

CCAT Core
Training Track
Autumn 2023

Adventure Therapy Intensive

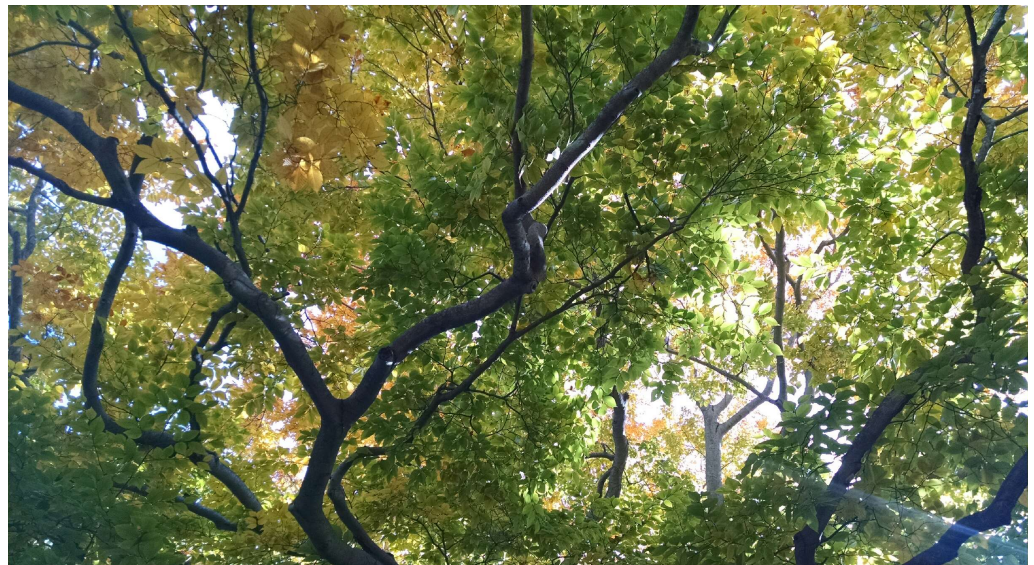


The Adventure Therapy Intensive training incorporates 60 of the 75 required training hours for the CCAT certificate offered by AEE. It is important to note that participants will still need to attain the required hours of supervision and experience in order to earn their CCAT. This training will cover the clinical and technical skills to offer games, initiatives, hiking, creeking, outdoor cooking, and fire building as adventure therapy interventions.

Schedule: Before In-Person Course Content

There are 2 phases of the AT Intensive training. The first virtual phase includes 10 hours of virtual work prior to the in-person content. Participants should plan to:

- Attend our virtual orientation on August 21 from 7-9 pm eastern time. Zoom link can be found in your course under the Orientation topic.
- Complete the 10 hours of virtual lessons: Introduction to Adventure Therapy, The Facilitated Wave Model, and Adventure Therapy Risk Management and Administration.





Schedule: October 3-8, 2022 In-Person

Monday, Sept 11 12:00 pm – 6:00 pm

Foundations & Games/Initiatives

Tuesday, Sept 12 9:00 am – 6:00 pm

Assessment & Games/Initiatives

Wednesday, Sept 13 9:00 am – 6:00 pm

Matching & Hiking/Orienteering

Thursday, Sept 14 9:00 am – 6:00 pm

Shaping the Environment, Facilitation & Creeking

Friday, Sept 15 9:00 am – Overnight Campout!

Practical Application of Skills & Outdoor Cooking/Fire Building

Saturday, Sept 16 7:00 am – 12:00 pm

Evaluation & Closure

Activities

We have several activities planned for the training. Some of these activities are able to be modified for a variety of physical abilities. For the hiking and creeking activities, participants must be able to hike for 2-3 miles over uneven terrain. If you have concerns or questions about your ability to physically participate in activities, please contact us, as we can likely make accommodations.

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**Camp
Mary
Orton**
*discover
your nature!*

Logistics for In-Person Training

Coordination

Participants may want to coordinate to share rides or lodging for this training. If you are interested in coordinating, please let us know so we can connect you with others!

Paperwork

Participants will be asked to sign liability releases for Camp Mary Orton and Adventure Therapist, LLC. Participants will also be asked to disclose pertinent medical information in the event of an emergency. This information will of course remain confidential except as needed in a medical emergency.

Location: Camp Mary Orton, 7925 N. High Street, Columbus, OH

The in-person training will be held at Camp Mary Orton in Columbus, OH. This training will take place entirely outdoors. Seasonal weather for the area includes a wide range of temperatures – anywhere from 30-75 degrees, so it will be important to pack layers. Also, rain is likely. Restroom facilities will be available.

Transportation

Camp Mary Orton is approximately a 20-minute drive from John Glenn International Airport. It is situated just a few minutes' drive from several hotels. Participants will be responsible for arranging their own transportation to and from the training location – most cohorts collaborate with ridesharing/transportation within the group.

Lodging

Our cohorts have the option to arrange lodging together. There are many hotels nearby (within 10 min drive of Camp Mary Orton). Search online for or VRBO, Airbnb, hotels etc near Camp Mary Orton. If you are interested in camping, we can offer onsite camping at Camp Mary Orton for \$25/night. We are camping overnight at Camp Mary Orton on Friday night, so you will only need to secure lodging through Thursday. There are restrooms, showers, and refrigerators at Camp Mary Orton, but there are no kitchen facilities.

Food

Lunch and snacks will be provided Tuesday-Friday of the training. Lunch is on your own Monday and Saturday. Dinner will be provided on Friday evening. Please notify us if you have specific food preferences or needs (gluten-free, vegetarian, etc.).

What to Pack

It will be important to pack the essentials to ensure you have an optimal learning experience.

Recommendations for packing include:

- Daypack
- Raingear
- Water Bottle
- Footwear for Hiking (close-toed)
- Footwear for Creeking (close-toed)
- Headlamp
- Layers for varying temperatures
- Sunscreen
- Insect Repellent
- Camp Chair
- Notebook/items for writing
- Sleeping bag
- Sleeping pad
- Tent or camping shelter
- Bowl, plate, utensils for camping
- Travel mug for hot beverages
- Personal toiletry items
- Personal medications
- Towel and toiletries

*If you do not have any of these items, please let us know and we likely have items you can borrow.