JOURNEYING TOGETHER

9IATC/3GATE PROGRAMME
ORGANISERS

Kristiansand municipality

Sørlandet Hospital

UiA University of Agder

Blå Kors

AGDER County Council
CONVENORS WELCOME

Velkommen til Norge alle sammen!

This conference has been a long time in the making. As an international community and on personal levels we have gone through trying times. We have lost people we hold dear, we have been forced to keep our distance from one another, and our sense of safety has been tested again and again. More than ever we need to see each other again, smile face-to-face, hug each other non-virtually and figure out how we may journey together towards the future. There are numerous challenges and obstacles ahead, for sure. Let’s recharge, refocus and reestablish our fundamental values and regenerate our shared passion together this Midsummer week.

Much love,

Carina, Leif Roar, Harpa & Lynn
LOCAL ORGANISING COMMITTEE

Sveinung Berntsen
Carina Ribe Fernee
Jarle Føreland
Randi Hasle Jynge
Leif Roar Kalleberg
Vibeke Palucha
Gro Anita Kåsa Poulsen
Janne Rommetveit
Jørgen Skauge
Sophia Hjorth Wahlgren
Vetle Brunner Åsen
Gunnar Oland Åsen

GATE ORGANISING COMMITTEE

Harpa Yr Erlendsdottir
Natalia Ruiz de Cortázar Gracia
Lynn Van Hoof
Christiane Thiesen
Nadia Vossen
Per Wijnands

STEERING COMMITTEE

Terje Andersen
Gunn-Heidi Gabrielsen
Inger Ingebritsen
Iris Anette Olsen
Stephen Seiler
Vidar Solsvik
ATIC MEETINGS
📍 Energiverket
Tangen 11 ▪ 4608 Kristiansand
ATIC Committee Meeting 10:00 AM – 05:00 PM
ATIC/GATE Lunch 02:00 PM – 03:00 PM
GATE Round Table 03:00 PM – 05:00 PM

REGISTRATION
📍 Global Lounge
University of Agder ▪ Universitetsveien 25 ▪ 4630 Kristiansand
Registration Open 03:00 PM – 07:00 PM

FAMILY WELCOME
📍 University green
University of Agder ▪ Universitetsveien 25 ▪ 4630 Kristiansand
Family Information 05:00 PM – 05:30 PM
Cook out I Gapahuk firepit 05:30 PM – 07:00 PM
*Bring your preferred firepit food and join us for a cook out*

ARRIVAL PARTY
📍 Østsia
University of Agder ▪ Universitetsveien 25 ▪ 4630 Kristiansand
Meet and greet I The University Student Bar 07:00 PM – 10:00 PM
PRESENTATION FORMATS

Look for the HEAD, HEART and HAND symbols throughout the programme. For more detailed information on presenters and the abstract of each presentations, see the Conference Platform/App.

HEAD 👤

Presents some of the latest, current and future scientific enquiries in 25-minute sessions. This format also includes seven-minute Poster presentations.

HEART ❤️

Includes conceptual and theoretical discussions in 40-minute sessions, where presenters share a topic that they are particularly passionate about from their practice or scientific work. This format also includes 25-minute Storytelling sessions where presenters share stories in a more personal and narrative style.

HAND 🍃

In this experiential 90-minute format, mostly taking place outdoors, attendees are invited to experience and explore elements of adventure therapy in a direct and hands-on manner.

STREAMING 🎬

This symbol indicates that the sessions will be streamed through our digital conference platform. The recordings remain available 6 months post-conference.
DAY 1
MONDAY 20 JUNE 2022

BREAKFAST
University Cafeteria
Only for attendees who have registered for meals.

OPENING CEREMONY
B1018
Opening Dance | Variatix and The Troll Family
Welcome to Norway | Conveners
Official Opening | The Mayor of Kristiansand
Opening Address | Mr. T Martin Ringer (Australia)
"Creating Containers for Healing, Growth and Collaboration»
Beginning our Journey | GATE Team

BREAK
Coffee/Tea/Fruit

CONCURRENT SESSIONS 1
11:30AM – 10:30 AM
The concurrent sessions are gathered in 90-minute sessions consisting of several grouped workshops. Choose one of the following sessions. For more information and sign up, see Conference App.
Aud 1: B1018  
Host: Carina Ribe Fernée

1A. HEART (40 min) :  
«Outdoor Healthcare: Centering Adventure Therapy Out-of-doors for the Benefit of us All»
Dr. Anita Pryor and Ben Knowles (Australia)

1B. HEART (40 min):  
“Questioning the Stories about the Practice of Adventure Therapy”
Dr. Denise Mitten (USA)

Aud 2: B1001  
Host: Sveinung Berntsen

1C. HEART (40 min):
“The Outdoor Care Retreat (Friluftssykehuset)”
Maren Østvold Lindheim, Andreas Arnø, Simen Skogli, Jørgen Moland & Bodil Bay Schultz (Norway)

1D. HEART (40 min):
“Nature and Adventure as Psychosocial Intervention levers with Families of Youth Affected by Cancer”
Marie-Michelle Paradis & Laura Ducharme (Canada)

Aud 3: B1006  
Host: Harpa Ýr Erlendsdóttir

1E. HEAD (25 min):
“Ocean, Rock and River: How Immersion in These Environments Influences the Psychosocial Effects of Surfing, Climbing and White Water Canoeing?”
Dr. Virginie Gargano (Canada)

