



## Week 2: Clinical Lens Development

- Theoretical approaches to climbing therapy
- Trauma Informed Principles

## Learning Opportunities

1. Create trauma-informed adaptations to climbing with cohort members.
2. Create a program description for a brochure or website
3. Group discussion.

## Session Outline:

- Intro and Check-In
  - Check for questions and clarification needs.
- Concept Review
  - Homework from each participant: Share summaries of research articles to group, store in shared folder for future reference.
- New Content
  - Clinical Lens
    - Personal experience, therapeutic training and approach and clinician scope of practice will determine the way climbing is used in mental health treatment.
    - **Outcome:** Describe the way climbing will be used in their practices.
  - Trauma Informed Principles
    - Prevalence of trauma in the general population (Giano et al., 2020)
    - Challenge by Choice model and inconsistencies with trauma-informed care. (Carlson & Evans, 2001) (Lehey, 2019)
    - Authentic Choice (Mitten, 2018, 109-128) (Tyson & Asmus, 2008)
    - Comfort Zone versus Familiar Zone
    - Nervous System regulation (Levine, 1976)
    - Presentations of dissociation in the field. (Waters, 2016)
    - **Outcome:** Develop trauma informed practices and policies for their rock climbing program.
- Group Discussion and Planning Time
  - Co-create trauma-informed climbing adaptations.  
[https://www.leahy-inc.com/training\\_elements.php](https://www.leahy-inc.com/training_elements.php)
- Homework
  - Create a climbing therapy program description for a brochure or website using article summaries, the language created in week 1's "Theory of Climbing" and week 2's "Clinical Lens" exercise.
- Closing



## References

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