



Adelong Evolve

Adventure Therapy Practitioners

Introduction to Outdoor Education

- for young people with anxiety and low mood and/or emotional disorders

- 1 Academic term starting September 2018, 2 days per week — Tuesdays & Thursdays 10am—3pm
- £3600 per young person
- For young people who have already worked with Adelong Evolve and those who are ready to engage within small supportive group work setting.
- CBT, Mindfulness and Health and Wellbeing workshops
- To support and encourage young people to re-engage in education or employment

The course will introduce a base level of all outdoor activities and then further develop specific subject areas depending on the needs and choices of the group.

Building self-confidence and self esteem as well as learning to manage personal behaviours and emotional responses within a small group setting is integral to the course.

Adelong Evolve's team of fully qualified psychotherapists, outdoor specialists, coaches and youth workers will offer emotional support to encourage the young people to move forwards in addressing the social and emotional issues that are problematic in their lives.

Adelong Evolve has built the course around active Cognitive Behavioural Therapy (CBT). The course will also include more formal CBT sessions alongside Mindfulness and Health & Wellbeing workshops. All staff delivering on the course have been trained in adolescent mental health and CBT.

Each young person will have the opportunity to achieve two National Governing Body (NGB) awards from the following:

- National Indoor Climbing Award Scheme (NICAS)
- National Navigation Award Scheme (NNAS)
- UKCC Paddlesport (Canoeing & Kayaking)

And two internal 'Adelong Outdoor Education Awards' from the following:

- Caving
- Coasteering
- Gorge Walking
- Bushcraft
- Archery

This course is an ideal entry point for those wishing to go to further education in Sport, Outdoor Education and Public

For referrals to this course, please email charlie@adelong.co.uk
or call Charlie on 07816 889633

