

Adventures in Resilience:

Interactive Interventions to Facilitate Change

Bobbi Beale, Psy.D.
Center for Innovative Practice
The Begun Center for Violence Prevention, Research and Education
Mandel School of Applied Social Sciences
Case Western Reserve University

Learning Objectives

Participants will be able to:

1. Understand how interactive interventions can be engaging and effective as part of trauma treatment.
2. Identify skill sets that make clients more successful.
3. Utilize a series of experiential activities to increase functioning.

What does Resiliency look like?

- ▶ Personal strengths
- ▶ Social Competence
- ▶ Problem Solving
- ▶ Autonomy
- ▶ Sense of Purpose

▶ Bernard, 2004

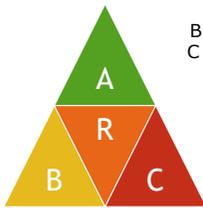
Resiliency Definition

(Resiliency Leadership Ohio)

► Resiliency is an inner capacity that when nurtured, facilitated, and supported by others- empowers children, youth, and families to successfully meet life's challenges with a sense of self-determination, mastery, hope, and well-being.



Adventure Therapy Model



A = Affect, feelings
 B = Behavior, reactions
 C = Cognition, thoughts
 R = Relationship

Interventions can address any component, be grounded by the relationship and ultimately influence the whole.

Kinesthetic

► Noun

► The sensation of position, movement, tension, etc., of parts of the body, perceived through nerve-end organs in muscles, tendons and joints.

► Origin of kinesthesia

► Modern Latin, from classical Greek:

► *Kinein* (to move) + *aisthesis* (perception)

Metaphor

1. A figure of speech in which a word or phrase that ordinarily designates one thing is used to designate another, thus making an implicit comparison, as in

A sea of troubles

He is the black sheep of the family

2. One thing conceived as representing another; a symbol:

Love is a battlefield

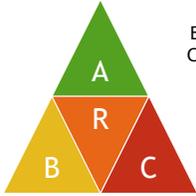
Kinesthetic Metaphors defined

Kinesthetic metaphors are *intentional* actions with parallel links to clients' affect, behavior, and/or cognitions that aid in the transfer of learning through the clients' perception of their similarity.

Words that Work

- ▶ Experiential Activities
- ▶ Adventure Therapy
- ▶ Kinesthetic Metaphors
- ▶ Interactive Interventions

Anger Management ABC Targeted Activities



A = Affect, feelings
 B = Behavior, reactions
 C = Cognition, thoughts
 R = Relationship

A - Anger Thermometer
 B - Anger Suit
 C - Conflict Styles

Compare & Contrast

Talk Therapy

- ▶ Discussion format
- ▶ Skill building as homework
- ▶ Verbal participation
- ▶ Coaching for future responses
- ▶ Learn through insight

Compare & Contrast

Talk Therapy

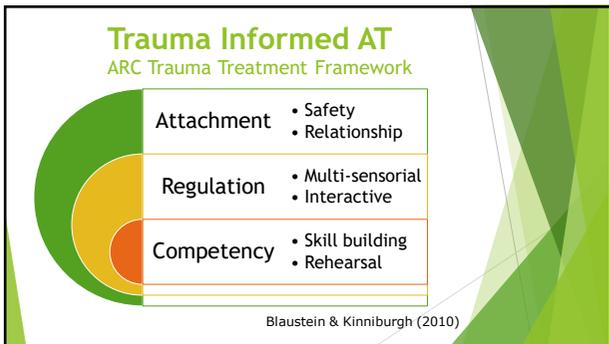
- ▶ Discussion format
- ▶ Skill building as homework
- ▶ Verbal participation
- ▶ Coaching for future responses
- ▶ Learn through insight

Adventure Therapy

- ▶ Experiential format
- ▶ In vivo skill building and rehearsal
- ▶ Kinesthetic participation
- ▶ Point of Performance Coaching
- ▶ Learn through activities







In Vivo Skill Rehearsal

- ▶ **Therapy Session as Microcosm**
 - ▶ Accurate assessment
 - ▶ Peers respond similarly in other settings
- ▶ **Brain Opportunity**
 - ▶ Rebuild neural connections = neuroplasticity
 - ▶ Repetition strengthens neural pathways
- ▶ **Immediate feedback**
 - ▶ Social motivation to improve
 - ▶ Activate desired behaviors

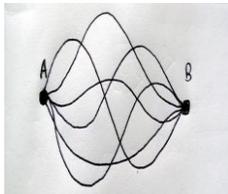
POP Coaching

Point of Performance Coaching

- ▶ **Highly Effective Feedback**
 - ▶ Immediate and targeted
 - ▶ Interrupts dysfunctional responses
 - ▶ Not punitive or judgmental
- ▶ **Offer functional replacement behaviors**
 - ▶ Reinforces desired responses
 - ▶ Strengthens new neural pathways

Catch 'em being good!

Activity Plasticity



FUN

- Fun is critical, and often missing, for families who seek BH services
- Fun is the "antidote" to apathy, particularly with adolescents
- Fun can be a catalyst/motivator for therapy
- Fun may be the primary reason why adventure therapy works so well with adolescents

Adventure Therapy Process

Act



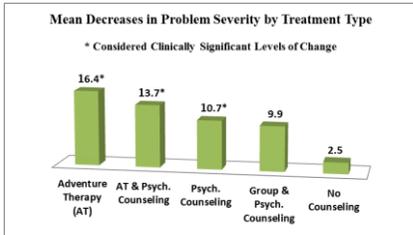
1. Parallel = MATCH
2. Kinesthetic = MOVE
3. Change = TRANSFORM

Transform*

Provide an experience where successful resolution of the kinesthetic experience provides insight/pathways/clues to successful resolution of the client(s') issue.

*changing in form, appearance, nature, or character

AT: EVIDENCE-SUPPORTED PROGRAM



References

- ▶ Blaustein, M. & Kinniburgh, K. (2010). *Treating Traumatic Stress in Children and Adolescents: How to foster resilience through attachment, self-regulation and competency*. Guilford Press.
- ▶ Boyle, I. & Gass, M. A. (2000). *The effectiveness of metaphors on the locus of control in adolescents*. Kangaroo Valley, New South Wales: Glengarry.
- ▶ Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Marks, J. S. (1998). The relationship of adult health status to childhood abuse and household dysfunction. *American Journal of Preventive Medicine*, 1998;14:245-258.
- ▶ Gass, M. A., & Gillis, H. L. (1995a). CHANGES: A model using adventure experiences as assessment. *Journal of Experiential Education*, 18(1), 34-40.
- ▶ Gass, M. A. (1993). (Ed.). *Adventure therapy: Therapeutic applications of adventure programming*. Dubuque, IA: Kendall Hunt Publishing Company.

References

- ▶ Gass, M. A., & Gillis, H. L. (1995b). Constructing solutions in adventure therapy. *Journal of Experiential Education*, 18(2), 63-69.
- ▶ Gass, M. A.; Gillis, H. L.; & Russell, K. C. (2012). *Adventure therapy: Theory, Practice, & Research*. Routledge Press. Gass, M.A., Gillis, L.H., & Russell, K. (2012). *Adventure therapy: Theory, research and practice*. New York: Routledge Press.
- ▶ Gillis, H. L. & Gass, M. A. (2009). Kinesthetic metaphors. Retrieved from: http://kinestheticmetaphors.com/Kinesthetic_Metaphors.html
- ▶ Gillis, H. L. & Gass, M. A. (2010). Treating juveniles in a sex offender program using adventure-based programming: A matched group design. *Journal of Child Sexual Abuse*, 19, 20-34.
- ▶ Gillis, H. L., & Gass, M. A. & Russell, K. E. (2014). Adventure therapy with groups. In L. DeLucia-Waack, D. A. Gerrity, C. R. Kalodner, & M. Riva (Eds.), *Handbook of group counseling and psychotherapy 2nd ed.*. Thousand Oaks, CA: Sage Publications.

References

- ▶ Gillis, H. L.; Gass, M. A.; & Russell, K. (2008). The effectiveness of Project Adventure's Behavior Management Programs for male offenders in residential treatment. *Residential treatment for Children and Youth*, 25 (3), 227-247.
- ▶ Hirsch, J. & Gillis, H. L. (1997). *Food for Thought: A workbook & video for developing metaphorical introductions to group activities*. Dubuque, IA: Kendall/Hunt Publishing Company. ISBN 0-7872-2369-X.
- ▶ Hirsch, J. & Gillis, H. L. (2004). *Developing metaphors for group activities*. [DVD/CD].
- ▶ Russell, K. C., Gillis, H. L., & Lewis, T. G. (2008). A five-year follow-up of a nationwide survey of outdoor behavioral healthcare programs. *Journal of Experiential Education*, 31(1), 55-77.
- ▶ Tucker, A. R., Javorski, S., Tracy, J., & Beale, B. (2013). The use of adventure therapy in community-based mental health: Decreases in problem severity among youth clients. *Child & Youth Care Forum*, 42(2), 155-179. doi:10.1007/s10566-012-9190-x

Resources for Therapeutic Activities

Books

- ▶ Christian, S. (1997). *Working with groups on family issues*. Duluth MN: Whole Person Associates
- ▶ Kreidler & Furlong (1995). *Adventures in Peacemaking: A conflict resolution guide for school-age programs*. Educators for Social Responsibility
- ▶ Lung, Stauffer & Alvarez (2008). *Power of One*. Bethany OK: Wood N Barnes Publishing
- ▶ Lung, Stauffer, Alvarez & Conway (2015). *Power of Family*. Bethany OK: Wood N Barnes Publishing

Internet

- ▶ <http://kinestheticmetaphors.com/>
- ▶ <http://www.wilderdom.com/games/>

Contact Information

- ▶ **Bobbi Beale, Psy.D.**
- ▶ Bobbi.Beale@case.edu
- ▶ 330.806.7731
- ▶ Center for Innovative Practice
 - ▶ The Begun Center for Violence Prevention, Research and Education
 - ▶ Mandel School of Applied Social Sciences
- ▶ Case Western Reserve University
