



ASeTTS
Assisting Torture
and Trauma Survivors

What is Adventure Based Therapy?

ABT is designed to encourage children and young people to take constructive control over their own lives and to make a positive contribution to society.

ABT facilitates growth and development in individuals within a group environment using a strength based, holistic approach. It is a group therapeutic model that is used within the individuals own reference of experience and learning. Group members share in a common effective therapeutic experience. ABT is therefore focused on the positive influence of people's behaviour in order to ensure change and individual growth.



The focus of ABT is fourfold:

- To encourage individuals to take constructive control over their own lives;
- To teach individuals assertiveness in their peer group;
- To develop their interpersonal relationship skills; and
- General and therapeutic support for traumatized children.

ABT is useful in assisting children and young people to adjust and adapt in new societies and has been found to be a particularly useful program for children from refugee backgrounds.

Benefits for Children

This program is useful for children who are struggling with adjustment issues related to settlement in Australia. It provides a safe environment within which children can learn more about their new home and increase their self-confidence and sense of control and also build resilience.

- Provides opportunity for debate and the challenging of ideas;
- Develops a sense of mastery through problem solving initiatives;
- Encourages participants to value themselves and others;
- Enhances self empowerment;
- Promotes the principles of respect and dignity;
- Builds capacity to trust others;
- Helps to make sense of past experiences and how to use these positively;

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the page...*



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Benefits of Adventure Based Therapy...

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- Encourages the identification of personal goals and how to reach them;
- Develops leadership skills;
- Builds resilience;
- Assists with anger management; and
- Improves social skills.

ABT workshops also provide general therapeutic support for traumatized children.

Timeframes

ABT workshops are structured as two three day workshops over two consecutive school holidays (for lower primary age range) or one five day workshop during school holidays for upper primary age range. Workshops take place at the school grounds and run for six hours each day. Lunch is provided.

Adventure Based Therapy (2x3 day program) - \$2,131

**Adventure Based Therapy (1x5 day program) - \$1,981
(excluding transport)**

**For more information or to book an Adventure Based Therapy Workshop contact
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For more information about ASeTTS Training go to:

<http://training.asetts.org.au>

www.ASeTTS.org.au

