

JOURNEYING TOGETHER

9IATC/3GATE PROGRAMME



99TH INTERNATIONAL
ADVENTURE THERAPY
9IATC CONFERENCE
NORWAY 2022



ORGANISERS



Kristiansand
municipality



SØRLANDET HOSPITAL



UiA University of Agder
Norway



Blå Kors



AGDER
County Council



JOURNEYING
TOGETHER

91ST INTERNATIONAL
ADVENTURE THERAPY
CONFERENCE
NORWAY 2022



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 Ingebretsen
Iris Anette Olsen
Stephen Seiler
Vidar Solsvik



PRE-CONFERENCE PROGRAMME

SUNDAY 19 JUNE 2022



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.

STREAMING

This symbol indicates that the sessions will be streamed through our digital conference platform. The recordings remain available 6 months post-conference.



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.



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.

DAY 1

MONDAY 20 JUNE 2022



BREAKFAST

📍 **University Cafeteria**

Only for attendees who have registered for meals.

08:00 AM – 09:00 AM

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

09:00 AM – 10.30 AM

BREAK

Coffee/Tea/Fruit

10:30 AM – 11:30 AM

CONCURRENT SESSIONS 1

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.

11:30AM – 10:30 AM

Aud 1: B1018



Host: Carina Ribe Fernee

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):

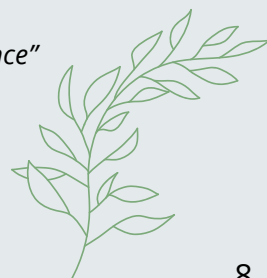
"Perceptions of How Participating in Outdoor Adventure Activities during Youth Can Impact Female Resilience"

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):

"The ARC Model: Attachment, Regulation, Competence Model Applied to Youngsters in Nature"

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* | Gunnar Oland Åsen

02:00 PM

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):

"Affordances for Agency in a Nature-based Outdoor Activity Program: A Qualitative Study of «Nature School» for Childhood Critical Illness Survivors"

Ingrid Grimstad Gjølvik & 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"

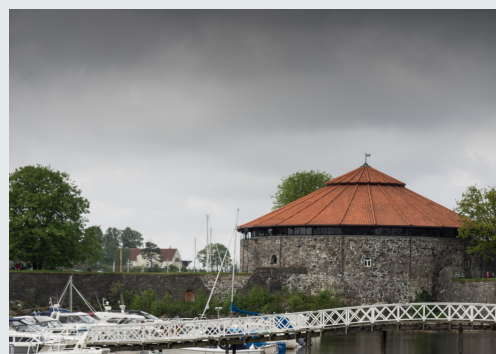
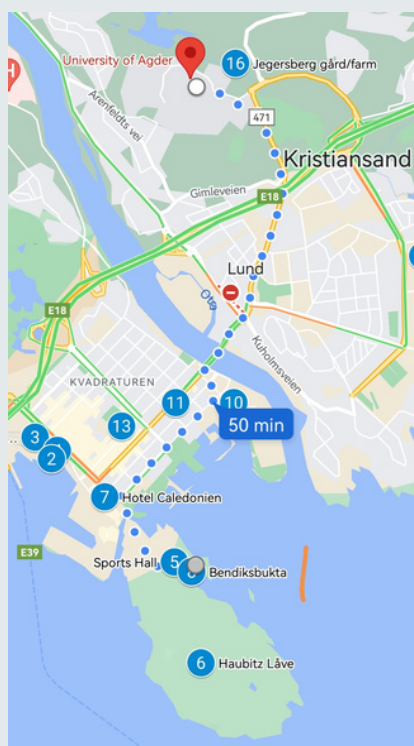
Torey Portrie & Dr. Cian L. Brown (USA)

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.



ODDERØYA ISLAND EVENING

MONDAY 20 JUNE 2022



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

05:00 PM – 06:30 PM

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

05:00 PM – 06:30 PM

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 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 Hæg 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



RISE AND SHINE

📍 Various locations

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

07:00 AM – 08:00 AM

BREAKFAST

📍 University Cafeteria

Only for attendees who have registered for meals

08:00 AM – 09:00 AM

PLENARY SESSION

📍 B1018

Info | Conveners
Introduction | International Networks
Keynote | Mr. Pekka A. Lyytinen (Finland)
"Searching for Adventure Therapy – Reflections from the Finnish Sauna"

09:00 AM – 10:30 AM

BREAK

Coffee/Tea/Fruit
Meet and Greet | International Networks

10:30 AM – 11:30 AM

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.

