Moving Right Along,

You and Me, and All of Cosmology.
One to one walk and talk adventure therapy, in the outdoors.

Observations from five years of practice.
Introduction:
The landscape we walk in:
Modalities and strategies:
Figure 1. The Campfire Rings
One to one modalities

Person centred therapy

Somatic psychotherapy

Psychodynamic storytelling

Mindful nature immersion
Where things intersect.

Mindfulness and immersion.

City and the bush.

The land and the river.

The client and the counsellor.

Right action and wisdom.

The two paths, choice.

Finding that learning’s from the history of therapy come spontaneously into play.
Clinical observations:
On Track

8 y.o. male - 9 sessions - learnt to relax/feel safe/trust

37 y.o. male with mental health diagnosis – 20 sessions – closer interactions, increased interest in physical activity outdoors

10 y.o. male – 10 sessions - increases in relaxed affect and patience
On Track

46 y.o. female – 2 sessions – prepared to trust

7 y.o. male – 8 sessions – talking less about computer games, more about what’s happening now

7 y.o. male – 9 sessions – responding to different male role-modeling, increased self-reflection, engaging in new activities

55 y.o. male – 8 sessions – decrease in paranoia, increase in motivation
Nick Hall Adventure Therapy

33 yo male – 29 sessions – recovered from grief, strengthened sense of self, returned motivation, career choices made, commitment to partnership strengthened

12yo male – 4 sessions – well adjusted, discovered issues were principally school based, referred to teacher

9 yo male - 9 Sessions – activity based sessions, increase in valuing unique family situation, increased capacity to relate to male father role, improved self regulation

15 yo male – 4 sessions – Expanded and grounded understandings of his self worth and his relationship with his mother
Nick Hall Adventure Therapy

21 yo female  – 4 sessions  – Specific mental health insights established, specific workplace and relationship issues clarified, increase in self worth and trust in therapist

43 yo female  – 10 sessions  – increased tolerance to stillness and mindfulness, strengthened understanding of family of origin dynamics, cessation of sessions without explanation

67 yo male  – 2 sessions  – valuing of honest male to male sharing of partner relationship landscape and dynamics, strong valuing of being outdoors and walking and talking

15 yo male  – 6 sessions  – Asperger’s Syndrome, high functioning conversations, valuing of walking/talking and nature interactions, strong rapport built rapidly
Conclusions: