



Relationship Building & Professional Development

Adventure Into Wellness

Special Edition Newsletter for
NISD Counselors



American
Red Cross

Authorized Training Provider

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Strengthening Relationships One Experience At A Time.

Your Team. Our Purpose.

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Welcome

Hello All,

I had a great time working with your counseling team during the NISD Professional Development Day. Thanks for responding to the interest survey at the end. I'm following up with a couple of resources and training opportunities. I appreciate your patience as I put together some of this information for you. Since most people were interested in multiple offerings, I figured the easiest way to avoid multiple emails was to create a newsletter specifically for your team so everyone can have all the information and decide for themselves what to explore further and what to put aside for now.



In this newsletter you'll find information about an **upcoming Adventure Therapy Training** I'm hosting in January. It's a 4-hour training which will offer Continuing Education hours for Texas LPCs and four hours towards required training for certification as an adventure therapist through the Association for Experiential Education. The cost is \$119 for the training. But if you'd like to come with a colleague, email me (Fred@RelateAbility.org) before December 25th and I'll offer two registrations for \$99 each or three registrations or more for \$89 each. I'm hoping that makes it more accessible to come and enjoy the day with a couple of friends or co-workers. I've found that usually makes the training more fun and I believe there's a lot of benefit in learning alongside people who share similar passions.

You'll also find a couple of printable tools to help you connect with colleagues (**Teammate BINGO & Reflection**) and to plan your next adventure-inspired counseling session (**Group Activity Outline**) based on what I presented during the training. I also created a flyer for those interested in the **Campfire Connection Cards**. I developed those cards specifically to help teammates who work together grow together. You'll find questions that invite conversations about what teammates value and what they'd like to accomplish together. We got a brief taste of those when we were gathered in a large group during the training and meeting our "High 5 partners, Low 5 partners, and ice cream buddies." Towards the end of this newsletter, I've included some of my favorite **Adventure Therapy Resources** (i.e., websites, books, and training tools).

Until we reconnect, I hope you and your team stay healthy together and have some fun. Thanks for continuing to do the important work you do for the students in our community. Please feel free to call or text me (210-391-2569) if you'd like to discuss anything in this special of Adventure Into Wellness.

Take Care,
Fred



Group Adventure Therapy Training: Unlocking the Power of Nature and Experiential Learning

Join us for a 4-Hour Outdoor Experience!

January 18, 2025
8:30 am to 12:30 pm

Cielo Vista Team Challenge
21285 Cielo Vista Dr.; San Antonio, TX 78255

\$119 Registration Fee
(Special Rates for Groups of 2+)

What is Adventure Therapy? Adventure therapy often combines outdoor and experiential learning activities with therapeutic practices to promote personal growth, emotional healing, and relationship building. This dynamic approach fosters resilience, communication, and self-discovery, often in natural settings.

Why Attend?

- **Enhance Your Skills:** Learn innovative techniques to facilitate group therapy in outdoor environments.
- **Connect with Nature:** Experience the therapeutic benefits of nature while engaging in fun activities.
- **Build Community:** Network with like-minded professionals and form lasting connections.
- **Hands-On Learning:** Participate in interactive exercises that you can implement in your practice.

What to Expect

- **Interactive Workshops:** Engage in discussions and activities that explore the principles of adventure therapy.
- **Group Activities:** Participate in relationship-building exercises designed to foster trust and belonging.
- **Expert Guidance:** Learn from a certified clinical adventure therapist and leader in the adventure therapy field.
- **Continuing Education Hours:** 4 CEUs for Texas LPC and 4 hours of training for certification as an adventure therapist



Presenter:

Fred Borroel, LPC-S, CCAT

Register with QR Code or contact
Fred for multi-person discount
before 12/25/2024.

(2 for \$99 each or 3+ for \$89 each)

Fred@RelateAbility.org





RelateAbility

Team Building for Helping Professionals

Creating more than opportunities for social engagement, we help your team **develop short and long term plans for staying invested and healthy together.** We use a strengths-based approach to build community through experiential workshops and empowering conversations.

We often invite teams into natural settings to help members ground themselves as they work together on goals. Whether we're on an archery range, on a ropes challenge course, on rivers paddling in kayaks, or on your campus, your team will be invited to **slow down together and make deliberate plans for remaining strongly connected.**

Scan the QR code to schedule a time to explore some possibilities, or contact Fred using the info below.

