

CCAT/CTAS  
Core Training  
Track  
Autumn 2025

# Adventure Therapy Intensive

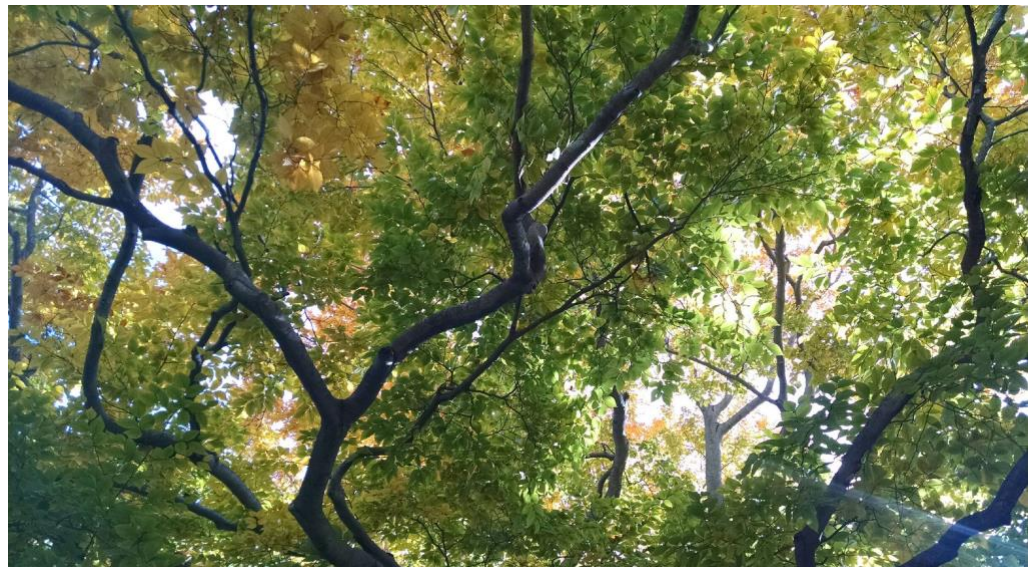


The Adventure Therapy Intensive training incorporates 60 of the 75 required training hours for the CCAT/CTAS certificate offered by AEE. It is important to note that participants will still need to attain the required hours of supervision and experience in order to earn their CCAT/CTAS. This training 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 4<sup>th</sup> from 6-8 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: September 8-13, 2025 In-Person

**Monday, Sept 16 10:00 am – 6:00 pm**

Foundations & Games/Initiatives

**Tuesday, Sept 17 9:00 am – 6:00 pm**

Assessment & Games/Initiatives

**Wednesday, Sept 18 9:00 am – 6:00 pm**

Matching & Hiking/Orienteering

**Thursday, Sept 19 9:00 am – 6:00 pm**

Shaping the Environment, Facilitation & Creeking

**Friday, Sept 20 10:00 am – Overnight Campout!**

Practical Application of Skills & Outdoor Cooking/Fire Building

**Saturday, Sept 21 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 40-85 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, Alum Creek State Park offers a good place to camp nearby (20 min drive). 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.

### Food

Lunch and snacks will be provided Monday-Friday of the training. Lunch is on your own Saturday. Dinner will be provided on Friday evening and breakfast on Saturday morning. 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.