

A learning relationship, that supports development

As part of the ATI training to become an "Adventure & Nature Therapy Practitioner/Therapist", regular supervision and coaching sessions are held for the participants. These can be carried out online as well as live (in presence).

Supervision/coaching during training is a didactic teaching and learning method. At the same time, it is an instrument of further training-related self-awareness while accompanying participants in training.



In practice, supervisors act as "observers" and support the training participants in reflecting on their own work during the training.

The focus of this offer is therefore on reflection of one's own adventure & nature therapy actions in (professional) practice. Individual questions that arise during the training can - and should - be brought up here.

The transfer of *teaching* content into adventure & nature therapy practice will be jointly considered, reflected upon, and ensured.

At this stage it is explicitly allowed to make mistakes or to be "unsure" at times. Still in the "protective space of the training" this even makes up an important part of the practical learning process and is a great topic for reflection.

When trying out practical activities, possible difficulties should therefore be openly discussed during supervision/coaching - in order to turn mistakes into learning options.

The focal points of supervision/coaching are thus summarized as: the development of one's own role identity; the specific professional relationship with clients; the conceptualization of the therapeutic process; and finally, also the individual and independent personality development of the participants.

Quality of supervision/ coaching:

Only experienced supervisors/coaches who have proven experiential knowledge in the field of "adventure & nature therapy" and can prove relevant professional qualification are admitted for this supervision offer.

Scope during training:

4 x 1,5 hours = 6-time hours/ 8 TU (digital and/or present)
between the practice modules