The 8IATC received funding from the Australian Government.
Adventure Therapy Programme for young adults with Asperger Syndrome
(Spain, August 2017)

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What is Experientia?

An organization pioneering the implementation of Adventure Therapy in Spain
Mission
To develop Adventure Therapy programs in Spain

Vision to
Consolidate Adventure Therapy in Spain and to be a national reference in the field. To provide Adventure Therapy programs backed by research regularly and continually.

Values and principles
Professionalism
passion
vocation
Team Experientia

- An interdisciplinary team of healthcare and social intervention professionals
  - Psychology
  - Psychiatry
  - Social education
  - Occupational therapy
- Professionals with experience and specialized with international trainings
- Outdoor activities and technical sports specialists
- Co-founders of Adventure Therapy Europe network and members of the Adventure Therapy International Committee
What do we do?

- **Therapeutic Programs**
  - Adventure Therapy
  - Complementary programs
  - Prevention programs

- **Psychotherapy**
  - Individual
  - Couple - Family
  - Group

- **Personal Development**
  - Health promotion and wellbeing
  - Emotional and talent development
  - Experiential learning

- **Research**
  - Scientific methodology development
  - Participation in research groups
  - Collaboration with universities and research institutes
### Who do we focus on?

<table>
<thead>
<tr>
<th>Organizations</th>
<th>Users</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Public</strong></td>
<td><strong>Adolescents</strong></td>
</tr>
<tr>
<td>- Hospitals</td>
<td>- Mental health issues</td>
</tr>
<tr>
<td>- Day centers</td>
<td>- Addictive behavior</td>
</tr>
<tr>
<td>- Mental health centers</td>
<td>- Behavioral issues</td>
</tr>
<tr>
<td>- Associations</td>
<td>- Cancer survivors</td>
</tr>
<tr>
<td>- Foundations</td>
<td>- Gender violence</td>
</tr>
<tr>
<td>- Public administrations</td>
<td>- Bullying</td>
</tr>
<tr>
<td>- Educational centers</td>
<td>- Otther groups</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Private</strong></th>
<th><strong>Adults</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Customs design programs</td>
<td>Specialized programs</td>
</tr>
<tr>
<td>Contact us for more information</td>
<td>Contact us for more information</td>
</tr>
</tbody>
</table>
## EXPERIENTIA - MILESTONES

<table>
<thead>
<tr>
<th>Year</th>
<th>Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015-17</td>
<td>Foundation &amp; Erasmus + Strategic Partnership (AT Europe)</td>
</tr>
<tr>
<td>2016</td>
<td>Abriendo Vía – AT and climbing therapy program</td>
</tr>
<tr>
<td>2016-18</td>
<td>International WT Training courses (4 editions)</td>
</tr>
</tbody>
</table>
| 2017 | Gathering for AT Europe  
AT program for young adults with Asperger’s  
Selective Prevention Substance Abuse AT program |
| 2017-19 | Erasmus + Strategic Partnership (Aftercare AT program) |
| 2018 | AT program for adults with Borderline personality disorder  
Erasmus + International AT youth exchange  
AT programs for adolescents and young adults with Asperger’s  
Selective Prevention Substance Abuse AT program |
| 2019 | AT program for people with severe mental health problems |
Awards

Young enterprising psychologists 2016

“Young people with ideas” Award Yuzz Woman 2017 University of Barcelona

Adventure Therapy Spain
Adventure Therapy Program

7 day residential adjunctive program
Farm house in rural area
Tailored designed by demand
Adapted to ASD
Closed group
Focus on the group development
Program presentation / Introduction to families
First experience in Spain
(Non-official) Follow up
Personal reports

Adventure Therapy Spain
Team

Psychologist - Adventure therapy experts

Expert psychologist in ASD

Social educators

Leisure and outdoor instructors

Farm staff
Participants

15 Participants (14 male / 1 female)

Users of ASPERGA (Galician Association of Asperger Syndrome)

Diagnosed with ASD (level 1)
Comorbidities: ADHD, Phobias and anxiety

Ages: 17-24

Screening process (homogeneous group)

From city and rural areas
Goals

To promote personal strengths
  Autonomy and self care
  Coping skills for everyday problems
  Identification of capabilities
  Promote self-knowledge

To provide tools to increase participants’ quality of life
  Emotional management
  Social and communication skills