Fred@RelateAbility.org
210-391-2569



"What a gift it was for our team to process and connect in such a supportive context. [RelateAbility does] very important work and foster[s] a culture of kindness, compassion, and healing." -Rachel M., Clinical therapist



**When's one time
you caught
yourself laughing
with a friend at
work?**



Teammate Bingo & Reflection

Name Something That Brings You Joy	Share A Favorite Work Story	Tell A Joke	Surprise A Teammate With An Interesting Fact	Share A Favorite Website
Introduce A Pet (Past or Current)	Play A Game With A Teammate	Create A Secret Handshake	Name A Favorite Scent	Name A Song That Brings You Happiness
Share An Odd Object In Your Pockets or Purse	Share A Recent Success Story		Win A Game Against A Teammate	Share Why Your Work Is Important To You
Share A Favorite Picture of the Outdoors	Listen To How A Teammate Is Doing	Sing A Verse To A Meaningful Song	Introduce A Friend or Family Member	Help With Something
Tell A Teammate What You Value In Them	Lose A Game Against A Teammate	Ask For Help With Something	Tell A Bad Joke	Share Something Powerful About You

Complete as many squares as you can, with as many different teammates as you can, then take time to consider...

- What's something you're glad you learned about a teammate?
- What's something that made you smile or laugh when playing?
- What's something you were surprised or impressed that you did or shared while playing?
- Which square might you enjoy answering or completing again with someone else on your team?
- What kind of challenge or question might you include for the center spot?



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Your Team. Our Purpose.

Group Activity Outline

What I want to accomplish before the end of my session with the group (Point B):

Activities Planned:

Check In:

Focuser:

Main Activity:

Reflection:

A

B

What I need to be and feel prepared to facilitate the above activities:

Questions I'd like to ask my group relevant to my intended Point B:



RelateAbility

Campfire Connection Cards

Questions to Build Connections Around a Campfire or a Conference Room

We're glad you found this resource! RelateAbility's Campfire Connection Cards© is a set of 50 playing cards designed to spark conversation, connection, and energy among teams important to you. Cards are divided into 5 categories: Safe & Nurturing Environments, Growth & Empowerment, Togetherness, Balance & Harmony, and Valuing One Another.

Each card category contains 10 different questions to explore with your participants. You'll find some questions are more appropriate to use at the beginning of a group experience while others may fit better as a tool for unlocking more difficult conversations, when the time is right.

COMMON USES

- ✓ Strategic Planning
- ✓ Relationship Building
- ✓ Team Check-In

\$29.95



Which of your teammates (past or present) have you been missing?

Maybe write a note, send a text, or call them to let them know you thought of them just now.





Adventure Therapy Resources



Websites

- **Information about the Certified Clinical Adventure Therapist Credential**
 - **Association for Experiential Education** - <https://www.aee.org/about-the-certification-program>
- **Adventure Therapy Training**
 - **RelateAbility, PLLC** - <https://relateability.org/adventure-based-training-1>
 - **Adventure Therapist, LLC** - <https://www.adventure-therapist.com/>
 - **Somatic Nature Therapy Institute** - <https://www.somaticnaturetherapy.com/>

Books

- **Adventure Group Psychotherapy** - Alvarez, T. G., Stauffer, G., Lung, D. M., Sacksteder, K., Beale, B., & Tucker, A. R. (2021). Adventure group psychotherapy: An experiential approach to treatment. Routledge/Taylor & Francis Group. Mental health professionals
- **Power of One: Using Adventure and Experiential Activities within One-on-one Counseling Sessions** - Lung, D. M., Stauffer, G., & Alvarez, T. (2008). Power of One: Using Adventure and Experiential Activities within One-on-one Counseling Sessions. Oklahoma City, OK: Wood 'N' Barnes.
- **Adventure Therapy: Theory, Research, and Practice** - Gass, M. A., Gillis, H. L. "L.", & Russell, K. C. (2012). Adventure therapy: Theory, research, and practice. Routledge/Taylor & Francis Group.

Training Tools

- **Training Wheels** - <https://www.trainingwheelsgear.com/>
- **Experiential Tools** - <https://experientialtools.com/collections/teaching-facilitation-tools>



RelateAbility, PLLC

About RelateAbility

RelateAbility strengthens relationships one experience at a time. Our purpose is to provide your team members opportunities to connect with one another as they engage with your team's mission, goals, and values. We take a strengths-based approach to building community through experiential workshops and empowering conversations.

RelateAbility specializes in team interventions and training. We improve organizational health by:

- Creating safe space for solution-focused conversations about your team's needs, mission, and common goals
- Increasing investment in your team and mission to reduce turnover and mitigate compassion fatigue and burnout
- Training counselors, educators, and group facilitators to effectively use experiential activities with your clients and students

Our Approach

We have found that creating a safe space for solution-focused conversations helps teams reimagine their potential together. More than teambuilding, we help your team members develop short and long term plans so they stay invested and healthy together.

RelateAbility makes time to celebrate and honor your team every time we meet. We understand that showing appreciation for each other as people, and not just as professionals, helps your team members feel valued and know they matter on many levels.

Whether it's a single day experience, or a multi-day retreat, RelateAbility collaborates with you to develop an empowering experience for your team. What remains consistent is the dedication we have to addressing your team's unique needs and dynamics.

RelateAbility often invites teams into natural settings to help them ground themselves as they work together on goals. This includes gathering in parks, on an archery range, on a ropes challenge course, or on rivers while paddling in kayaks. No matter the setting, your team will be invited to slow down together and make deliberate plans for remaining connected.