1F. HEAD (25 min):
“The Seascape and Outdoor Health: The Vitalizing Sea, Embodiment and Well-being on a Sea-kayak Journey”
Lisbeth K. Lund (Denmark) & Prof. Kirsti Pedersen Gurholt (Norway)

1G. HEAD (25 min):
“Sailing Away the Pain: Evaluating an Adventure Sailing Therapy Program for Adults Living in a Drug Rehabilitation Center”
Chiara Borelli, Elisabetta Boffa & Andrea Ambrosiani (Italy)

Aud 4: B1007  
Host: Leif Roar Kalleberg

1H. HEAD (25 min):
“How Outdoor Experiences Can Strengthen People’s Abilities to Face Challenges”
Dr. Hildegunn Marie Tønnessen Seip & Johana Houskova (Norway)

1i. HEAD (25 min):
“Perceptions of How Participating in Outdoor Adventure Activities during Youth Can Impact Female Resilience”
Rebecca Pearson (UK)

1J. HEAD (25 min):
“Nature and Joy of Movement to Coping with Life”
Dr. Merete Lund Fasting & Cathrine Færevåg Neresen (Norway)
Outdoor space: UiA Green
Host: Per Wijnands

1K. HAND (90 min):
“The Adventure Therapy Toolkit: Enriching the Therapeutic Space”
Philip Stallard (Ireland) & Dr. Maurie Lung (USA)

Outdoor space: Gimle Botanical Garden Green
Host: Gunnar Oland Åsen

1L. HAND (90 min):
Freija Rchaidia, Tanja de Jong & Robbe Boyen (Belgium)
MAX NUMBER: 14 PARTICIPANTS

Outdoor Space: Meet up at Uni Main Entrance
Host: Vibeke Palucha

1M. HAND (90 min):
“Forest Bathing Workshop”
Nathalie Moriarty (UK)
MAX NUMBER: 12 PARTICIPANTS
INSTRUCTIONS: Dressed according to weather and with closed hiking shoes.

LUNCH
01:00 PM – 02:30 PM
University Cafeteria
Information about Adventurous Wednesday I Gunnar Oland Åsen

CONCURRENT SESSIONS 2
02:30 PM – 04:00 PM

The concurrent sessions are gathered in 90-minute sessions consisting of several grouped workshops. Choose one of the following sessions below. For more information and sign up, see Conference App.
Aud 1: B1018
Host: Carina Ribe Fernee

2A. HEART (40 min):
“The Outdoor Mental Health Interventions Model: A National Statement for Good Practice in Outdoor Therapy”
Dr. Kaye Richards (UK)

2B. HEART (40 min):
“Adventure Therapy for Complex Trauma, Tri-phasic, Ecologically Dynamic and Human Rights Based”
Graham Pringle (Australia)

Aud 2: B1001
Host: Sveinung Berntsen

2C. HEAD (25 min):
“Share in an Adventure: An Adventure Therapy Program for Adolescents who have a Close Relative with Cancer”
Natalia Ruiz de Cortázar Gracia & Esther Meneses (Spain)

2D. HEAD (25 min):
“A Randomized Controlled Pilot Study Assessing Feasibility and Impact of a Wilderness Program on Mental and Physical Health of Adolescent and Young Adult (AYA) Cancer Survivors”
Prof. Miek Jong & Dr. Mats Jong (Sweden)

2E. HEAD (25 min):
Ingrid Grimstad Gjelvik & Dr. Åshild Lappegard Hauge (Norway)

Aud 3: B1006
Host: Denise Mitten

2F. HEAD (25 min):
“The Biopsychosocial Experiences and Motivations of Sea Swimmers during the COVID-19 Pandemic”
Jasmin Stallard (Ireland)

2G. HEAD (25 min):
“When I Feel Stressed Out: I go for a Swim in a River, Lake or the Ocean”
Evi Petersen (Norway)

2H. HEAD (25 min):
“Empowerment through Wilderness Journeys: Key Findings from the Project ‘From Outdoors to Labour Market’”
Dr. Jule Hildmann (UK)

Aud 4: B1007
Host: Nadia Vossen

2i. HEART (40 min):
“Walking Towards Transformation: Exploring the Subjective and Unpredictable Nature of Pilgrimage”
Dr. Christine Slavik (Canada)

2j. HEART (40 min):
“En Marche’ Project: A Socio-professional Reintegration Project Using Trail Building and Adventure Therapy in Québec”
Etienne Beaumont (Canada)
Outdoor space: UiA Green
Host: Per Wijnands

2K. HAND (90 min):
“Therapeutic Alliance Building in Adventure Therapy: Inviting and Honoring Client Voice in Treatment”
Fred Borroel & Prof. Christine Lynn Norton (USA)

Outdoor space: Gimle Botanical Garden Green
Host: Harpa Ýr Erlendsdóttir

2L. HAND (90 min):
“Experience Scandinavian Forest Therapy Method and Practice”
Petra Ellora Cau Wetterholm (Sweden)
MAX NUMBER: 25 PARTICIPANTS

Outdoor space: Gapahuk
Host: Vibeke Palucha

2M. HAND (90 min):
“Your Rock, Your Home, Your Center: Using Metaphor to Create Psychological Safety”
Torey Portrie & Dr. Cian L. Brown (USA)
MAX NUMBER: 15 PARTICIPANTS

