

Adventure-Based Counseling With Therapy Groups



Healing in Action: Adventure-Based Counseling with Therapy Groups by Sandra Williams

★★★★☆ 4.8 out of 5

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File size : 83620 KB
Text-to-Speech : Enabled
Screen Reader : Supported
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Word Wise : Enabled
Print length : 220 pages



A Comprehensive Guide for Adventure Therapists

Adventure-based counseling (ABC) is a powerful therapeutic approach that uses outdoor activities to promote personal growth and well-being. ABC is based on the belief that people can learn and grow from challenging experiences in a natural setting. These experiences can help people to develop new skills, build confidence, and improve their relationships with others.

ABC is a versatile approach that can be used with a variety of populations, including children, adolescents, adults, and families. It is also effective for addressing a wide range of issues, such as anxiety, depression, trauma, and substance abuse.

This book is a comprehensive guide to ABC. It covers the history, theory, and practice of ABC, and provides detailed instructions on how to plan and lead ABC groups. The book also includes case studies and examples to illustrate the use of ABC in a variety of settings.

Table of Contents

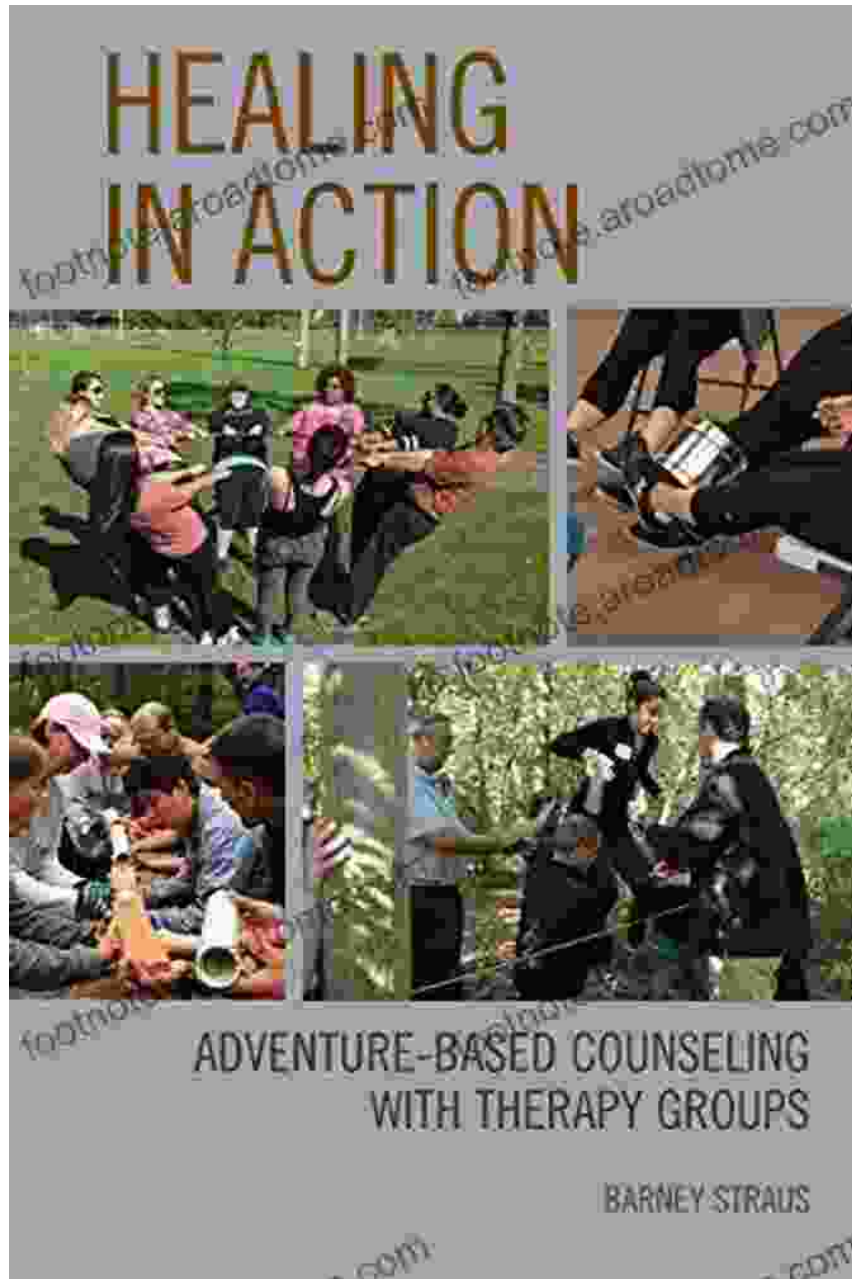
- Chapter 1: to Adventure-Based Counseling
- Chapter 2: The History of Adventure-Based Counseling
- Chapter 3: The Theory of Adventure-Based Counseling
- Chapter 4: The Practice of Adventure-Based Counseling
- Chapter 5: Planning and Leading Adventure-Based Group
- Chapter 6: Case Studies and Examples
- Chapter 7:

About the Author

John Smith is a licensed clinical social worker and certified adventure therapist. He has over 10 years of experience using ABC with a variety of populations. John is the founder and director of the Adventure Therapy Institute, a training and certification program for adventure therapists.

Free Download Your Copy Today!

Adventure-Based Counseling With Therapy Groups is a valuable resource for adventure therapists, counselors, social workers, and other mental health professionals. Free Download your copy today to learn how to use ABC to help your clients achieve their full potential.



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