



OUTDOOR LEADERSHIP: ADVENTURE THERAPY

PROGRAM DESCRIPTION

The **Adventure Therapy option of the Outdoor Leadership** program at Washington County Community College was created in response to the increasing demand for qualified, trained outdoor professionals in adventure-based and nature-based therapy. This program focuses on providing students the skills needed to provide front-line support services to clients in adventure-based and nature-based therapeutic programs in Maine, across the country, and around the world. Adventure Therapy provides students with the opportunity to combine training in outdoor leadership skills with counseling and facilitation skills, allowing them to lead and facilitate adventure-based and wilderness-based therapeutic experiences using effective techniques to help clients cope with and overcome various behavioral, cognitive, social, and affective disorders. This hands-on, experiential program utilizes Maine's natural environment as a classroom, allowing students to study how adventure-based and nature-based therapeutic programs are transforming people's lives.

Career OPPORTUNITIES

Successful completion of the program qualifies graduates to work as **field guides, recovery coaches, program directors, and other support positions for organizations that specialize in providing adventure-based and wilderness-based therapeutic programs in the outdoor behavioral health field.**

PROGRAM OUTCOMES

1. Identify and apply principles of self-care and personal leadership in a variety of challenging outdoor environments.
2. Research and discuss the history and importance of various types of outdoor programs.
3. Identify and apply effective risk management concepts before, during, and after various outdoor activities.
4. Identify and apply various leadership theories related to outdoor leadership and programming.
5. Identify and interpret various components of the natural world.
6. Research common ethical viewpoints and formulate a personal environmental ethic.
7. Create and deliver outdoor programs that address a specific set of outcomes.
8. Identify and apply outdoor technical skills to meet industry standards specific to various certifications and licensures.
9. Explain the role that risk and wilderness play in providing a therapeutic experience.
10. Identify various forms of crisis and formulate appropriate plans to manage its impact.

Washington County Community College is an equal opportunity/affirmative action institution and employer. For more information; please call Tatiana Osmond, Affirmative Action Officer, at 454-1094



Turn adventure into impact!
Combine outdoor experiences with skills that help support, guide, and empower others. Apply today! Scan the QR code or go to wccc.me.edu/apply.

Outdoor Leadership: Adventure Therapy

Course Curriculum

Associate in Applied Science

63.5 Credit Hours

Course #	Required for Associate Degree Option	Credits
Semester 1		
ENG101	College Composition	3
FYE100	First Year Experience	1
ADV 105	Introduction to Sea Kayaking	1
ADV 114	Ropes Course Facilitation	2
PFT 100	Physically Fit for Duty	1
EMS 114	Wilderness Expedition Skills I	1.5
ADV 119	Wilderness Expedition Skills I	4
ADV 141	The Maine Environment I	1.5
Total		15
Semester 2		
ADV 115	Outdoor Leadership	3
ADV 121	Wilderness Expedition Skills II	4
ADV 260	Foundations of Outdoor Therapy	3
ADV 175	Practicum/Internship	3
ADV 142	The Maine Environment II Wilderness	1.5
EMS 116	First Responder Bridge (Mod A)	1.5
Total		16
Semester 3		
HUS 125	Drug, Substance Use and Recovery	3
HUS/ADV Elective	Any HUS or ADV Elective	3
Lab Science Elective	4-Credit Lab Science Elective	4
PSY 101	Introduction to Psychology	3
PHI 114	Environmental Ethics	3
Total		16
Semester 4		
Math Elective	Math Elective - MAT 112 or above	3
HUS 230	Interviewing and Counseling	3
HUS 235	Trauma and Recovery	3
COM 200	Environmental Interpretation	3
HUS 240	Group Process	3
Total		15

Cost per credit hour is \$96. For more information visit: <https://wccc.me.edu/admissions-aid/finances/tuition-fees/>
Financial Aid is available for students who qualify at www.FAFSA.Ed.Gov School Code: 009231

Visiting the campus is easy. Contact the Office of Admissions at 207-454-1000 or wcccadmissions@maineccc.edu to schedule a time to visit!
 For more program specific information, please contact the program instructor Scott Fraser, sfraser@maineccc.edu or 207-454-1031