BREAK
04:00 PM – 05:00 PM
Transfer from the University campus to Odderøya island. The walking distance is approximately 4 km (50 mins) or catch a bus to the center and walk 1 km (30 mins). We recommend the waterfront promenade.
THE ODDERØYA ISLAND SESSIONS  05:00 PM – 06:30 PM

Odderøya Island 1: The Bendik’s Bay | Bendiksbukta 🌿
Host: Lynn Van Hoof

3A. HEART (40 min):
“Explorative Workshop on Blue Health Participatory Methodology”
Prof. Kirsti Pedersen Gurholt (Norway) & Lisbeth K. Lund (Denmark)

3B. HEART (40 min):
“Cooking up a Good Practitioner’: What are the Necessary Ingredients of International Adventure Therapy Training and Development?”
Amanda Smith, Dr. Anita Pryor, Ben Knowles, Luk Peeters, Prof. Christine Lynn Norton, Natália Rákár-Szabó, Helen Jeffery, Dr. Kaye Richards, Natalia Ruiz de Cortázar Gracia & Federico A. Borroel (Australia/Belgium/USA/Hungary/UK/Spain)

Odderøya Island 2: Climbing Centre 🌿
Host: Sophia Hjorth Wahlgren

3C. HAND (90 min):
“Rock Climbing: Healing Through Relationship”
Aleya Littleton (USA)
MAX NUMBER: 20 PARTICIPANTS
ENTRANCE FEE AND GEAR: 200 NOK (To be paid at the climbing centre)

The Art Walk 🌿
Host: Hege Schlichting & Janne Rommetveit
Enjoy a guided tour exploring the various art studios and galleries around the Odderøya Island.
Meet up outside the Odderøya Sports Hall. The walk will end up at the Haubitz Barn in time for dinner at 07:00 PM.

The Coastal Walk 🌿
Host: Lars Verket
Enjoy a guided tour exploring the coastline of the beautiful Odderøya Island.
Meet up outside the Odderøya Sports Hall. The walk will end up at the Haubitz Barn in time for dinner at 07:00 PM.
THE ODDERØYA ISLAND SOCIAL NIGHT 07:00 PM – 11:30 PM

📍 The Haubitz Barn | Haubitzlåven
Odderøyveien 114 og 115 • 4610 Kristiansand

Dinner 07:00 PM – 08:00 PM

Talent Show 08:00 PM – 09:30 PM

Twenty nations are invited to show off their talents in this one-and-only GATE’s Got Talent Show. During this fun-loving social event, the idea is to capture the crowds’ attention and excitement in a three-minute performance. The acts will be assessed according to the 3E criteria: Entertaining, Experiential and Engaging. The ambience of the Haubitz Barn provides the ideal surrounding.

Live Concert | KRS Soul Stew 09:45 PM – 10:45 PM

Influenced by Northern Soul, Motown, New Orleans Funk, R&B, afrobeat and Ska, the feel-good band KRS Soul Stew will make every part of your body want to move and shake loose on a Monday evening in a barn on an island in Southern Norway. Vocalist Klara Høeg is accompanied by a skillful set of musicians in this nine-person band, and if you did not guess it already: KRS is short for Kristiansand.
### DAY 2
**TUESDAY 21 JUNE 2022**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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| 07:00 AM – 08:00 AM | **RISE AND SHINE**  
Various locations  
Morning Yoga I Morning Walk I Morning Bath I Morning Talk I  
Meditative Dance Expression I Forest Bathing/Naturvaro®  
*For more information and signing up, see Conference App.* |
| 08:00 AM – 09:00 AM | **BREAKFAST**  
University Cafeteria  
*Only for attendees who have registered for meals* |
| 09:00 AM – 10:30 AM | **PLENARY SESSION**  
B1018  
Info I Conveners  
Introduction I International Networks  
Keynote I Mr. Pekka A. Lyytinen (Finland)  
"Searching for Adventure Therapy – Reflections from the Finnish Sauna” |
| 10:30 AM – 11:30 AM | **BREAK**  
Coffee/Tea/Fruit  
Meet and Greet I International Networks |
| 11:30 AM – 01:00 PM | **CONCURRENT SESSIONS 4**  
The concurrent sessions are gathered in 90-minute sessions consisting of several grouped workshops. Choose one of the following sessions below. For more information and sign up, see Conference App. |
Aud 1: B1018
Host: Carina Ribe Fernee

4A. HEART (40 min):
Dr. Lia Naor (Israel)

4B. HEART (40 min):
“Branching Out: Development and Outcomes of a National Ecotherapy Programme in Scotland”
Nathalie Moriarty (UK)

Aud 2: B1001
Host: Sveinung Berntsen

4C. HEAD (25 min):
“Shifting the Eating Disorder into the Background: Experiences with Nature and Friluftsliv in Everyday Life Recovery”
Dr. Lise Katrine Jepsen Trangsrud (Norway)

4D. HEAD (25 min):
“Investigating Therapeutic Applications of Microadventures”
Maja Zimmerman (Norway)

4E. HEAD (25 min):
“Solo Time in Nature as a Tool for Person-centered Therapists’ Personal and Professional Growth”
Artemis Blatsi (Greece)

Aud 3: B1006
Host: Nevin J. Harper

4F. HEAD (25 min):
Tessa Kingston (Ireland)