11:30 AM – 01:00 PM

Aud 1: B1018



Host: Carina Ribe Fernee

4A. HEART (40 min):

"How Practitioners Work with Nature in Nature-based Therapies: Toward a Tentative Model for Intervention"

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):

"The Use of Outdoor Therapies in Ireland: A Mixed-Methods Approach"

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):

"The Walk of Life Program: A Crime Prevention and Child Protection Initiative"

Mark Cartner & Dr. Will Dobud (Australia)

5E. HEART (40 min):

"Violence Relapse Prevention for Inmates through Archery"

Alexander Rose & Paloma Martínez 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 Kenézlői & 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 Erlendsdóttir

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

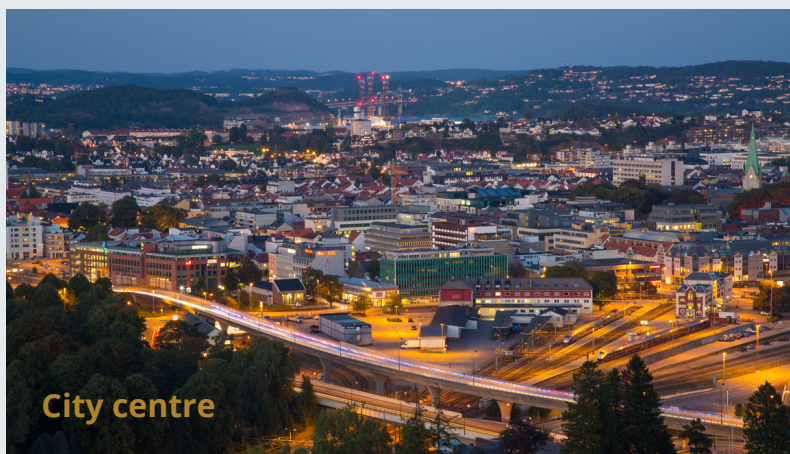


AFTERNOON COFFEE

Coffee/Tea/Baked Goods

04:00 PM – 04:30 PM

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

08:00 AM – 09:00 AM

📍 University Cafeteria

Only for attendees who have registered for meals

PLENARY SESSION

09:00 AM – 10:00 AM

📍 B1018

Info "Adventurous Wednesday" | Mr. Gunnar Oland Åsen

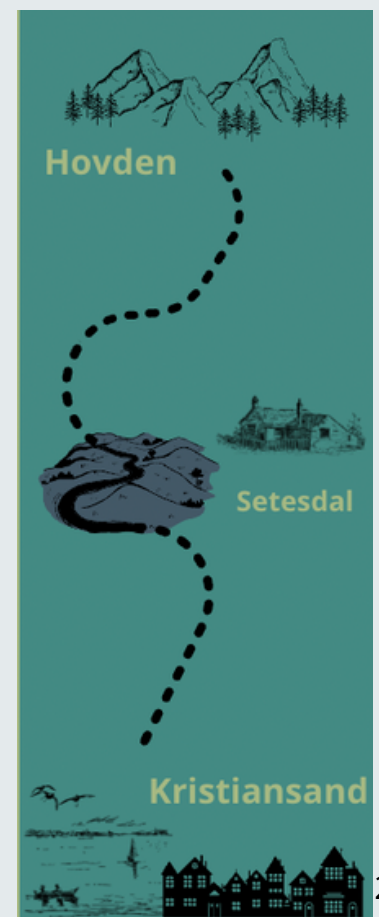
Divide into buses according to the chosen activity. A packed lunch is provided, however, we recommend that you bring extra snacks and drinks.

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



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 7: Exploring “Tjuvhola” and fjord swimming

We invite you to “climb” along a steep path to a mountain cave where local thieves used to hide in the old times. You will be told the stories whilst enjoying the view from the mountainside. Afterwards, you will have the chance to soak and relax in the Byglandsfjord.

Additional information:

1.2 hrs bus journey from Kristiansand.

2.3 hrs by bus to Hovden.

R/A Level: Medium

Max: 13

Guide: Trond



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 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



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



DAY 4

THURSDAY 23 JUNE 2022



RISE AND SHINE

📍 Various locations

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

07:00 AM - 08:00 AM

BREAKFAST

📍 Hovden Grendehus

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

08:00 AM - 09:00 AM

PLENARY SESSION

📍 The Sports Hall | Gymsal

Welcome to Hovden | The Mayor of Bykle
Traditional Music | Kirsten Bråten Berg (vocals) & Sigurd Brokke (munnharpa/jaws harp)
Keynote | Dr. Annette Bischoff (Norway)
"Nordic Friluftsliv – Philosophical Roots and Pedagogical Potentials"

09:00 AM – 10:30 AM

BREAK

Coffee/Tea/Fruit

10:30 AM – 11:30 AM

CONCURRENT SESSIONS 6

*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.*

11:30 AM – 01:00 PM

Room 1: Sports hall | Gymsal



Host: Carina Ribe Fernee

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 Bendoroff (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

01:00 PM – 02:30 PM

📍 Hovden Grendehus

CONCURRENT SESSIONS 7

02:30 AM – 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.

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 Fernée, 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" | 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*

2nd Round | *All other attendees*

BONFIRE | Fireman Torvald

The Celebrations continue at "The Village" into the early morning hours.

05:00 PM – Morning

05:30 PM – 08:00 PM

05:30 PM – 06:30 PM

07:00 PM – 08:00 PM

06:00 PM

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.

