



Adventure  
Therapy  
Institute

## How do I become an Adventure and Nature Therapy Practitioner?

...and can work in  
rehabilitation clinics,  
psychiatric hospitals, child  
and youth welfare facilities  
and in therapeutic teams.

### We'll show you...

...how you can build a new  
career perspective.

...how you can professionally  
use natural spaces for  
therapeutic interventions.

... how you can organize your  
therapy sessions in nature in  
an action- and experience-  
oriented way and reach your  
goal faster..

**Your professional future in  
Adventure & Nature Therapy**

# Personal foreword

This booklet is for you if you are thinking about working with Adventure and Nature Therapy – or have already had some experience with it.

Would you like to work with your clients or patients using Adventure and Nature Therapy, but are unsure whether you are allowed to do so?

Are you wondering whether you are suitable for this – and whether you can even call yourself an “Adventure and Nature Therapist”?

At the same time, you're convinced that this way of working can lead people to lasting insights more quickly. Perhaps you've already gained some initial experience—simply by going outside with your clients?

Are you already experiencing positive changes and are you now wondering whether this is already “Adventure and Nature Therapy”?

This dossier aims to inspire you, provide you with sound expert knowledge – and spark some valuable insights.

If this issue manages to do so, then this personal writing will have truly served its purpose.

Enjoy reading!



## AUTHORS:

### Alexander Rose & Christiane Thiesen

Managing Director & Founder | Adventure Therapy Institute

#### Alexander Rose

- Master's in Clinical and Health Psychology (UCV)
- Master's in Drug prevention and rehabilitation (UCV)
- Bachelor's degree in Psychology (UCV)
- Bachelor's degree in Sports Sciences (UCV)
- Bachelor's degree in Teacher training (UV)
- Training in Integrative Gestalt-Humanistic Psychotherapy (EPV)
- Train the trainers and Experiential educator's certificate (IVA)

#### Christiane Thiesen

- Graduate in social education (FH)
- Supervisor & Coach (DGSv)
- Certified Disability Manager Professional (CDMP)
- Attachment and Relationship-Oriented Therapy & Counseling (BBT)
- Psychotraumatology & Trauma pedagogy
- Adventure Educator be® | OUTWARD BOUND
- Forest and health trainer | Kneipp Doctors' Association & Chair of Public Health and Health Services Research - IBE, LMU Munich

# 5 Answers to 5 typical questions that EVERYONE who wants to work in Adventure and Nature Therapy asks themselves



## ? Question 01

### **I am already working as a therapist – am I already doing Adventure & Nature Therapy?**

Do you have a therapeutic mandate? This question is crucial. Because in many fields, so-called "therapeutic effects" are explicitly desired. If you are already achieving such effects, it is a sign of the quality of your work.

This is precisely why we developed Level 1 – the "Adventure and Nature Therapy Practitioner." This qualification enables you to design therapeutic processes not only intuitively, but also in a targeted and methodically sound manner.

## ? Question 02

### **Can I call myself an "Adventure and Nature Therapist"?**

Professional associations worldwide, such as the Association for Experiential Education (AEE) in the USA and the Federal Association for Individual and Adventure Education (*Bundesverband Individual- und Erlebnispädagogik*, BE) in Germany, are committed to improving the quality of Adventure and Nature therapy. Funding providers such as health insurance companies are also increasingly interested in which institutes offer qualified training. As a member of both associations, our institute is regularly cited in such cases. The title "Adventure and Nature Therapist" is currently not legally protected and does not yet belong to a state-recognized profession. This makes in-depth, quality-assured training according to internationally recognized standards all the more important.

## ? Question 03

### **Where can I get certification & recognition?**

In the US, the AEE already offers a formal certification in Adventure Therapy. Our training structure, with its three qualification levels (Levels 1–3), is designed to enable you to later obtain recognition and certification in the US. We maintain direct contact with the AEE Board of Directors and continuously adapt our content to current developments.

**?** Question 04

### **Can Adventure and Nature Therapy be billed?**

Yes – in different ways!

The possibilities depend heavily on the respective field of work (in Germany):

Clinics and hospitals can bill for Adventure & Nature Therapy using OPS codes.

Rehabilitation facilities use the KTL codes.

In child and youth welfare services, billing is possible via “individual additional services (IZL)” – comparable to horse riding or art therapy.

There are also billing models for independent therapists or in health prevention – depending on the framework conditions and target group.