4G. HEAD (25 min):
“Adventure Therapy in Aotearoa/New Zealand: A Community of Practice”
Helen Jeffery (New Zealand)

4H. STORYTELLING (25 min):
“Nurrait | Jeunes Karibus outdoor intervention programs». Hugo Dufresne & Joshua Nathan Ketler (Canada)

Aud 4: B1007
Host: Denise Mitten

4i. HEART (40 min):
“The Role of Nature in Nature-based Therapy”
Amy Horn (New Zealand)

4J. HEART (40 min):
“If Adventure is the Therapy, Then What am I?”
Kyle Horvath (Canada)
Outdoor space: UiA Green
Host: Leif Roar Kalleberg

4K. HAND (90 min):
“Campfire: The Practical way back to Life”
Janne Rommetveit, Leif Roar Kalleberg & Liv Dørum (Norway)

Outdoor space: Gimle Botanical Garden Green
Host: Vibeke Palucha

4L. HEART (40 min):
“Wilderness Therapy as a Cognitive Group Treatment for Social Phobia”
Kaisa Pietilä & Miia Riihimäki (Finland)
MAX NUMBER: 25 PARTICIPANTS

4M. HEART (40 min):
“Host Leadership: Making Leadership Therapeutic”
Dr. Stephan Natynczuk (UK) & Dr. Will Dobud (USA/Australia)

Outdoor Space: Gapahuk
Host: Nadia Vossen

4N. HAND (90 min):
“The Transfer in the Spotlight: Exploring How to Maximize Efforts for Transferring Outdoor Therapy Experiences to the Daily Life of Clients”
Lynn Van Hoof (Belgium) & Per Wijnands (Holland)
MAX NUMBER: 20 PARTICIPANTS

LUNCH
01:00 PM – 02:30 PM
University Cafeteria

CONCURRENT SESSIONS 5
02:30 PM – 04:00 PM
The concurrent sessions are gathered in 90-minute sessions consisting of several grouped workshops. Choose one of the following sessions below. For more information and sign up, see Conference App.
Aud 1: B1018
Host: Carina Ribe Fernee

5A. HEAD (25 min):
“Forest Therapy Group Intervention and Guiding Skills for Exhaustion Disorder, Anxiety and Depression”
Petra Ellora Cau Wetterholm (Sweden)

5B. HEAD (25 min):
“Optimizing the Wellbeing of Adults Suffering from Anxiety Disorders: Nature and Adventure-based Intervention as a Way of Experiencing New Stress Management Strategies”
Marie-Eve Langelier (Canada)

5C. HEAD (25 min):
“Effects of an Adventure Therapy Mountain Bike Program”
Dr. Cian L. Brown & Torey Portrie (USA)

Aud 2: B1001
Host: Nevin J Harper

5D. HEART (40 min):
Mark Cartner & Dr. Will Dobud (Australia)

5E. HEART (40 min):
“Violence Relapse Prevention for Inmates through Archery”
Alexander Rose & Paloma Martinez Antequera (Spain)

Aud 3: B1006
Host: Denise Mitten

5F. HEAD (25 min):
“Think Outside: A Qualitative Study of Adventure Therapy from the Perspective of the Adventure Therapist”
Philip Stallard (Ireland)

5G. HEART (25 min):
“Reaching New Heights: Clinical Pilot Projects with Therapeutic Climbing for Youth and Adults in Norway”
Sophia Hjorth Wahlgren, Elisabeth Hovland & Martin Hirte (Norway)

Aud 4: B1007 | Poster Presentations
Host: Sveinung Berntsen

P1. POSTER (7 min):
“Comparative Efficacy Analysis of Adventure Therapy integrated Schema Therapy (N-ABST) and Traditional Young Schema Therapy”
Eszter Kenézlöi & Natália Rákár-Szabó (Hungary)

P2. POSTER (7 min):
“Resilient in Nature: A Nature-based Group Intervention to Support the Recovery Process of First-episode Psychosis in Young Adults”
Justine Pellerin (Canada)
P3. POSTER (7 min):
“Physical Activity Clubs: An Adventure-based Approach to Tackle Childhood Obesity”
Dr. AB Sirin Ayva (UK)

P4. POSTER (7 min):
“Interoceptive Awareness Opportunities during Outdoor Education: Developing an
Adventure Therapy Programme for Children with a History of Complex Trauma”
Kitty Forster (UK)

P5. POSTER (7 min):
“How does an Outdoor Therapy Service work with Marginalised Groups? A Focus and Reflection on a
Scottish Charity, Venture Trust, their Approach and Efficacy through Client Feedback and Data Collection”
Rick Tildesley (UK)

P6. POSTER (7 min):
“The Psychosocial Benefits of Rock Climbing: A Study Protocol from an Empowerment Perspective”
Stéphanie St-Amour Bélanger (Canada)

P7. POSTER (7 min):
Transnatural Perspectives Podcast”
Joshua David Bennett (US/Norway)

P8. POSTER (7 min):
“How does Participation in Municipal Wilderness Programs Change Self-awareness and Use of
Coping Skills among Adults with Mental Health Challenges and/or Substance Use Disorders”
Live S. Bentsen (Norway)

Outdoor Space: Gimle Botanical Garden Green
Host: Vibeke Palucha

5i. HAND (90 min):
“Experientially Aligning Supervision with Experiential Therapy Practice”
Christy Brock & Dr. Maurie Lung (USA)

