



Week 1: Introduction to Climbing Therapy

- Course objectives and individual goal creation
- History and Program Options
- Current Research

Learning Opportunities

1. Poll Everywhere Survey Questions
2. Analysis of currently used climbing program models and applications to adventure therapy.
3. Grounded Theory Model development of common climbing concepts, uses, perspectives
 - Jam Board
4. Analysis of research findings from psychology and sports psychology.

Session Outline:

- Intro and Check-in
 - Survey group for goals and experience
 - Introduce course objectives and rationale.
- Concept Review
 - N/A - Week 1, no prior content.
- New Content: Current research and applications of climbing in therapy
 - Clinical Climbing Models
 - Trauma - Women's Climbing Therapy, Colorado
 - Depression - University of Erlangen Germany
 - Pro-Social - SOAR Denver, CO
 - Adjunctive to Therapy - West Pines Behavioral Health, National Sports Center for the Disabled
 - Behavioral - Aspiro, Utah
 - Individual Therapy - Various practitioner vignettes
- Group Discussion and Planning Time
 - Synthesize a model of therapeutic rock climbing using the Grounded Theory method.
 - Evidence-based practice (Wilson & Casucci, 2021)
- Homework
 - Find three separate peer reviewed articles that will inform your clinical practice, summarize those articles and present them to classmates during the next session.
- Closing
 - Questions
 - Session 1 feedback survey



Article Links:

<https://www.climbing.com/skills/climbing-as-a-form-of-therapy/>

<https://www.outsideonline.com/health/wellness/bouldering-psychotherapy/>

<https://www.outsideonline.com/health/wellness/survivors/>

References

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compared with state-of-the-art cognitive behavioural group therapy and physical

activation – study protocol for a multicentre randomised controlled trial. *BMC Psychiatry*,

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