**?** Question 05

### **Has Adventure and Nature Therapy been researched and proven to be effective?**

The scientific evidence lies primarily in the area of “nature and health”: Studies demonstrate positive effects on the cardiovascular system, stress reduction, strengthening of resilience and psychosocial development through experiencing nature.

Internationally, you can find research under terms such as Adventure Therapy, Wilderness Therapy or Ecotherapy – the effectiveness is well documented there.

There are fewer studies on the term “experiential therapy” in German-speaking countries, but the positive effects are clearly evident here too.



#### **What if I'm still not sure?**

Don't worry – these questions are absolutely legitimate and we get asked them regularly.

What you need above all is personal clarity, qualified, sound training and an attitude that enables you to appear confident, effective and professional.

**On the next page, we'll show you how to achieve just that...**

# Where do you want to go?

## Adventure & Nature Therapy Practitioner



You are already working practically or would like to professionalize your Adventure and Nature Therapy work.

Instead of random effects, you want to work in a planned and effective manner using Adventure and Nature Therapy methods.

You work in the field of prevention or resilience promotion and already use a preferred method – e.g., therapeutic archery, climbing, or forest bathing.

You are part of a specialist therapy team and would like to expand your offerings to include Adventure and Nature Therapy interventions.

## Clinical Adventure & Nature Therapy Practitioner



You are already working in the healthcare sector (or plan to do so), for example in rehabilitation or specialist clinics, and have specific therapeutic or therapy-supporting assignments that require clinical knowledge.

In social therapy, you independently design and document sessions with individual clients, couples, or families.

You would like to deepen your clinical knowledge and apply it specifically in an Adventure and Nature Therapy context.



## Clinical Adventure & Nature Therapist



As a therapeutic professional, you would like to expand your intervention options.

You want to deepen your clinical knowledge and establish Adventure and Nature Therapy responsibly, professionally and independently in your field of work – also as a specialist or specialty therapist.



## Your next steps...

## 1 You will receive a free consultation with Chiara

In a free initial consultation, we will look together at where you are professionally and what you need to start your journey into Adventure and Nature therapy. You will receive a step-by-step plan that is tailored to you and your situation.

If you then decide to continue your training in "Adventure & Nature Therapy", you will receive:

- Access to the digital course platform
- Personal support via WhatsApp
- Access to international networking opportunities



## 2 We develop the next steps with you

Together we will develop a training program tailored to your needs. We take your fields of work, previous experience, target groups and professional goals into account – this creates a realistic and suitable learning path.

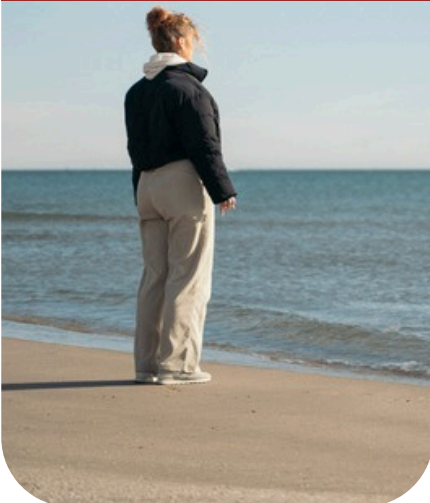
Afterwards, you will have absolute clarity and more security for your career prospects.

### **3 We open up new career prospects for you**

Together we will examine what previous experience you have and what qualification level makes sense for you.

You help us to get a realistic picture – so that we can ensure that your wish is actually feasible.

This way, you know exactly what you need to reach the next level – and gain clarity and security for your planning.



### **4 We will work with you to create a reliable plan for your professionalization**

We will work with you to create an achievable and affordable plan – with realistic time frames and concrete steps.

We are in contact with various international networks and will consider the relevant potential changes for your future plan. This will give you orientation, structure and security for your career path in professional Adventure and Nature Therapy.

### **5 We support you on your way to your new professional future**

Together we will develop an individual plan that will allow you to work with Adventure and Nature Therapy on a professional level. You will have the opportunity to become certified in the USA and to use the title "Adventure and Nature Therapy Practitioner" in Germany. This gives you professional clarity, role security and opens up new billing options – both for you and your employer.





## **Would you like to learn more about your path into professional Adventure and Nature Therapy?**

On the following pages you will gain valuable insights into our collaboration and qualification opportunities.

We give you a clear overview of levels 1–3 and show you how to achieve your goals.