Outdoor Space: Gapahuk
Host: Harpa Ýr Erlandsdóttir

5j. HAND (90 min):
“Equal Communication Makes Confident Children”
Andreas Arnø, Simen Skogli, Maren Lindheim, Bodil Bay Schultz & Jørgen Moland (Norway)

Outdoor Space: Meet up at the Uni Main Entrance
Host: Leif Roar Kalleberg

5k. HAND (90 min):
“Awareness of Walking Alongside Someone”
Ingvild-Jorna Bø Abusdal (Norway)
MAX NUMBER: 20 PARTICIPANTS
The conference programme ends with the afternoon coffee for today. Attendees have a free evening to explore on your own, stay in or dine out. Whilst also preparing for departing for Hovden early tomorrow morning. Everyone has to show up Wednesday morning at the University ready packed for the Plenary Session starting at 09:00 AM. The buses depart by 10:00 AM for the different activities in our Adventurous Wednesday Programme.
DAY 3
WEDNESDAY 22 JUNE 2022

There are no RISE & SHINE activities this morning since we are packing camp to leave for our second conference location in Hovden. Make sure to meet all set and ready to go in time to receive the practical info at the Plenary Session at the University of Agder. Buses depart at 10:00 AM.

BREAKFAST
University Cafeteria
08:00 AM – 09:00 AM

Only for attendees who have registered for meals

PLENARY SESSION
B1018
09:00 AM – 10:00 AM

Info “Adventurous Wednesday” I Mr. Gunnar Oland Åsen

Divide into buses according to the chosen activity. A packed lunch is provided, however, we recommend that you bring extra snacks and drinks.

ADVENTUROUS WEDNESDAY
10:00 AM – 05:00 PM

Choose your activity of preference in the Conference App. All activities end up in Hovden preferably by 05:00 PM. A few activities may arrive later. There is no further conference programme this evening, allowing time to set up camp and become acquainted with the village town.

- **R/A Level**: Risk and achievement level. The various alternatives are rated according to how demanding the duration and activity of the trip is. Low, moderate or high.
- **Max**: Maximum number of participants for each trip.
- **Guide(s)**: Each trip has assigned guides.
TRIP 1: Visit Bragdøya Island

Bragdøya is a 0.7-square-kilometre (0.27 sq mi) island in the archipelago of Kristiansand. The municipality of Kristiansand bought it as a recreational space just a short boat trip away from the city center. You can explore the island by walking, swimming on the sandy beach, or borrowing one of the traditional wooden rowing boats. During the summer, the island is used as grazing land for sheep.

Bragdøya Kystlag, a voluntary association which aims to preserve local maritime culture along the coast, is now the owner of the boat house complex named Bragdøya Coastal Heritage Centre, where you will find a little café.

Additional information:
The activity is perfect for families and accessible for differently-abled persons.

Ticket fare by boat:
NOK 100 Adults
NOK 50 Children (Under 16)

R/A Level: Low
Max: Unlimited number of participants
Guide: Ingvild

TRIP 2: Swimming and beach pleasure at Byglandsfjord

Byglandsfjorden is 34 kilometers long lake with fresh and clean water, cliffs and beaches in the centre of Bygland. If you are lucky perhaps you will even catch a glimpse of the old Steam boat D/S Bjoren which dates back to 1866, but still going strong.

Additional information:
The activity is perfect for families and accessible for differently-abled persons.

1.5 hrs bus transport from Kristiansand and Hovden.

R/A Level: Low
Max: Unlimited
Guide: Maria
TRIP 3: Trekking to the “Galten” Mountain

We invite you to trek the path from Hovden (located at 800 metres above sea level) to the mountain Galten (1195 metres above sea level), a peak just north of the village. This is a popular route both summer and winter, taking you through one of the beautiful landscape conservation areas in Hovden. The first part is an old gravel road used for herding reindeer, which leads onto a good path up the mountain. From the peak, there is an excellent view.

Additional information:
4 hrs. bus journey from Kristiansand.

R/A Level: Medium
Max: 45
Guides: Janne and Liv

TRIP 4: Visit the waterfalls Reiårsfossen and Gloppefossen in the Setesdal Valley

On this adventure, you will have the opportunity to visit two waterfalls. First, we make a stop at Reiårsfossen and next, we hike together to Gloppefossen. Let's see whether you will notice a difference in the experience of the two waterfalls . . .

Additional information:
2.5 hrs bus journey from Kristiansand.
1 hr trekking for the second waterfall.
1 hr from Hovden.

R/A Level: Low
Max: 45
Guides: Vibeke and Iris
**TRIP 5: Visit "Håhelleren" in the Setesdal Valley**

We invite you to visit one of The Norwegian Trekking Association's (DNT) many cottages. DNT owns 500 cottages and has marked around 20.000 kilometres of hiking trails in Norway. These are open to the public. Håhelleren is located in the "high" mountains 900 metres above sea level.

**Additional information:**
- 3 hrs bus journey from Kristiansand.
- 30 minutes trekking on a DNT trail.
- 1.5 hrs by bus to Hovden.

**R/A Level:** Medium  
**Max:** 45  
**Guides:** Hans Georg and Roar

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**TRIP 6: Trekking in the Badstog Valley**

Badstogdalen - the Badstog valley - can be explored by trekking along the river Otra and through mountainous forest terrain. The area invites feelings of solitude, in addition to offering spectacular wildlife and nature. If you are fortunate, you will encounter wildlife. Either way we can assure you that you will be observed by wild animals.

