The 8IATC received funding from the Australian Government.
PILOT PROGRAM BASED ON ADVENTURE AND CLIMBING THERAPY FOR ADULTS WITH PSYCHOTIC DISORDER IN SPAIN

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Adventure Therapy Spain
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Asociación Experientia

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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?

### Organizations

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<tr>
<th>Public</th>
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<td>Hospitals</td>
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<td>Mental health centers</td>
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### Users

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<th>Adolescents</th>
<th>Adults</th>
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<td>Mental health issues</td>
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<td>Cancer survivors</td>
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<td>Gender violence</td>
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<td>Bullying</td>
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<td>Other groups</td>
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Customs design programs
Contact us for more information

Specialized programs
Contact us for more information

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8th International Adventure Therapy Conference
Sydney, Australia 2018

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

Young enterprising psychologists 2016

“Young people with ideas” Award Yuzz Woman 2017 University of Barcelona
“Opening a climbing route”
HEAD CLIMBING
“ABRIENDO VÍA” PROGRAM
First climbing and adventure therapy program in Spain

Designed for patients with **psychotic disorders**, users of a Psychosocial Rehabilitation Daycare Center in Monzón (Huesca)

**3 months** (January - March 2016)

**12 weekly 90 minutes climbing** sessions

The team:
- **Occupational Therapist** (Asociación Experientia and GSS Hospital)
- **Psychologist** (ASAPME - Psychosocial Rehabilitation Day Center)
- **Climbing Technician** (Mountain Club)
“ABRIENDO VÍA” PARTICIPANTS

Closed group of 6 male aged between 18-35 (Mean 27.5 - SD 6.22)

Diagnosis of paranoid schizophrenia

Inclusion criteria:
- Psychopathological compensation (positive symptomatology)
- Background of behavior alterations and substance use or abuse
- No previous contact with climbing
- Voluntarily participation

Exclusion criteria:
- Substance use at the time of the study
“ABRIENDO VÍA” METHODOLOGY

Quasi-experimental descriptive study without control group.

Data collection was done through pre-post semi-structured interviews, observation during the 12 sessions of the program and pre-post administration of standardized evaluation instruments.

Post administration: 1 week, 1 month, and 6 months.

Standardized evaluation instruments:
- Beck Hopelessness Scale – BHS- (Beck, and Steer, 1993)
- Rosenberg Self Esteem Scale – RSEC- (Rosenberg, 1965)
- State-Trait Anxiety Inventory – STAI- (Spielberger, Gorsuch, Lushene, Vagg, and Jacobs, 1983)
ABRIENDO VÍA - CONTENT

Rigidity
Difficulty introducing novelties
Fear and negative anticipation

- Strategies of group management
- Containment and re-adaptation
- Coping strategies
- Play, behavioural activation
- New leisure activities
- ...
“ABRIENDO VÍA” RESULTS

3 participants (N=3) accomplished the whole program.

2 participants left the program in between sessions 1 and 2
1 participant accepted a job

Participants accomplish positive changes in the levels of self-esteem and in the vision of the participants in aspects such as self-perception, self-confidence, trust in others and stress management

The program allowed participants to reach significant changes in the levels of anxiety trait, as well as positive variations in self-esteem levels

Results are maintained over time
State-Trait Anxiety Inventory –STAI- (Spielberger, Gorsuch, Lushene, Vagg, and Jacobs, 1983)
“ABRIENDO VÍA” PARTICIPANT 1

Prior to the program, the participant avoids any situation that generates anxiety, fear, or insecurity.

During and after the program, the participant is able to face and cope with such situations, despite the difficulties.

Participant is now able to engage in eye contact during a conversation.

"I thought I was not going to go up and I went up"
"I have experienced it intensely. It has given me more confidence in myself. "

Adventure Therapy Spain
“ABRIENDO VÍA” PARTICIPANT 2

After the program, this participant acts more authentic, lessens the need to please others and expresses a certain self-criticism.

"I'm improving. I have more security, stability, confidence to face problems".
"This climb has made me throw myself into things that used to be difficult to me (couple relationships)".
“ABRIENDO VÍA” PARTICIPANT 3

During and after the program, the participant goes from an important rate of impulsiveness and need for immediate satisfaction to having greater waiting capacity, as well as increases tolerance to frustration by not getting something immediately.

"I have matured a lot, before I did not think about things, I did them without thinking".

“Now I trust my colleagues more".
“ABRIENDO VÍA” CONCLUSIONS

Adventure and climbing therapy program can be effective for the improvement of psychosocial rehabilitation aspects of patients with a psychotic disorder from daycare centers and outpatient care.

There is a need to stress more on research on this topic, nationally and internationally.

Qualitative and quantitative data and feedback from professionals is being used to develop next editions.
“ABRIENDO VÍA” FUTURE STEPS
Experientia is searching for funding to enlarge, adapt, and replicate the program at:
- Hospital of Santa Maria (Lleida)
- The State Reference Center for Psychosocial Rehabilitation (CREAP) in Valencia (Spain)
PARTICIPAN SEIS CHICOS DE ENTRE 18 Y 35 AÑOS
QUESTIONS, COMMENTS, SUGGESTIONS?
Gracias
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