

# *Hiking Based Adventure Therapy*

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Brandon has developed this form of Adventure Therapy based on Nature Assisted Therapy techniques, emerging science around the benefits of natural settings, exercise and conversation on mental health, mindfulness practices, and his background in guiding, leading hikes, and counselling outdoors. Brandon is a Certified Ontario Hike Leader and Wilderness First Responder.

Sessions are based out of the Huron Natural Area in Kitchener, 264 acres of forest, wetlands & meadows traversed by hiking trails & a creek, located at 801 Trillium Dr, Kitchener. We will always start our sessions under the large pavilion. We will start with a brief check-in together, followed by talking and hiking together on the trail, followed by a check out under the pavilion. There are optional activities available during our hike, including the use of HeartMath Biofeedback.

Please note that this form of therapy has more risk than traditional counselling. Please inform Get Out Adventure Therapy of any concerns you have, and review our informed consent form. We hike regardless of weather, as it is often in the most uncomfortable environments that personal breakthroughs happen. Sessions will be cancelled for dangerous weather though.

Dogs welcome on second visit, but leave Fido at home the first session!

There is the option of walking in Kitchener Park and Waterloo Park by request only, and pending availability. Let Brandon know if our online posted times and locations don't work for you, and we will try and create options that do!