Alternatively, you can request a free telephone consultation at <https://adventure-therapy.org>.

**We look forward to getting to know you!**

# Adventure & Nature Therapy Practitioner

## Level 1 (practical courses)

Nature as a co-therapist (M1)

Development of Adventure & Nature Therapy programs (M2)

### CLASSIC



- 2x 5 days
- in presence
- 100 hrs

### COMPACT



- 1x 9-10 days
- in presence
- 100 hrs

### EDITION



- 3x 3 days
- in presence
- 100 hrs

## Experiential & Nature Based Intervention ENBI Course



Your personal training in an adventure and nature based therapeutic intervention method (e.g. therapeutic climbing/archery, forest bathing, etc.).

- Seminar (in person)
- minimum 24 hrs



**ATI recognizes courses/seminars that you have attended with other providers.**

### Theory course (basic)

- online
- 8 hrs

### Self-Organized Learning | SOL

*Individual or small group tasks*

- 34 hrs

### Supervision

- online
- 4 hrs



### Open book exam

*72-hour time slot for an exam with questions on the content of modules 1&2 and the theory course (basic)*

- 4 hrs

# What do I have to prepare for?

## Practical course (100 hrs)

The focus is on practical doing in which you learn adventure and nature therapeutic work directly in nature.

In self-experience sessions, you will encounter nature as a co-therapist and learn more about the effect of landscapes on psychological well-being and mental health. Through practical exercises, you will immerse yourself in the concept development for adventure and nature therapy programs.

## International courses combines both modules

### Module 1



#### **Nature as co-therapist**

In this course, you will experience the therapeutic power of nature and learn how to use it effectively as a co-therapist in both individual and group settings.

You will be trained to use nature to promote emotional, mental, and physical health. The focus will be on the emotional safety of your clients and your own connection to nature.

### Module 2



#### **Develop therapy concepts**

The second course focuses on anamnesis, analysis of your target group and the development of individual therapeutic programs.

You'll learn how to design intervention options, develop treatment plans, and develop appropriate services for your clients. This will optimally prepare you for practical work and ensure the transfer and lasting impact of your interventions.

## Theory course (basic) & Open Book Exam



You'll take a basic theory course, which you can also watch conveniently via video. This course will provide you with fundamental knowledge for your adventure and nature therapy work.

To test your newly acquired knowledge, you will take an open-book exam. This allows us to see how you approach various problems and apply your knowledge in practice.

## Supervision & Self-Organized Learning



You will participate in supervision sessions where you can reflect on and further develop what you have learned with a supervisor.

In the self-organized learning units (SOL), you will be given tasks such as specialist articles or smaller exercises that you can complete independently. Supervision and SOL are individually tailored to you and offer personal learning support.

Adventure & Nature Therapy Practitioner	Hours	Days
Practical courses	100 hrs	10 d
SOL & work groups	34 hrs	~ 4 d
Supervision/ Coaching	4 hrs	0,5 d
Open book exam	4 hrs	0,5 d
Theory lessons Basics online*	8 hrs	1 d
<b>total:</b>	<b>150 hrs</b>	<b>16 d</b>

## Experiential & Nature Based Intervention | ENBI

Adventure and Nature Therapy is characterized by a wide variety of interventions and areas of application. Perhaps you already have an idea of which personal intervention method you would like to use in the future (e.g., therapeutic climbing, forest bathing, clinical forest therapy, bouldertherapy, therapeutic sailing, therapeutic archery). We recognize seminars and courses from other providers if they were held in person and lasted at least 24 hours.

We are not experts in everything, and as ATI we will only occasionally offer our own ENBI courses. Please check what courses are available in your own countries. In most cases, we recognise courses run by other professional providers.

### You made it ...



The seminars are complete. You have submitted all the additional supporting documents to us (please download the [checklist](#)).

The certificates have been submitted. Now you are:

**Adventure & Nature Therapy Practitioner**

## ... and now you ask yourself

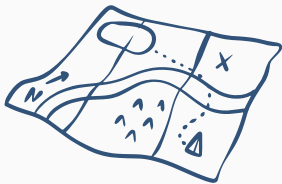


### How long will it take me to complete Level 1?

In the COMPACT course you can complete Level 1 within 3-5 months.

With the CLASSIC or EDITION course, you have a little more time and can spread your training days over two calendar years.

You will finish with a total of 100 hours of practical training.



