

The Certificate in Advanced Wilderness Therapeutic Approaches



An independently accredited
Level 3 Qualification

A CERTIFICATE-GRADE QUALIFICATION FOR:

- School Staff
- Outdoor Practitioners
- Therapists and Counsellors
- Healthcare Professionals
- Children's workers
- Prospective children's workers



eQe is the UK's leading training specialist in Wilderness Therapeutic Approaches and Interventions.



NCFE CACHE is the UK's leading specialist Awarding Organisation for the Care, Healthcare and Education sectors, for children and adults, and is the UK's 3rd largest Awarding Body

Full details and enrolment: www.Wilderness-Therapy.co.uk

A unique and comprehensive qualification equipping you to design and run your own Wilderness Therapeutic Interventions and Applications

This is a high level of multi-disciplinary Level 3 training. This is an independently accredited Certificate-Grade Qualification.

BUILDING THE RIGHT EXPERTISE

Your training covers 5 distinct Learning Units, focusing primarily on building three areas of expertise:

1. **Outdoor skills and bushcraft, and outdoor therapeutic group management**
2. **Therapeutic understanding and application, constructing your Applied Therapeutic Toolkit**
3. **Combining these two disciplines skilfully into true Wilderness Therapeutic Approaches, enabling creation of your own targeted Wilderness Therapeutic Interventions**

A MULTI-DISCIPLINARY QUALIFICATION

- Bushcraft to a good working level
- Therapeutic Content and its Application
- Targeted Wilderness Therapeutic Activities and Objectives
- Design of Therapeutic Interventions
- Age / Ability / Issue Appropriate Targeting
- Therapeutic Group Management Outdoors
- Impact Assessment: Using eQe's **4-Dimensions Impact Assessment Approach** ©

YOU PROBABLY COME FROM ONE OF THESE GROUPS



- **School** or education background: mainstream, alternative, or SEND
- **Outdoor Practitioner** background possibly already trained and qualified
- **Therapy** background, possibly already trained and qualified
- **Healthcare Professional**
- **Children's worker** background outside of school or education, e.g. Scouting
- **Already trained or qualified** via other **eQe** Wilderness Therapeutic Training and you want to do more

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OVERVIEW

The Certificate in Advanced Wilderness Therapeutic Approaches

Training is face to face, working together in your own unique Learning Tribe.

It is as experiential as possible.

With more than two decades of training experience we have demonstrated that this is the best way to learn.

It is not possible to achieve this level of expertise through online or virtual courses.

eQe - Our Track record

To 2020, eQe have:

- **Been awarded the *PLAY THERAPY INTERNATIONAL AWARD*** for our Lead Therapist's achievements
- **Run around 200 separate programmes** in Wilderness Therapy and Personal Development for young people
- **Directly applied our Wilderness Therapeutic Approaches with more than 3000 children and young adults** in the UK
- **Accredited around 400 school staff and children's workers** to run Wilderness Therapeutic Interventions
- **Facilitated the ongoing Wilderness Therapeutic provision for thousands of children** and young adults each year through eQe accredited and trained individuals and schools
- **Recognition, Formal Listing, and Approved Provider Status** with e.g. LEAs, SEND Provision, LAC Service, Adoption Support
- **Created the Th.Inc Room® model**, used throughout England
- **Consulted for the NHS on Measuring Impact on Mental Health and Wellbeing.** eQe worked with the **European Centre for Environment and Human Health**, producing "*ROOTS TO WELLBEING- A handbook for evaluating and communicating the wellbeing impact of woodland social enterprises*"

Working in all 4 areas of SEND

Our Interventions are targeted for impact at specific age, ability and developmental levels, issues and diagnoses:

- Communication and Interaction
- Cognition and Learning
- SEMH (Social, Emotional and Mental Health)
- Sensory and Physical

This encompasses **all** children and young adults, whether everyday SEMH issues; confidence, esteem and behavioural issues; or other issues and diagnoses e.g. **ASC** (Autism), **ADHD**, **MLD/SLD**, **SPD** (Sensory Processing Disorder), **Trauma**, **Attachment Difficulties**.

eQe's Wilderness Therapeutic Interventions and training have been impact assessed:

- **88% of children reduced their Total Difficulties Scores**, e.g. in Externalising Behaviours (Conduct and Hyperactivity), and Internalising Behaviours (Emotional Problems and Peer Problems)
- **95.5% of children improved their Pro-Social Scores**

eQe is the UK's leading training specialist in Wilderness Therapeutic Approaches and Interventions.