**Additional information:**
- 3 hrs by bus from Kristiansand. Close to Hovden.

**R/A Level:** Medium  
**Max:** 13  
**Guides:** Jarle and Annette

**Weather-dependent alternative:**

High Mountain Trekking including some of the most beautiful sites in this region.

- 3 hrs by bus from Kristiansand.  
- 3 hrs trekking.  
- 2 hrs by bus to Hovden.

*The decision regarding the route will be taken on the day of departure. Both alternatives are beautiful, and a great opportunity to get to know potential sites for wilderness therapy.*
TRIP 8: Canoeing in the Ogge Lake District

The Ogge lake offers calm waters surrounded by forest. The lake is only 13 kilometres long, however, it counts 360 little islands. One island for each day of the year, locals say. The lake district is also home to trout and perch for those who enjoy fishing. We will visit one of the nature school camps frequently used for educational, recreational and therapeutic purposes, owned by the Mid-Agder Outdoor Council - one of the collaborating partners of this conference.

**Additional information:**
1 hr bus transport from Kristiansand.
3 hrs canoeing.
3.5 hrs by bus to Hovden.

**R/A Level:** Medium/High
**Max:** 15
**Guides:** Anette and Pi
TRIP 10: Sea kayaking in the Kristiansand archipelago

Join us for a fun kayaking trip in the Kristiansand archipelago and experience town from the water. We will start from Bendiksbukta on Odderøya island and paddle through the channel in Fiskebrygga. If the weather permits, we will paddle around Odderøya, across to the Bragdøya island for lunch, before returning to Bendiksbukta.

Requirements: You need to be able to swim and have prior paddling experience to join this trip. It means that you master basic paddling techniques, can steer the kayak, are used to paddle with a spray skirt, and can get out of the kayak if you overturn. We plan to cross between islands, where the waves can be, on average, 1 meter high.

Additional information:
3.5 hrs by bus to Hovden.

R/A Level: Medium/High
Max: 15
Guides: Sophia, Martin, Isa and Silvan

TRIP 9: Canoeing on the river Otra and the Kile fjord

We also offer another tranquil canoe trip. In this case, on the river on the Otra, where the river widens to the Kile fjord. Here we visit another nature school camp frequently used for educational, recreational and therapeutic purposes. Otra is the largest river in Southern Norway and winds its way from Hovden all the way to Kristiansand. It is home to several kinds of salmon, including one salmon specie that is only found in Otra.

Additional information:
1 hr bus journey from Kristiansand.
3 hrs canoeing.
3 hrs by bus to Hovden.

R/A Level: Medium/High
Max: 13
Guides: Olivia and Wina-Louise
DAY 4
THURSDAY 23 JUNE 2022

RISE AND SHINE  🌈 Various locations
07:00 AM - 08:00 AM
Morning Yoga | Morning Walk | Morning Bath | Morning Talk | Meditative Dance Expression | Forest Bathing/Naturvaro®
For more information and signing up, see Conference App.

BREAKFAST  🏡 Hovden Grendehus
08:00 AM - 09:00 AM
Hovden Community Centre | 4755 Hovden i Setesdal
Only for attendees who have registered for meals

PLENARY SESSION  🎥 The Sports Hall | Gymsal
09:00 AM – 10:30 AM
Welcome to Hovden | The Mayor of Bykle
Traditional Music | Kirsten Bråten Berg (vocals) & Sigurd Brokke (munnharpe/jaws harp)
Keynote | Dr. Annette Bischoff (Norway)
“Nordic Friluftsliv – Philosophical Roots and Pedagogical Potentials”

BREAK
Coffee/Tea/Fruit
10:30 AM – 11:30 AM

CONCURRENT SESSIONS 6
11:30 AM – 01:00 PM
The concurrent sessions are gathered in 90-minute sessions consisting of several grouped workshops.
Choose one of the following sessions below. For more information and sign up, see Conference App.
Room 1: Sports hall | Gymsal
Host: Carina Ribe Fernée

6A. HAND (90 min):
“The Power and Practice of Rites of Passage”
Katie Asmus (USA)

Room 2: Theatre | Kinosal
Host: Denise Mitten

6B. HEART (90 min):
“Very Bad Adventure Therapy”
Dr. Will Dobud (USA/Australia)

Room 3: Room with a view
Host: Leif Roar Kalleberg

6C. HAND (90 min):
«Building Resilience in Nature: A Psycho-educative Approach”
Sølve Klouman Stoknes & Sigve Elstad (Norway)

Outdoor Space 1
Host: Harpa Ýr Erlendsdóttir

6D. HAND (90 min):
“Your Inner Horizon: An Experiential and Creative Exercise in Nature”
Nadia Vossen & Lynn Van Hoof (Belgium)
MAX NUMBER: 20 PARTICIPANTS

Outdoor Space 2
Host: Vibeke Palucha

6E. HAND (90 min):
“Wilderness Family Intensives: The Ultimate Journey”
Dr. Scott Bandoroff (USA)
MAX NUMBER: 20 ACTIVE PARTICIPANTS/25 OBSERVERS

Outdoor Space 3
Host: Per Wijnands

6F. HAND (90 min):
“Nature and Adventure-based Therapy in Trauma-related Sailing and Surfing Programs”
Altman Israel (Israel)
MAX NUMBER: 20 PARTICIPANTS
LUNCH

Hovden Grendehus

01:00 PM – 02:30 PM

CONCURRENT SESSIONS 7

The concurrent sessions are gathered in 90-minute sessions consisting of several grouped workshops. Choose one of the following sessions below. For more information and sign up, see Conference App.