07:00 PM – 10:30 PM



DAY 5

FRIDAY 24 JUNE 2022



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.

07:00 AM – 08:00 AM

BREAKFAST

📍 Hovden Grendehus

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

08:00 AM – 09:00 AM

PLENARY SESSION

THE SPORTS HALL | Gymsal

Info | Conveners

The Panel Debate | «Exploring (and Re-inventing) Fundamental Values»

Facilitors: Luk Peeters (Belgium) & Natalia Ruiz de Cortázar Gracia (Spain)

Participants: Dr. Anita Pryor (Australia), Ray Burke (Ireland),
Tanya Ginwala (India) & Stephen Javorski (Canada)



09:00 AM – 10:30 AM

BREAK

Coffee/Tea/Fruit

10:30 AM – 11:30 AM



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.

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)

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)

Outdoor Space 1



Host: Leif Roar Kalleberg

8C. HAND (90 min):

«Building Resilience in Nature: A Practical Approach»

Sigve Elstad & Sølve Klouman Stoknes (Norway)

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

Outdoor Space 4: Meet up at "The Village" | Hegni



Host: Carina Ribe Fernée

8E. HAND (90 min):

"Out Into the Woods with Grandparents and Children! Nature- and Adventure-based Methods for Supporting the Relationship between Children with Neuropsychiatric Traits and their Grandparents"

Dr. Markus Mattsson & Pekka Lyytinen (Finland)

MAX NUMBER: 25 PARTICIPANTS



LUNCH

01:00 PM – 02:30 PM

📍 Hovden Grendehus

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

01:15 PM – 02:15 PM

CONCURRENT SESSIONS 9

02:30 AM – 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.

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):

"ឆ្មារតី (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

For ATE representatives



04:15 PM – 06:45 PM

CELEBRATION DINNER

07:00 PM – 11:30 PM

Hovdestøylen Mountain Lodge

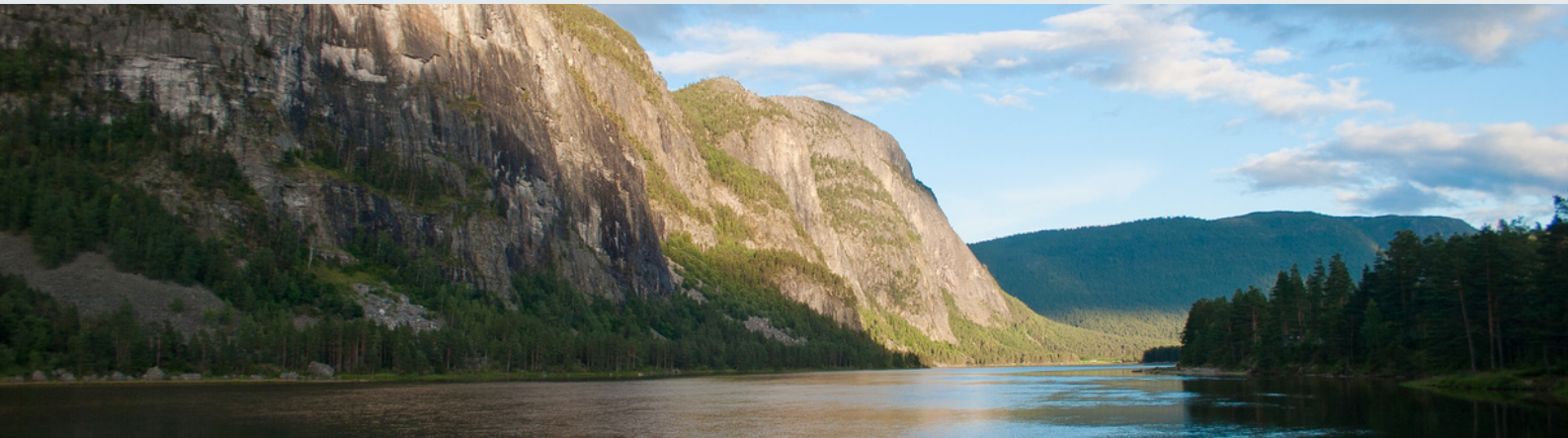
Hovdestøylen 41 ▪ 4755 Hovden i Setesdal

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.



DAY 6

SATURDAY 25 JUNE 2022



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

08:00 AM – 09:00 AM

📍 Hovden Grendehus

Only for attendees who have registered for meals

CLOSING CEREMONY

09:00 AM – 10:30 AM

THE SPORTS HALL | Gymsal

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!

POST-CONFERENCE PROGRAMME



ATIC GATHERING

📍 Haukeliseter Mountain Lodge

Haukelivegen 2917 ▪ 3895 Edland

SATURDAY 25 JUNE

Arrival with shuttle from Hovden

12:00 PM

ATIC Meeting | *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 | *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**



Photographs from 8IATC taken by Jodie
Naismith – Pepperjo Photography

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