### How much money do I have to invest?

The course training fees are indexed according to average national income levels (purchasing power parity – PPP) across countries.

This ensures fair access for participants worldwide while maintaining sustainable training delivery for facilitators.

We would be happy to create an individual payment plan for you.

**[ATI Price Policy](#)**

### How many hours do I have to invest to complete Level 1?



You have completed at least 100 hours of practical courses (face-to-face hours) by the time you graduate.

After completing ATI's practical modules, you will receive an additional 50 hours of online support, theory lessons, self-organizes learning units, and exam.

### ENBI course - why can't I do this with ATI?

Perhaps you have already completed further training in your preferred intervention method – and it should not have been in vain!

Have you completed further training in forest bathing or therapeutic archery and would you like to integrate these methods into experiential and nature therapy?



Are you from the climbing sport and have already trained in therapeutic climbing, tree climbing or high ropes courses?

**No problem! The minimum requirement for recognition is 24 hours of professional training, which you can demonstrate with a certificate.**

**[ENBI](#)**

## What can you do next?



### How do you get to the clinical Level 2?

- You have successfully completed Level 1.
- You have a professional qualification in social and/or healthcare.

Then you can go straight to LEVEL 2.

**On the next page we will explain how the clinical training component LEVEL 2 is structured.**

# Clinical Adventure & Nature Therapy Practitioner

International courses combines both modules

## Modules 3 & 4 (practical courses)

Clinical Adventure and Nature Therapy (M3)  
Clinical Professionalization in Adventure and Nature  
Therapy (M4)



## COMPACT

- 9 or 10 days | 100 hrs
- in person

## Clinical theory course

Here, you'll learn how different landscapes affect people and which clinical conditions can be successfully treated with Adventure and Nature Therapy. The course units are available online at any time and can be accessed flexibly according to your needs – so that learning fits perfectly into your everyday life.

Examples of course content include treatment options in adventure and nature therapy, culturally sensitive therapy approaches, and contraindications.

The course lasts approximately six months.

- online
- 48 hrs



Participation in the  
written theory exam is  
possible from here!

## Self-Organized Learning | SOL

*Individual or small group tasks*

- 22 hrs



## Supervision/ Coaching

- online
- 10 hrs

## Concept & practical units

*Development and practical implementation*

- 60 hrs

Clinical Adventure & Nature Therapy Practitioner	Hours	Days
Practical courses	100 hrs	10 d
SOL & work groups	22 hrs	~ 3 d
Supervision/ Coaching	10 hrs	1,25 d
Concep & practical units (at home)	60 hrs	7,5 d
Clinical Theory Course online*	48 hrs	6 d
<b>total:</b>	<b>240 hrs</b>	<b>~ 30 d</b>

## You have completed Level 2...



The seminars are done. The certificates have been submitted. Now you are:

## Clinical Adventure & Nature Therapy Practitioner

# Clinical Adventure & Nature Therapist

## Advanced Clinical knowledge course



Your personal further training in a clinical in-depth topic or a therapeutic approach.

*Examples: trauma-sensitive work, EMDR, body schema therapy, addiction therapy, therapeutic approaches for depression, DBT, family therapy...*

- Seminar (minimum 24 hrs)
- online or in person

ATI recognizes courses/seminars from other professional organizers.

## Case reports | Therapy protocols

*Documentation of your own adventure and nature therapeutic processes with clients at least 2 case vignettes (5-6 pages each)*

- 30 hrs
- 60 hrs | practical implementation

## Supervision

*Individual supervision during training*

- online
- 16 hrs

## Term paper | Thesis

*Written discussion on a specific topic in the field of Adventure and Nature Therapy at least 25-30 pages*

- 90 hrs

## Theory Exam

*Written exam*

- online
- multiple choice
- 220 - 250 questions
- 4 hrs

## Certification & Completion

The final examination takes place in person and is completed with a presentation and a colloquium of your thesis with external examiners.