Room 1: Sports hall | Gymsal
Host: Vibeke Palucha

7A. HAND (90 min):
“Trauma-Informed Care: We Care, You Care, Self-Care”
Dr. Bobbi Beale & Dr. Maurie Lung (USA)

Room 2: Theatre | Kinosal
Host: Gunnar Oland Åsen

7B. HEART (40 min):
“Facilitating Nature Connectedness through Nature-based Psychotherapy”
Tanya Uhnger Wünsche (Denmark)

7C. HEART (40 min):
“Adventure Art Therapy: An Integrative Framework for Creativity”
Dr. Marjorie Lavoie (Canada)

Room 3: Room with a view
Host: Lynn Van Hoof

7D. HAND (90 min):
“Mechanisms of Change in Outdoor Therapies: Theories, Models, Methods & Outcomes”
Prof. Nevin J. Harper, Dr. Carina Ribe Fernee, Pekka Lyytinen & Dr. Markus Mattsson (Canada, Norway & Finland).
MAX NUMBER: 24 PARTICIPANTS
Outdoor Space 1
Host: Per Wijnands

7E. HAND (90 min):
“ACTing Out!”
Adam Leighton (Israel)
MAX NUMBER: 20 PARTICIPANTS

Outdoor Space 2
Host: Vibeke Palucha

7F. HAND (90 min):
“The metaphoric Qualities of Stones and Pebbles as a Gateway to Personal Discovery”
Luk Peeters (Belgium)
MAX NUMBER: 14 PARTICIPANTS

Outdoor Space 3
Host: Sveinung Berntsen

7G. HAND (90 min):
“More than just Fuel: Using the Circle of Courage to get the most out of Cooking in the Backcountry”
Stephen E. Javorski (Canada) & Dr. Will Dobud (USA/Australia)
MAX NUMBER: 10-12 PARTICIPANTS, 4 PEOPLE PR. STOVE

Outdoor Space 4: Meet up at "The Village" I Hegni
Host: Sophia Hjorth Wahlgren

7H. HAND (90 min):
“EASY-craft for the Mind: with the Birch Tree”
Sidsel Sæterhaug & Kirsten Wielandt Houe (Norway)
MAX NUMBER: 20 PARTICIPANTS
MIDSUMMER EVENING CELEBRATIONS
THURSDAY 23 JUNE 2022

THE VILLAGE
Hegni Friluftsområde ▪ 4755 Hovden i Setesdal

DINNER
1st Round | Families and hikers | 05:30 PM – 06:30 PM
2nd Round | All other attendees | 07:00 PM – 08:00 PM

BONFIRE | Fireman Torvald
06:00 PM

The Celebrations continue at “The Village” into the early morning hours.

THE LEIV HIKE
Meet up at Grendehuset

We invite those of you who were fortunate enough to cross paths or otherwise connect with Leiv, and others who have lost dear ones or, for other reasons prefer a contemplative Midsummer, to hike together to the Mountain top of Nos in Leiv’s loving memory.

Make sure to wear hiking boots, bring drinks/food, and appropriate clothing in case of changing weather. We expect the hike to take around 3,5 hrs to the top and back.
RISE AND SHINE

Various locations
Morning Yoga | Morning Walk | Morning Bath | Morning Talk | Meditative Dance Expression | Forest Bathing/Naturvaro®
For more information and sign up, see Conference App.

BREKKFAST

Hovden Grendehus
Hovden Community Centre • 4755 Hovden i Setesdal
Only for attendees who have registered for meals

PLENARY SESSION

THE SPORTS HALL | Gymsal

Info | Conveners
The Panel Debate | «Exploring (and Re-inventing) Fundamental Values”
Facilitators: Luk Peeters (Belgium) & Natalia Ruiz de Cortázar Gracia (Spain)
Participants: Dr. Anita Pryor (Australia), Ray Burke (Ireland), Tanya Ginwala (India) & Stephen Javorski (Canada)

BREAK

Coffee/Tea/Fruit
**CONCURRENT SESSIONS 8  11:30 AM – 01:00 PM**

The concurrent sessions are gathered in 90-minute sessions consisting of several grouped workshops. Choose one of the following sessions below. For more information and sign up, see Conference App.

