

**Workshop #7**  
**THURSDAY, JUNE 11, 2009 – Session 2 (10:45-12:15)**

**ADVENTURE-BASED LEARNING: THEORY & APPLICATION IN  
TREATING SEXUALLY ABUSIVE YOUTH**

**Presenter**

- David A. Wallace, LCSW-R,  
Coordinator, Juvenile Sexual Victim & Offender Treatment Program  
LaSalle School, Albany, NY
- Dina McManus, LSCW-R,  
Therapist, Juvenile Sexual Victim & Offender Treatment Program  
LaSalle School, Albany, NY
- Dominic Cataldo, MLIR  
Challenge Course and Experiential Program Coordinator  
Lasalle School, Albany, NY
- Lisa Bellard, MSW  
Therapist  
St. Anne Institute, Albany NY

**Level**

All

**Workshop Summary**

This workshop will outline the benefits and “how-to” strategies on implementing adventure-based programming with sexually aggressive youth. Elements of theory, safety, and application will be addressed. Participants will also take part in several hands-on activities with trained facilitators.

**Learning Objectives**

1. Participants will learn the theoretical foundation for the use of adventure-based interventions.
2. Participants will identify ways of integrating adventure-based activities with traditional modalities of therapy, specific to sexually aggressive youth.
3. Participants will experience the use of adventure-based learning and learn the basics of processing their experience as a group.

**Workshop Narrative**

Adventure-based interventions have long been seen as beneficial when working with youth groups in a variety of settings. This workshop will explore the utility of these practices specific to working with sexually aggressive youth and their families. Workshop presenters will discuss the history, theory, and application of adventure-based programming. Time will be sent identifying activity selection, treatment planning, goal setting, group safety, and execution of defined plans. Presenters will outline the use of adventure-based interventions with juvenile, adult, and mixed groups. Differences with respect to continuum of care (e.g. community-based vs. residential treatment) and its effects on programming will also be explores. Following a didactic presentation of the above topics, workshop participants will have an opportunity to take part in several adventure-based activities and will learn the basics of debriefing and processing the group experience. Recommendations for further study and training will be provided.