- 3 days (20 hours)



Clinical Adventure & Nature Therapist	Hours	Days
Practical imlementation of your own ANT sessions/ programmms	60 hrs	7,5 d
Case reports/ Therapy protocols	30 hrs	3,75 d
Supervision/ Coaching	16 hrs	2 d
Theory exam	4 hrs	0,5
Thesis/ Term paper	90 hrs	~ 11,25 d
Certification course & Colloqium (in presence)	20 hrs	2,5 d
<b>total:</b>	<b>220 hrs</b>	<b>~ 28 d</b>

## You made it ...



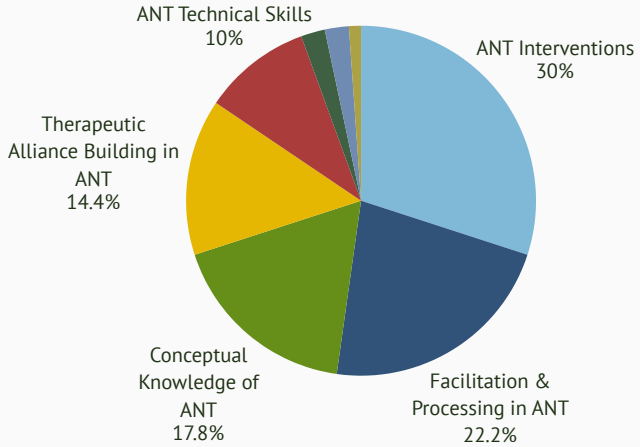
The Level 3 seminars are complete. The certificates have been submitted. After all certificates have been reviewed, you will receive the title:

## Clinical Adventure & Nature Therapist

Now the time has come ... you can work as a  
**“Clinical Adventure & Nature Therapist”**

# Adventure & Nature Therapy Practitioner | Level 1

## CORE ELEMENTS



### ANT Interventions

This element focuses on the implementation of Adventure & Nature Therapy treatment strategies and processes that achieve functional changes in clients in a culturally relevant and sustainable manner.

### Facilitation & Processing

This is about the effectiveness of Adventure & Nature Therapy, which helps clients find resources and direction for lasting change and integrate it into their lives.

### Conceptual knowledge

This element refers to the ability of the Adventure & Nature Therapist to apply specific models, practices, philosophies, and applications of Adventure & Nature Therapy to the individual treatment needs of the client.

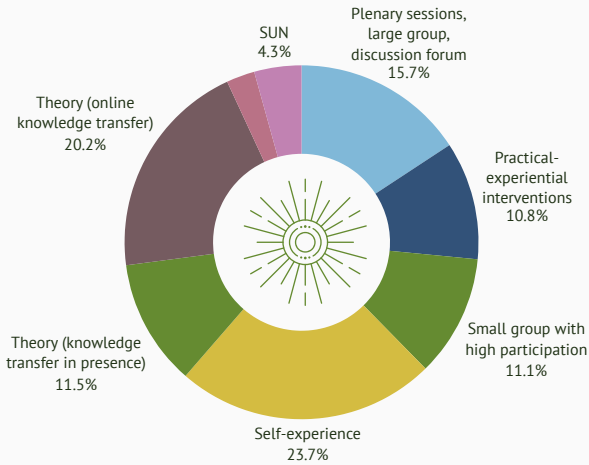
### Therapeutic Alliance

This element describes the therapist's ability to form an effective therapeutic alliance with clients, taking into account their social, cultural and individual background (e.g., social, cultural, ethnic, gender and sexual orientation).

### Technical skills

This element includes the technical skills and knowledge of the limitations of Adventure & Nature Therapy interventions, risk management, and environmental practices relevant to the specific target groups and settings of Adventure & Nature Therapy.

# Here you can see the main focus of knowledge transfer from Levels 1 to 3

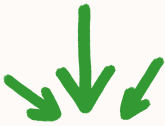


We will, of course, issue individual certificates for self-experience and supervision sessions for you throughout your therapeutic career.

Do you already know our digital journal Adventure Therapy?



journal | adventure therapy



**Profit from publications yourself.**  
**We're happy to help you**  
**establish yourself as a**  
**professional.**

In our international journal, you'll find helpful publications on the topic of Adventure and Nature Therapy. We'd be happy to publish your research paper here, making it more widely known.

# And what exactly is CREATE YOUR CHANGE?



## International therapy programs – tailor-made and location-specific

Under the CREATE YOUR CHANGE brand, we offer high-quality, international therapy programs that are individually tailored to the needs of our clients. The services are aimed at adults aged 18 and over as well as families and take place at locations that are optimally tailored to the respective therapy plan. To ensure culturally sensitive and effective care, we rely on a network of experienced Adventure and Nature Therapists who professionally conduct and lead the programs according to their nationality and native language. CREATE YOUR CHANGE has expertise in holistic, individualized and culturally competent therapy programs.

