

## Alexander Rose (Jg. 1978)

<https://www.linkedin.com/in/rosealexander>

Alexander Rose is passionate and committed to introducing Adventure therapy in Spain and Europe since 2008. Clinical Psychologist and Sports Scientist, he holds both Masteries in Clinical and Health Psychology, and in Drug counselling.



Lecturer at different universities since 2000, he currently combines his work as a Psychologist in private practice where he introduces nature based activities, with developing the field of Adventure therapy nowadays as CEO of Terapia Aventura (Spain) and president of the NGO Your WindRose (Spain).

He has formally introduced Adventure and nature-based therapy in Spain through developing, implementing and evaluating several specific programs. He has worked with youth at risk (drug rehabilitation and prevention, dropout problems, adolescents with Asperger's), adults with drug abuse problems, adults with severe mental health problems, adults with cancer in collaboration with Outward Bound Belgium, mental health professionals with burnout, etc. Nowadays he coaches and supervises several programs of his organizations. He has also trained mental health professionals in Spain, Iceland, Columbia and Greece, and nowadays in Germany at the Adventure Therapy Institute (ATI).

### qualifications

- General Health Psychologist COPCV 11531
- Master's Degree in Health Psychology
- Master's Degree in Education and Rehabilitation of Addictive Behaviors
- Postgraduate Degree in Integrative Gestalt Therapy
- Degree in Physical Activity and Sport Sciences
- Teacher specialized in Physical Education
- International Training in Therapy through Adventure and Experiential Education

He is a dynamic person, with a lot of vital energy and a high commitment to what I experience. He also empathetic, close and honest. With huge intellectual interest and for almost continuous questioning he enjoy reading a lot about psychology, philosophy, ecology and education. He loves traveling without big luggage, going out in nature and camping in remote places whenever possible, hiking a lot and discovering new places, climbing, canyoning, snowboarding and diving.

Alex Rose is fascinate to meet new people with their different visions and all their worries and life goals. His sense of work life has been since 2008 to implement Adventure Therapy in Spain. In this way, he is a precursor in the research, training and implementation of

Adventure Therapy programs in Spain. He also is one of the founding members and coordinators of the European Network of Therapy through Adventure (ATE) and representer for Spain of the Adventure Therapy International Committee (ATIC) since 2008, and honorary delegater since 2018.

Since 2017 he us responsible for the Adventure Therapy Working Group of the COPCV. In 2020 they created the International Journal of Therapy through Adventure and in 2021 the first and only books of this methodology in Spanish were published. In 2020 he embarked on this new adventure together with an extraordinary team, and he is already thinking about my next challenges!

In recent years, Alexander Rose has participated as a lecturer and speaker in further and advanced training courses in adventure therapy in Spain, Iceland and Greece. Furthermore he was involved in the design and implementation of Spanish experiential education training within the framework of the university training programme "experiential education" in Valencia as a teaching trainer.

He currently works in his own practice as a psychologist, teaches at numerous universities and continues to develop (the concept of) adventure therapy as founder and CEO of the Spanish company "[Terapia Aventura](#)". In this company, special adventure therapy offers are developed: for people with severe mental health problems, for patients with Asperger syndrome, programmes for the prevention and treatment of addictive disorders, and burnout treatment programmes.

## Publications

In addition, he is the author of various professional articles and a book on adventure therapy "Terapia a través de la aventura; cuando la montaña nos hizo grandes" ("Adventure therapy; when the mountain made us great"). This book will be published in autumn 2023 in German language at ZIEL Verlag Augsburg.

In 2020 he was part oft he founding team oft he digital „Journal Adventure Therapy“ ([www.journal-adventure-therapy.com](http://www.journal-adventure-therapy.com)). You can also find articles in different languages at <https://terapiaaventura.es/de/produccion-cientifica-de-terapia-aventura-2/>

## qualification

- 2013 – 2014 **Master Universitario en Psicología de la Salud** (90 ECTS).  
Universidad Católica de Valencia “San Vicente Mártir”
- 2009 – 2012 Grado de Psicología (240 ECTS). Optatividad: Clínica y salud.  
Universidad Católica de Valencia “San Vicente Mártir”
- 2007 - 2009 Master Oficial en educación y rehabilitación en conductas adictivas (60 ECTS).  
Universidad Católica de Valencia “San Vicente Mártir”
- 2007 Cursos Doctorado – área psicología. Las Transformaciones Científicas y la  
Calidad de la Investigación Universitaria en los Comienzos del Tercer Milenio  
(60 ECTS).  
Universidad Católica de Valencia “San Vicente Mártir”
- 2002 - 2005 Licenciatura en Ciencias de la Actividad Física y del Deporte (171 ECTS).  
Universidad Católica de Valencia “San Vicente Mártir”. Área de mayor interés:  
Actividad Física y Salud
- 1997 – 2000 Diplomatura en Magisterio. Especialidad: Educación Física (198 ECTS).  
Escuela Universitaria de Magisterio Edetania, centro adscrito a la Universidad  
de Valencia
- Curso 2004 – 2005 Certificat de Capacitació de València (240 horas)
- Curso 2004 - 2005 Postgrado de Integración del alumno inmigrante en las aulas.  
ADEIT-Fundación universidad empresa (UV) - UCV
- Curso 2001 – 2002 Postgrado de Educador Socio-ambiental.  
ADEIT-Fundación universidad empresa (UV)
- 2000 Declaración Eclesiástica de Idoneidad, Maestro de Religión.  
Escuela Universitaria de Magisterio Edetania

## qualification sport

- Curso 2005 -2006 **Técnico en creación de senderos** (123 h).  
Escuela Valenciana de Alta Montaña, Fed. Deportes de Montaña y  
Escalada de la Com. Valenciana (FEME CV)
- 2005 **Advanced Open Water Diver** (PADI).  
Centro de Buceo Vellmarí (Formentera).
- 2005 **Open Water Diver** (PADI).  
Centro de Buceo Vellmarí (Formentera).

- Curso 2003 -2004      **Técnico Deportivo en Montañismo Nivel I**, “Certificado de Iniciación al Montañismo”.  
Escuela Valenciana de Alta Montaña (FEMECV).
- 2003                      **Iniciador al Piragüismo.**  
Escuela Nacional de Entrenadores de Piragüismo. Federación Española de Piragüismo.

### **qualification experiential and outdoor education**

- 2005                      **Formador de formadores.**  
*Conselleria de Benestar Social.*
- Curso 1998–1999      **Animador Juvenil** (400 h.).  
*Conselleria de Benestar Social.*

### **qualification ecology and nature protection**

- 2008                      **Leave No Trace Trainer Course.**  
Flagstaff, Arizona (EEUU). 30 horas.