We work in many settings:

- Primary and Secondary
- Mainstream and Special Schools
- Behaviour Pupil Referral Units (PRUs)
- Hospital Teaching Service and Medical PRU Schools
- SEMH schools
- Other special provision units and schools including the Seashell Trust, Looked After Children (LAC / C4C) Service, Adoption Support.

What our children say:

- "I am going to stay focused"
- "I am not letting my mum influence me. I am leaving my hatred behind"
- "I am not angry. I am leaving my anger behind"
- "I am helpful at home for my mum"
- "I am brave"
- "I am kind"
- "I am not letting bad influences get to me. I am my own person"



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COURSE SUMMARY

The Certificate in Advanced Wilderness Therapeutic Approaches

COURSE LEADERS

Wilderness-based Training on The Certificate is led by eQeOUTDOORS Director, Robin Sheehan, with Therapeutic Training devised and led by eQe's Lead Therapist, Bridget Sheehan.

Co-leaders may also include experienced eQe Consultants (therapists, counsellors, outdoor practitioners, and Wilderness Therapeutic Intervention Trainers). We may also use 3rd party experts in e.g. Autism, Mental Health and Wellbeing in Schools, SEND, Looked After Children (LAC), and Occupational Therapy.

Often, we also hear first-hand the experiences and stories from eQe trained, accredited individuals now running Wilderness Therapeutic Interventions themselves in their own settings or schools.

COURSE STRUCTURE AND QUALIFICATION

Training takes place over two separate weeks that you must attend. In between these training weeks, you will be working on your Portfolio, and designing and running case-study sessions with children to report on. **Week 1** is a full Training Week; **Week 2** is a Further Training and Assessment week.

Full attendance and completion of Portfolio and Case Study Impact Assessment Report are required for this qualification. Successful Learners will then be externally certificated by the independent awarding body and hold the Level 3 qualification: **"The Certificate in Advanced Wilderness Therapeutic Approaches"**

THE 5 LEARNING UNITS

UNIT 1: Outdoor Skills 1 – Basic Bushcraft

UNIT 2: Outdoor Skills 2 - Wilderness Therapeutic Group Management

UNIT 3: Therapeutic Approaches, Application and Best Practice

UNIT 4: Design, Structure and Implementation of Wilderness Therapeutic Interventions

UNIT 5: eQe 4-Dimensions Therapeutic Impact Assessment Approach

Learning Unit details are below:

Full details and enrolment: www.Wilderness-Therapy.co.uk



UNIT 1:

Outdoor Skills 1 – Basic Bushcraft

The Certificate in Advanced Wilderness Therapeutic Approaches

This module runs through both training weeks, in the woods, ensuring a solid grounding in proper bushcraft, best practice and outdoor-operating ethos, explicitly remembering we are training for working with Therapeutic Groups and Identified Children:

- Risk Assessing and Contingency Planning for Wilderness Therapeutic Groups
- Health and Safety Policies and Procedures; Land Access, Foraging and the Law
- Mastery of Essential Skills with Therapeutic Groups and Identified Children
 - Fire
 - Water
 - Shelter
 - Tools use
 - Cordage, knots and lashings
 - Cooking and Food
 - PPE and Clothing
- Creating Items from Woodland Resources
- Environmental Impact of Activities
- Flora, Fauna, Fungi, Foliage, Fruit
- Site Selection
- Teaching Outdoor Skills with Therapeutic Groups and Identified Children



Do not be afraid!