With degrees in Adventure and Nature Therapy, you can work in a variety of roles here.

Level 1: accompany, internship, observation

Level 2: accompany, carry out and work therapeutically

Level 3: lead responsibly, plan independently



You can become active as a project manager in our CREATE YOUR CHANGE programs and bring about positive change together.

**Start your next  
professional career  
now!**



## What else is important?

### General formal evidence

To complete the course, we need that you have certain prerequisites and proof for them. If you have a background in social services or healthcare, you will usually already have these. These include, for example, an extended police clearance certificate and being at least 21 or 23 years old.

To give you a clear overview, we're happy to provide you with checklists for the different levels. These also include a detailed list of the credentials you need to work with people in the natural environment.

If you have any questions or need support, we are always happy to help!

### Special certificates for working with people in natural environments

Since you will be working in the specific field of Adventure and Nature Therapy, some insurance and safety-related documentation is necessary.

Important here are:

- First aid outdoors
- MHFA (Mental Health First Aid)

*Special offers for enrolled participants at ATI*

### Don't worry – we're here for you!

**We support you every step of the way, send you practical checklists and are happy to advise you personally.**



### **What happens in the initial consultation?**

During your free initial consultation, we'll take the time to analyze your current professional status. Together, we'll clarify where you want to go with your qualification in Adventure and Nature Therapy and which path you should take. We'll answer all your questions and work together to develop the best steps for your professional future. Of course, we'll also discuss whether and how we can support you on your path – tailored to your individual needs.

### **I have little time and am already very busy – can I still complete the qualification?**

Yes, it's entirely possible! That's precisely why we've developed our courses in "Classic" and "Edition" versions. With the "Classic" version, you attend two separate courses within six months. The "Edition" version allows you to complete both courses as a combined package in one continuous period – one after the other. This saves you time, travel, and costs, allowing you to focus more intensively on the training content. If you'd like, we'd be happy to help you find the right option for you!

### **What sets us apart from other continuing education courses?**

We are the only provider offering a completely internationally oriented curriculum that builds on each other and culminates in qualifications at various levels. Currently, there is no comparable qualification program in Europe that is certified by the AEE in the USA. Furthermore, there are many professionals in Europe, especially in Germany, who already work as adventure and nature educators in various sociomedical fields. Our goal is to further professionalize and strengthen this field. If you would like to learn more, I would be happy to help!

### **How long does the collaboration last?**

Depending on your individual starting situation and your desired goals, we will actively support you over a period of 3 to 24 months.

You can successfully complete the Level 1 "Adventure and Nature Therapy Practitioner" program in approximately six months. Our course offerings are designed to be flexible – you can put them together like a modular system, giving you the freedom to plan your training according to your needs, both in terms of time and budget.

### **Why do we offer the initial consultation free of charge?**

We are confident in the quality of our qualifications and would like to work with you to develop a customized plan that is perfectly tailored to your needs. The initial consultation gives us the opportunity to determine whether we are a good fit – because a successful and satisfying collaboration is very important to us. We'd also like to give you the opportunity to get to know us and get an insight into our work. Of course, we'd be delighted to welcome you as a participant afterward – but only if you're truly committed and the personal chemistry is right. If you have any further questions or would like to schedule an appointment, we are happy to help!

# About the founders



## Alexander Rose

Alexander Rose is a clinical psychologist, clinical psychotherapist, and sports scientist. He holds a master's degree in both health psychology and substance abuse counseling. Since 2008, he has been passionately committed to introducing Adventure and Nature Therapy in his country of origin Spain and throughout Europe. He has been working with groups and patients in nature since 2000.

As a lecturer and speaker, Alexander Rose is active in Adventure and Nature Therapy training courses in Germany, Iceland, Colombia and Greece. He currently combines his work as a psychologist in his own practice with teaching at various universities. He is also developing Adventure and Nature Therapy as the founder and CEO of "Terapia Aventura" in Valencia, Spain (<https://terapiaaventura.es/de>). The association has already developed and successfully implemented innovative Adventure and Nature Therapy programs for patients with Asperger's syndrome, addiction prevention programs, and burnout treatment programs.



## Christiane Thiesen

Christiane Thiesen is a qualified social worker and supervisor. She also holds additional qualifications in experiential education, trauma education, attachment-focused counseling, is a Certified Disability Management Professional, and is a forest and health trainer.

