degree from the University of New England. Her background includes many years in direct care and case management, intensive family counseling, medical social work, hospice/community bereavement counseling, and private practice counseling serving individuals, couples, families, and groups.