Regardless of the skill-base of the Learners in our group, we will always ensure that **even if you are a complete outdoor novice** we will all remain completely supportive of each other, as you perhaps start your first steps along this bushcraft path.

But **even as a seasoned outdoor practitioner**, this is a chance for bushcraft CPD and peer learning, and an opportunity to hone your bushcraft teaching skills when working with therapeutic groups. Skilled individuals will buddy up with unskilled Learners, sharing knowledge and experience, and you will receive the training and practice opportunities you need to be successful in this Learning Unit.

Everyone will reach the required level of bushcraft and outdoor skills, by applying ourselves with a positive Growth Mindset, and as part of a supportive and caring Learning Tribe.

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UNIT 2:

Outdoor Skills 2 – Wilderness Therapeutic Group Management

The Certificate in Advanced Wilderness Therapeutic Approaches

This module helps you understand the implications – what can we actually expect, and how do we need to modify our approach? – when working with young people with different issues in the natural environment:

In any group of young people you may encounter SEND:

- Communication and Interaction difficulties
- Cognition and Learning difficulties
- SEMH (Social, Emotional and Mental Health) difficulties, including:
 - Trauma issues
 - Attachment difficulties
 - Behaviour issues
 - Confidence and Self Esteem
- Sensory and Physical Difficulties

This encompasses numerous things e.g. **ASC** (Autism), **ADHD** (attention deficit and hyperactivity), **MLD/SLD** (learning difficulties); **SPD** (Sensory Processing Disorder), **Trauma** and **Attachment** Difficulties

We will focus on:

- **Outdoor Leadership Requirements** Working with Therapeutic Groups and Identified Children:
 - Contingency Planning for Commonly Encountered Situations and Behaviours
 - Positive Touch and Boundaries
 - Fire, Tools, Food and Shelter Activities - Management of these and Decisions that Need to be Made
 - Relationships and Relationship Management
- **Using Assessment Tools and Approaches** to “Measure” Proposed Participants
- **Profiling of Therapeutic Groups** for Planning Interventions and Objective Setting
- **Clothing and PPE** needs for Therapeutic Groups and Identified Children



Common outdoor approaches, or ways of teaching and learning outdoors, are not always appropriate or helpful.

For some individuals and identified issues, they can be very negative experiences.



UNIT 3:

Therapeutic Approaches, Application and Best Practice

The Certificate in Advanced Wilderness Therapeutic Approaches

BUILDING THE THERAPEUTIC TOOLKIT

1. Elements affecting behaviour

- The neurotypical and the neuroatypical brain E.g. Autism, ADHD, Learning Difficulties, Sensory Processing Disorder
- Neuroscience: Early development of the emotional brain and the adolescent brain
- Trauma, its impact, and how this informs our understanding of behaviour
- Attachment theory and its application - how this informs our understanding of behaviour
- Impact of different parenting styles on behaviour
- **eQe's Time Zone Model®**: applying it to understand a young person's behaviour

2. Theories and approaches into practice

- Wilderness Therapeutic Approaches, Rites of Passage and Wilderness Vision Quest
- **eQe's Transformative Play Model®** (Bridget Sheehan)
- Maslow's Needs Hierarchy and Porter's Tree of Needs
- Attachment Theory (Bowlby)
- Transactional Analysis (Eric Berne)
- Cycles of Development (Pam Levin-Landheer)
- ACEs - Adverse Childhood Experiences and Trauma
- Person Centred Approaches (Roger)
- Cognitive Behavioural Therapy (Beck and Ellis)
- Solution Focussed Therapy (Shazer and Berg)
- Creative Metaphors (Jung)
- Play Therapy Dimensions Model (Yasenik)
- Mindfulness

This module forms the basis for understanding of behaviour; and learning how to apply this to more effectively meet the emotional needs of children and young adults in a Wilderness Therapeutic setting.

Led by Bridget (Lead Therapist), with input from Robin (Wilderness Therapy and Life Engineering), this may also be supported by other specialists in autism, special needs, learning difficulties, and occupational therapy.

3. Applying it – What do we actually do to make it work?

The Therapeutic Toolkit and Wilderness Mirror

- Case studies
- Meeting emotional needs in a Wilderness Therapeutic setting
- Evolving an outdoor programme into a true Wilderness Therapeutic Intervention
- The Three Strands of Therapeutic Work
- eQe's Ethical Framework
- Making sense of it and applying it in actual therapeutic sessions and activities.
- **We will access eQe's White Papers** on specific topics and how they relate to Wilderness Therapy in practice:
 - To understand ***"The Wilderness Mirror"*** (©Robin Sheehan), informing us about our participants and what is going on
 - Directing us in our practice
 - Directing participants along a new path





UNIT 4:

Design, Structure and
Implementation of Wilderness
Therapeutic interventions

The Certificate in Advanced
Wilderness Therapeutic Approaches

This module equips you to plan,
design, and structure targeted
Wilderness Therapeutic
Interventions for small-groups:

- **Start, Middle, the Other Middle, and No End!** The structure and progressive design of a Wilderness Therapeutic Intervention or Programme
- **Managing the flow** through a Wilderness Therapeutic Intervention
- **Differentiation** of activities for different profiles of children
- **Managing energy levels** of sessions
- **Routine and Rituals**
- **Using the THERAPEUTIC TOOLKIT AND WILDERNESS MIRROR:** Using what we have learned and eQeOUTDOORS resources to help us be a reflective practitioner and navigate through an intervention
- **Preparation and Objective Setting:** Participant profiling; Planning meetings; Debriefing sessions
- **Do's and Don'ts**



Full details and enrolment: www.Wilderness-Therapy.co.uk

UNIT 5:

eQe's 4-Dimensions Therapeutic Impact Assessment Approach

The Certificate in Advanced Wilderness Therapeutic Approaches

This module equips you to generate Impact Assessment Reports for clients, which can also be used in other official reports and bids e.g.

- OFSTED Reports
- Pupil Premium Reports
- Looked After Children / Cared For Children Reports (LAC/C4C)
- Funding and bid requests
- Building your track record of Impact Assessment and Effectiveness



We will focus on:

eQeOUTDOORS Observation and Planning Toolkit

eQe's 4-Dimensions Therapeutic Impact Assessment Approach and Tools

eQeOUTDOORS' White Papers and Therapeutic Toolkit

eQeOUTDOORS' White Papers to inform Impact Assessment

Full details and enrolment: www.Wilderness-Therapy.co.uk

YOUR LEARNING TRIBE

Diversity and Peer Learning



When we leave this training, we will bring our own flavour to our work in Wilderness Therapeutic Approaches

This is multi-disciplinary training which attracts participants from a wide variety of backgrounds and expertise. We will find our level, our way, and where our personal emphasis and passion lies within this.

Passing on experience

We will experience being part of a tribe of diverse individuals, from different starting points in learning and experience, with different objectives, and different understanding. We all have something to bring to this Training Tribe. Do not underestimate the power of insight and questions from complete novices, who look at a particular subject with completely fresh eyes.

Diversity by design

Personal learning and development are enhanced when Learners in a group come from different backgrounds, professions, learning backgrounds and experience. Some may be Bushcraft Practitioners, some School Teachers, some Therapists, some Forest School Practitioners, or Healthcare Professionals...

The Tribe benefits from different people, different ideas, different skills and abilities. Studies by Joseph Henrich show that:

- **With this diversity**, tribes have diversity of thinking and use “Rebel Thinking” for addressing new problems facing them, innovating and solving these problems 99.9% of the time
- **Without this diversity**, in a homogenous group of high achieving recognised experts from the same field, new problem solving is extremely limited, to the extent that they will solve the same problems only 18% of the time

Individually
we know something
about something,
and nothing about
something else.

Collectively
we are a powerful,
unique and diverse
Tribe of Learners on
the same journey
for a while.



