

## General information

- \* 75 TU (teaching units) (approx. 56 time hours)
- \* divided into approx. 28 dates
- \* exam month: after the theory units have been completed, a four-week release of the written exam will take place after booking

## Teaching times

Wednesday mornings	09.30 – 11.30 (standard)
Thursday evenings	19.00 – 21.00 (evasion dates approx. 1x per month)
Saturday mornings	evasion days

## Referees

Alexander Rose  
Christiane Thiesen  
Per Wijnands  
further specialist speakers on specific topics

## Format:

- ✓ webinars with theory input & partial discussion (90-120 minutes)
- ✓ lectures/ presentations / int. guest lectures (90-120 minutes)
- ✓ case and practice examples from the practice
- ✓ zoom live events with recording (can be listened to at any time)

Theory is offered as an online course/ webinar and is scheduled separately from the presence modules. The online theory seminar contains a total of 56 hours, which are usually offered in 2-hour blocks. The theory seminar is advertised openly and can be booked freely (there are no admission requirements). The course units can be accessed and listened to by the participants at any time. You have free access to the live courses, which are recorded and remain available to you as a recording even after completion.

## Contents of the theory course

Exemplary content taught online as theory and practised and reflected on in the presence modules:

- ✓ self-conception of adventure therapy (differentiation from experiential pedagogy)
- ✓ basics of clinical pictures (psychopathology ICD/ DSM)
- ✓ clinical pictures in the context of AT | treatment options, contraindications
- ✓ learning- and transfer theories
- ✓ concepts such as circle of courage, window of tolerance, etc.

- ✓ basics psychotraumatology
- ✓ focus topics such as AT interventions like eating disorders, addiction, anxiety disorders
- ✓ basics bonding theory
- ✓ theory basics reflection & transfer
- ✓ evaluation techniques
- ✓ holistic anamnesis as the basis for therapy planning
- ✓ development of therapy plans
- ✓ what are we allowed to do in which context as AT therapists (legal conditions)?

### **Final exam (theory course)**

A written final exam can be taken. Proof of this is required for all ATI degrees (adventure therapy practitioner and adventure therapist). The exam takes place AFTER the last date of the theory course. The final exam is written, online and must be booked separately. Access to the exam is activated for 4 weeks and can be taken at any time.

The online exam is prerequisite for obtaining the degrees.

Both ATI degrees require that the theory course has been successfully completed.

### **In-depth seminars**

Additional in-depth seminars are offered on topics such as effect regulation, trauma management and emotion regulation through adventure therapy, which can be booked additionally.

We are aware that we can only introduce and touch on some concepts in the 56 hours, but not go into them in depth. As the participants come from very different professional fields, we have decided to separate these „important“ contents into in depth-seminars, which can be booked in formats such as

3x 2 hours

4x 2 hours

5x 2 hours

on Monday evenings from 7 to 9 p.m. with different experts.

The in depth-seminars are freely bookable and can be booked at a reduced rate by e-learning participants of adventure therapy.

Discounts and /or vouchers for e-learning participants are offered directly in the shop system.