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**Room 1: Sports hall | Gymsal**  
Host: Per Wijnands

8A. HAND (90 min):  
“Nature as Co-Therapist: Growing Resilience and Healing Trauma through Nature Connection”  
Katie Asmus & Sandy Newes (USA)

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**Room 2: Theatre | Kinosal**  
Host: Gunnar Oland Åsen

8B. HEART (90 min):  
“Hills and Gullies: Co-creative Discussions and Perspectives on the International Landscape of Adventure Therapy”  
Dr. Simon Priest, Dr. Steve Javorski, Prof. Keith Russell, Dr. Anita Pryor & Dr. Kaye Richards (Canada/USA/Australia/UK)

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**Outdoor Space 1**  
Host: Leif Roar Kalleberg

8C. HAND (90 min):  
“Building Resilience in Nature: A Practical Approach”  
Sigve Elstad & Sølve Klouman Stoknes (Norway)

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**Outdoor Space 2**  
Host: Vibeke Palucha

8D. HAND (90 min):  
“The Practical Use of the ‘Metaphor’ of the River as an Activity and a Clinical Tool to Facilitate Change in Nature”  
Harpa Yr Erlendsdóttir (Iceland)  
MAX NUMBER: 20 PARTICIPANTS

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**Outdoor Space 4: Meet up at "The Village" | Hegni**  
Host: Carina Ribe Fernee

8E. HAND (90 min):  
Dr. Markus Mattsson & Pekka Lyytinen (Finland)  
MAX NUMBER: 25 PARTICIPANTS
LUNCH

📍 Hovden Grendehus
Lunch Meeting | Norsk Forening for Utendørsterapi (NFUT)
Norwegian Association for Outdoor Therapy

01:00 PM – 02:30 PM

CONCURRENT SESSIONS 9

The concurrent sessions are gathered in 90-minute sessions consisting of several grouped workshops. Choose one of the following sessions below. For more information and sign up, see Conference App.

Room 1: Sports hall | Gymsal
Host: Per Wijnands

9A. HEART (40 min):
“The SixP Sustainability Framework for Outdoor Mental Health Services and Interventions: The Development of Stakeholder Informed Sustainability Indicators”
Dr. Kaye Richards (UK)

9B. HEART (40 min):
“Come Off the Mountain: Successful Transitions Home”
Dr. Maurie Lung & Dr. Bobbi Beale (USA)

Room 2: Theatre | Kinosal
Host: Carina Ribe Fernee

9C. STORYTELLING (25 min):
“តុមវប្រឈុត (Tommacheat): Nature Connections in Cambodia”
Fiona Cameron (Australia)

9D. STORYTELLING (25 min):
“A Date with Darkness”
Helga Iselin Wåseth (Norway)

9E. STORYTELLING (25 min):
“Why I Spend so much Time in Wilder Places”
Chris Beeman (Canada)

Room 3: Room with a view
Host: Janne Rommetveit

9F. STORYTELLING (25 min):
“Establishing a Network for Outdoor Therapy in Mid-Norway”
Trond Asmussen & Sigrid Rohde (Norway)

9G. STORYTELLING (25 min):
“Medvandrerne: We Wander Together with Nature as our Method”
Raymond Tollefsen & Are Lerstein (Norway)
Outdoor Space 1
Host: Denise Mitten

9H. HAND (90 min):
“All Our Relations”
Misty Blakesley & Tony Dixon (USA)

Outdoor Space 2
Host: Vibeke Palucha

9i. HAND (90 min):
“Purposeful Use of Activity in Adventure Therapy”
Prof. Christian M. Itin (USA)

Outdoor Space 3
Host: Nadia Vossen

9j. HAND (90 min):
“Sensory Journey: Let be, Let In, Let Go”
Kaya Lyons (Australia)

GATE Round Table
04:15 PM – 06:45 PM
For ATE representatives

CELEBRATION DINNER
07:00 PM – 11:30 PM
Hovdestøylen Mountain Lodge
Hovdestøylen 41 ▪ 4755 Hovden i Setesdal

On our final night together, we enjoy a nice meal at one of the mountain village lodges. Perhaps we even have the chance to dance the night away at the Lodge loft in a proper after-ski style.
There are no RISE & SHINE activities this morning since we are packing camp to leave Hovden. Make sure to meet all set and ready to go for the Closing Ceremony. Shuttles depart at 11:00 AM.

BREAKFAST
Hovden Grendehus
08:00 AM – 09:00 AM

CLOSING CEREMONY
THE SPORTS HALL | Gymsal
09:00 AM – 10:30 AM
Thank you and Farewell | Conveners
Presenting the location of 4GATE 2024 | The GATE team
Presenting the location of 10IATC 2025 | ATIC
Closing Words | The Steering Committee
Concluding our Journey | The GATE team

SHUTTLES DEPARTING
11:00 AM
Estimated Arrival Time in Kristiansand around 02:00 PM. Representatives of the Adventure Therapy International Committee (ATIC) travels to Haukeliseter Mountain Lodge for Post-conference Meetings.

Takk for denne gang og på gjensyn!
SATURDAY 25 JUNE

Arrival with shuttle from Hovden 12:00 PM
ATIC Meeting I Nansenstua 01:00 PM – 04:30 PM
Check-in 05:00 PM
ATIC Dinner 07:00 PM

SUNDAY 26 JUNE

Early Morning Activity 07:00 AM – 08:00 AM
Breakfast and pack lunch I Nistepakke 08:00 AM – 09:00 AM
ATIC Meeting 09:00 AM – 11:00 AM
Departure Haukeliseter 11:30 AM

Shuttle to Kristiansand City Center/Airport. Arrival around 03:30 PM
YOU LIVE

You stroll through the forest with sun on your hands like the warmth of a timid caress. Then, you step on a pine cone on the trail, feel its soft pressure through the sole of your shoe. A small incidence, so small that it is almost nothing. But, dwell with it with your whole being. Because it happens to you in this world, this. You live. Live.

Hans Børli (1918 – 1989)
Norwegian lumberjack and poet