Full details and enrolment: www.Wilderness-Therapy.co.uk



Robin Sheehan

FRMS, MBA, MSc, PGCE

eQe Director of Wilderness Therapy, Training, and Life Engineering

Since 2011, Robin has been training school staff and children's workers. He works directly with therapeutic small-groups of children and young adults, from ages 4 to 24. They typically have social, emotional, behavioural, wellbeing or other identified issues and diagnosed conditions. He has been designing, running, continuously developing and improving Wilderness Therapy Programmes and Interventions since 2011. Throughout, he has been compiling impact data, developing and establishing a comprehensive approach to measurement of impact, in participants engaged in Wilderness Therapy programmes.

Robin is one of the only trained Wilderness Vision Quest Guides operating in the UK

He trained in the USA, in Death Valley, in Wilderness Vision Quest and Rites of Passage, promising to bring these principles back to the UK and incorporate them into his Wilderness Therapeutic practice with adults and children.

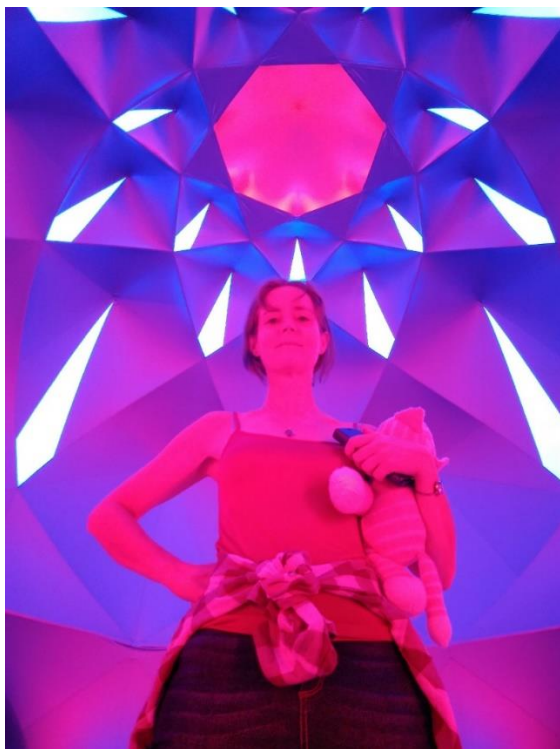
Robin is therapeutically trained, and in addition to being a Wilderness Vision Quest Guide, he is:

- A qualified and highly experienced Advanced Bushcraft Practitioner
- Prehistoric Hunter-Gatherer trained
- Backwoods Survival trained
- A qualified secondary science teacher
- A Forest Schools Practitioner
- Advanced Outdoor First Aid qualified (including paediatric care)

Since 1983 he has worked in industry as an Environmental Scientist and Senior Manager in the environmental software industry, up to Managing Director level. He first worked as a Met Office Climatologist and Agricultural Meteorologist; then worked on Environmental and Space Systems; and was also an Oceanographer at the British Oceanographic Data Centre. He has an MBA, and a Masters in Natural Environments and Plant Growth.



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Bridget Sheehan

eQe Director and Founder

Bridget Sheehan is the founder of eQe, the creator of the Th.Inc.Room® approach and of the Transformative Play© model.

She is an experienced teacher, therapist, trained speech therapist, behaviour consultant and trainer and has worked with schools since 1995.

Bridget is a very experienced creative therapist and counsellor, and Supervisor for therapists, counsellors, and therapeutically trained school staff. Her main focus is on work with young people.

Bridget and the eQe team of therapists and counsellors underpin the integrity of the therapeutic process supporting eQeOUTDOORS Wilderness Therapy and Interventions, the modern Wilderness Vision Quest process, and the personal development journey.

Enabling schools to utilise superior combinations of therapeutic interventions

Bridget's work has progressed much further than anyone could have imagined, and it continues to develop, particularly in enabling schools to utilise superior combinations of therapeutic interventions themselves, via Capacity-Building training programmes designed, developed, and delivered by eQe's expert team.

Bridget received the Play Therapy International Award in 2006 for the work with children that she spearheads in the UK.

Her Th.Inc Room® (Therapeutic Inclusion Room) model is widely implemented across England.



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