



# April



## Counseling Newsletter

Our theme for the month of April is, *adventure-based counseling*. Adventure Based Counseling is a group-oriented practice that helps participants learn to increase self-awareness, accept responsibility for their choices, and connect with others. These outcomes offer a unique opportunity to help adolescents achieve positive therapeutic outcomes. Adventure based counseling is a strengths-based approach that builds self-esteem, judgment and decision-making skills, communication skills, conflict resolution and pro-social peer affiliation and team building.

A wide range of activities include problem initiatives, ropes courses, hands on approaches, demonstration of leadership skills, and community service. Students are directly involved in their treatment, rather than merely observing from the sidelines.

Students receive positive therapeutic benefits from the process because they are motivated to participate in it. Ongoing reflection during therapy enhances personal growth and progress.

### Activity of the Month

#### *Adventure Based Counseling in Action*

**PreK3-Grade 4:** Students will be put in small groups to piece together a puzzle. Depending on the grade level, different challenges will be incorporated that will limit some student's abilities. Student will have to work together as a team and use various forms of communication to complete the task. We will debrief the activity discussing what strategies did and did not work for groups. We will also discuss how this activity increased self-awareness, leadership abilities, and the way we problem solve.

**Grade 5-Grade 8:** Students will be taken to the gymnasium to have hands on experience with adventure-based counseling. A variety of challenges will be presented to the student such as jumping rope, keeping a ball afloat, and crossing a "chocolate river". Through participation in these activities students will gain team building and communication skills. After each activity students will be asked a series of reflection questions. Not only will this help them to break down the activity, but it will allow them to achieve a sense of self-awareness.



### What can be done at home?

There are a variety of ways parents can incorporate adventure-based counseling into family dynamics.

- 🍌 Get outside! Adventure based counseling works best when exploring nature.
- 🍌 Encourage open dialogue and communication
- 🍌 Work with each other. Promote an atmosphere of team building
- 🍌 Problem solve. Don't allow your student to give up.
- 🍌 Build a trusting relationship with your students.

### Contact Me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at [dabrosca@seseton.org](mailto:dabrosca@seseton.org) or calling 239-455-2262