Since 1996, she has been involved at various levels nationwide with the Federal Association of Individual and Experiential Education. Since 2003, she has also been part of the organization and coordination team of the international conference team "erleben & lernen" (experience & learn) and is a member of the editorial board of the professional journal "e&l – erleben und lernen."

She currently combines her diverse skills through team and individual supervision, as well as working as an in-house social counselor for industrial companies and occupational health service providers. She is particularly familiar with industrial work environments, particularly in the area of corporate health management (CHM).



## Per Wijnands

Per Wijnands from the Netherlands is a social worker and has worked as a sociotherapist in a child and adolescent psychiatric unit for many years. He is passionate about experiential education and uses Adventure and Nature Therapy with families, individuals, and groups struggling with mental health challenges.

He is currently developing Adventure and Nature Therapy programs for children, adolescents, and their families in child and adolescent psychiatry. Since 2020, he has held the title of "Experiential Pedagogue be®" and is certified by the Federal Association for Individual and Experiential Pedagogy. He has also been a European Treeclimbing Therapist since 2022, using tree climbing as a therapeutic approach.

Per Wijnands regularly teaches courses and workshops on experiential education and nature therapy. He is co-founder of the Adventure Therapy Institute, the European Adventure Therapy Network (ATE), and co-initiator of GATE (Gathering for Adventure Therapy in Europe). He is active in various networks in the Netherlands and Germany.

## What makes us so special?

We have been active in the field of Adventure and Nature Therapy for many years and have excellent international networks. Since 2010, we have successfully developed and offered Adventure and Nature Therapy continuing education and training courses in Spain, Germany, the Netherlands, Iceland, Greece, and Latin America.

Our long-standing involvement in the international networks of Adventure Therapy Europe (ATE) and the Adventure Therapy International Committee (ATIC) significantly shapes our work.

We are also regularly represented with lectures and workshops at international congresses such as the IATC, the GATE or the international specialist congress "experience & learn".

# Summary

As you can clearly see in our booklet, with us you have the opportunity to shape your professional future in such a way that you will be one of the first and currently few in Europe to be able to demonstrate comprehensive further training and an internationally recognized certification.

Our participants from various social social-psychological fields confirm that it feels incomparably liberating to gain more clarity and develop a stronger sense of self-worth with regard to one's own job title and role.

For this reason, working with us is not an experiment: Our courses and therapy programs under the CREATE YOUR CHANGE label are tried and tested and are continuously being developed to always incorporate the latest scientific findings.



## What we do...

- We are an institute for additional qualifications in the field of Adventure & Nature Therapy. As a continuing education institute, we offer professionals in Adventure & Nature Therapy in-depth training and opportunities for further development.
- Our platform provides digital specialist publications to promote exchange and knowledge transfer.
- As a think tank for Adventure & Nature Therapy, we develop innovative approaches and promote professional exchange.
- We also offer Adventure & Nature Therapy programs and services. We rely on dedicated professionals to help shape this valuable work – as qualified professionals are currently not available in sufficient numbers.

**We look forward to working with motivated professionals  
who share our vision!**

# Closing words



Dear reader,

Before this report ends, we would like to address you with a personal word.

We hope that the information in this magazine has inspired you and perhaps given you a little “ray of hope.”

Through our collaboration with many international colleagues, universities and networks, we know exactly what it feels like when you sometimes “can’t see the forest for the trees”.

But if you should take something away from this reading, it is the certainty that there are always perspectives and solutions for your current professional development.

That’s why we cordially invite you to a free consultation. Together, we’ll show you which next steps make sense for you and what goals you can achieve with your professional background and experience.

We look forward to getting to know you and perhaps accompanying you on part of your journey.

Best regards and see you soon!

Alex, Per, Christiane



journal | adventure therapy

CREATE  
YOUR  
CHANGE

Adventure Therapy Institute  
Hofstattgasse 1  
D - 88131 Lindau  
(Germany)

Mobile & WAB: +49 175 9400 141  
[info@ati.academy](mailto:info@ati.academy)

<https://adventure-therapy.org>  
[www.ati.academy](http://www.ati.academy)  
[www.create-your-change.com](http://www.create-your-change.com)  
[www.journal-adventure-therapy.com](http://www.journal-adventure-therapy.com)



VAT ID: DE350253116

HRA No.: 11089

Commercial Court: Kempten (Germany) District Court  
Managing Directors: Alexander Rose, Christiane Thiesen