To generate a safe space that facilitates group cohesion,
fostering positive interactions and improving self-confidence.
Horse Riding
Kayak
Mountain bike
Hiking
Camping
Slack line
Group cohesion and problem solving initiatives
Farm and housekeeping
Methodology

Pre-post Quasi-experimental descriptive study without control group. Evaluation instruments:

- Rosenberg Self Esteem Scale –RSEC- (Rosenberg, 1965)
- The inventory of parent and peer attachment –IPPA- (Armsden, and Greenberg, 1987)
- Emotional Intelligence Inventory –TMMS-24- (Spanish version, adapted from Trait Meta-Mood Scale -TMMS- Salovey, Mayer, Goldman, and Turvey, Palfai, 1995)
- Stress Management Subscale -EQ-iYV- (Bar-On, and Parker, 2000)
## Results

<table>
<thead>
<tr>
<th>Instrument</th>
<th>Scale/Subscale</th>
<th>% of participants</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>worsen</td>
<td>no change</td>
</tr>
<tr>
<td>AER</td>
<td>Self-esteem</td>
<td>14%</td>
<td>22%</td>
</tr>
<tr>
<td>EQ-i YV</td>
<td>Stress management</td>
<td>36%</td>
<td>7%</td>
</tr>
<tr>
<td>TMMS-24</td>
<td>Emotional attention</td>
<td>29%</td>
<td>21%</td>
</tr>
<tr>
<td></td>
<td>Emotional clarity</td>
<td>24%</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td>Emotional repair</td>
<td>36%</td>
<td>14%</td>
</tr>
<tr>
<td>IPPA</td>
<td>Peer attachment</td>
<td>14%</td>
<td>22%</td>
</tr>
</tbody>
</table>

**Global average**

|                      | 26% | 17% | 57% |

Clear tendency to improve the set of indicators for the group of participants
## Results

<table>
<thead>
<tr>
<th>Instrument</th>
<th>Scale/Subscale</th>
<th>Media (sd)</th>
<th>Size of the effect</th>
<th>Statistical significance (p)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pre</td>
<td>Post</td>
<td>n2</td>
</tr>
<tr>
<td>AER</td>
<td>Self-esteem</td>
<td>29.52 (6.04)</td>
<td>31.51 (5.76)</td>
<td>26.4%</td>
</tr>
<tr>
<td>EQ-i YV</td>
<td>Stress management</td>
<td>30.57 (5.36)</td>
<td>31.01 (4.26)</td>
<td>2.1%</td>
</tr>
<tr>
<td>TMMS-24</td>
<td>Emotional attention</td>
<td>24.57 (6.46)</td>
<td>25.37 (7.09)</td>
<td>2.1%</td>
</tr>
<tr>
<td></td>
<td>Emotional clarity</td>
<td>24.43 (7.82)</td>
<td>25.57 (7.67)</td>
<td>11.4%</td>
</tr>
<tr>
<td></td>
<td>Emotional repair</td>
<td>25.57 (7.34)</td>
<td>27.00 (7.13)</td>
<td>16.2%</td>
</tr>
<tr>
<td>IPPA</td>
<td>Peer attachment</td>
<td>71.57 (15.95)</td>
<td>75.00 (17.54)</td>
<td>17.8%</td>
</tr>
</tbody>
</table>
Conclusions

Improvements in all the indicators for the majority of participants.

The sizes of the effect between small and moderate, highlighting the evolution of self-esteem, peer attachment and emotional repair.

The response is heterogeneous, without the available information allowing a satisfactory explanation to this fact.

Results should be interpreted only as a tendency, given the absence of a control group and the small size of the sample.
Considerations

Adaptation of AT
Structure and anticipation
Decision making involvement - proactivity
Personal space and personal rhythms
Learning process and feedback (language and common ground)
PRESENT & FUTURE

Just recently, we finished a second edition of the same program, and implemented a new one of 5 days for adolescents.

In the future, we want to adapt, and replicate these programs again in Galicia, and also in Barcelona and Valencia (Spain).
Next steps

2018 – Young adults AT program
2018 – Adolescents AT program (13-16)

2019 – Adolescents AT program (13-15)
2019 – Youngsters AT program (16-18)
2019 – Young adults – occupational focus

Galicia, Barcelona and Valencia (Spain).
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