

Hiking Based Adventure Therapy

BEFORE YOUR FIRST SESSION



Location and Environment.

Huron Natural Area is located at 801 Trillium Drive in Kitchener. If you haven't been here before, it's incredible. Please visit www.kitchener.ca/en/things-to-do/huron-natural-area.aspx for maps, bus travel to destination, specific information, and to get a feel for what to expect of over 200 acres of protected land. There is a large parking lot that is right next to the public washrooms, covered pavilion with picnic tables underneath, outdoor natural play area for kids, and information stations. We will meet for your session under this large pavilion. This area can be busy on sunny, warmer days, so please make sure you have seen my picture on the website so that we can find each other! My work cell is always available too (519-721-4465). Please note that I cannot answer if someone calls or text messages during another session.

Getting There and Arriving.

Please arrive early enough to use washrooms and be prepared for walking/hiking given the weather. There is bus access right in front of the parking lot, as well as stops nearby that require a walk. Please refer to the above Huron Natural Area website for bus information, or search online for bus schedules. Public washrooms available during daylight hours (generally 9am-dusk) Please make washroom arrangements for early morning sessions.

What to Bring and What to Wear.

Depending on the weather, it is generally recommended to dress in layers, as then you will have options as we hike. Please bring sturdy shoes (preferably water-resistant) if you have them. I have some shoe-covers in a few sizes, ponchos, and umbrellas if you need. Please make sure you have a snack and water with you in a backpack if possible, as it is nice (and safer) to have hands free for our hike. I will have a backpack if you'd like to put small items inside. Depending on the time of year, please bring bug-spray, and sunscreen depending on your needs. You are required to bring all medications you may need, and to inform Brandon of what meds you require, and how they are administered incase of emergency. Brandon will have maps, a first-aid kit, and hiking poles for us to use if desired. Some clients bring a change of clothes for after their session depending on your schedule.

What the Session Will be Like.

That's up to us! Each client determines the pace of hiking, and is often given options as to what route they would like to take. There are multiple trails for us to choose from, with different difficulty ratings. Some of our sessions will have some structure to it, and some will feel more like a talk between friends. We will try to return to the parking lot 5-10 minutes before the end of your session to debrief and take payment in the pavilion. We have options of practicing mindfulness, utilizing HeartMath Biofeedback, or spending some moments in silence out on the trails. During our walk, we can stop to have a drink, eat a snack, or just talk.

Payment.

Payment is required at the end of your session by credit or debit. You will only need to present your card once, as future sessions are automatically and securely billed.

Safety.

Brandon is a Wilderness First Responder, certified in First Aid and CPR, and a Certified Hike Leader in Ontario. Your safety though is still first your responsibility. Please familiarize yourself with our Informed Consent, and bring up any concerns or accommodations you require to ensure your own safety. Our Informed Consent Form, amongst other items, outlines the unique risks of Adventure Therapy including physical risks, interactions with wildlife and the public, and no guarantee of confidentiality in this form of therapy given the public spaces we use. You will be emailed the online links to these forms to be completed prior to your first session.

Unless it is unsafe, our session together will go ahead in all forms of weather! All hiking has tree coverage available which can help with some elements. Ponchos, boot covers, and umbrellas available upon request. The reason we hike in all weather is that challenging and uncomfortable situations are often the moments where breakthroughs can happen. This is the time to practice life skills and conversations that can make a difference.

Although all parts of the trail are within cell phone range of emergency services, some sections are more remote than others. It is important for you to speak with your healthcare provider to determine if hiking outside is safe for you to participate in. Please let Brandon know of any concerns you have, or accommodations we can take to make our time safer. In case of emergency, Brandon will determine the safest actions given the circumstances.

Forms.

You are asked to complete two online forms at least 24 hours prior to your session. This is done for a few reasons. We don't get tons of time together, and spending that time filling out some form is not the best use of your time or mine. Also, if you put some honest thought, and a bit of time, into completing these forms, it helps me make sure that we have a session that meets what you want to get out of counselling. By having the forms done early, I can start planning for this in advance.

After you book your Adventure Therapy session online, I will send you an email with two online form links. The two forms you will need to complete prior to your session are:

- 1) Informed Consent Form (know what you're signing up for)
- 2) Intake Form (help me get to know you)

After Your Session.

Depending on if our activity is different than your normal physical exercise, you may feel sore the following day. Make sure to consult with your health care provider if you have any concerns, or have experienced an injury during your session. Please inform me if you have hurt yourself in any way during your session. You are welcome to continue booking Adventure Therapy sessions at your convenience, and pending our availability. As always, if you are having trouble finding session times that match your schedule, or would prefer an alternative location for hiking based therapy (Victoria Park Kitchener, or Waterloo Park) please write to me directly at brandon@getoutadventuretherapy.com to see if we can create session times or locations that match your needs.

Cancellations.

Our cancellation policy is to give a full refund if the cancellation is done 48 hours or more in advance. Cancellations less than 48 hours prior to your session, or no-shows, will be charged 50% of your fee. Life happens, we know, so let us know if you need to reschedule and we will always try and work with you.