The 8IATC received funding from the Australian Government.
Working with At-Risk Youth through Intentional Practice in a Wilderness Therapy Context

Linda White
What is Operation Flinders? “Now You See Me Video”
Your Story…Who Am I?
Our brain chemistry is wired so that STORY builds…

CONNECTION
BONDING
MEMORIES
We become a part of the young persons story in the context of Wilderness Therapy and Outback Interventions

... can we unintentionally harm young people through these interventions?

YES OR NO?
Who are Young People “AT RISK”….

• What do you believe the meaning of “at risk” is? What do you see?

• With the person next to you discuss what factors may constitute a young person being “at risk”?

• “To This Day”…Poem/Clip…
What do you see?
What’s above the water is a fraction of what is below… A lot of what influences behaviour are unseen issues
Other influencers…

1) Brain chemistry which is affected by development and also trauma

2) Needs and Motivations of humankind
We become a part of the young persons story in the context of Wilderness Therapy and Outback Interventions... can we unintentionally harm young people through these interventions?

YES

This is why we need...

INTENTIONAL PRACTICE with Trauma Informed Practices
Intentional Practice…WHAT? …WHAT? …HOW?
Respond Rather Than React

• **What** is the intent or energy we are bringing to an individual relationship or intervention process?

• **What** outcomes are we hoping to achieve?

• **How**, or by which method, are we seeking to deliver these outcomes?
Life Buoyoncy Model

- **Curiosity**
  - Engaging their curiosity about the world, themselves, their lives. Allowing them to explore and see things differently. Re-imagining.

- **Coaching**
  - Teaching them life skills, modelling how we learn and grow, challenging their beliefs and behaviours

- **Validation**
  - Providing opportunities to Succeed! To foster warm positive relationships, engage in prosocial relationships, and to develop self-esteem and self worth.

Key Outcomes:

- Prosocial and adaptive life engagement
- Enhanced health and wellbeing
Trauma Informed Care

OR

OR
Trauma Informed Care…Windows of Tolerance

How have the trauma arousal levels of a young person been affected by significant trauma?
Trauma Informed Care…

Practices focus on developing:
• Safety (avoid re-traumatisation)
• Trust
• Peer support
• Collaboration
• Empowerment
• Responsiveness to cultural and gender issues and history
The 8IATC received funding from the Australian Government.