

"IN EVERY WALK WITH  
NATURE ONE  
RECEIVES FAR MORE  
THAN HE SEEKS." —  
JOHN MUIR

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Outdoor Adventure-  
Based Counseling &  
Therapy Program of  
Greater Minnesota  
Family Services

# About Us...

**Who for?** Spirited Adventures serves youth ages eight and older, as well as their families. This is an ideal program for any youth who can benefit from an interactive, experiential approach; for youth who have been unsuccessful in traditional or office-based counseling, and for increasing motivation and engagement in therapy.

**What?** A proven alternative to talk therapy, we are committed to offering the evidence-based approach to counseling known as Adventure Based Counseling, Nature-Based Counseling, Adventure Therapy, and Wilderness Therapy. Based in outdoor and experiential education, sessions are safely structured to encourage healthy risk taking in sometimes unfamiliar settings.

**How?** Our adventure-based initiatives create opportunities to develop problem-solving skills, self-regulation, and feelings of accomplishment, ultimately promoting positive behavior changes when a learning experience is transferred to another context in the participants life. The nature-based setting allows for a natural healing environment and opportunities to practice mindfulness and calming strategies.

**Who by?** The program is run by licensed therapists and skills counselors who have training in experiential learning and adventure therapy. Our program follows the best practices guidelines of the Association of Experiential Education's Therapeutic Adventure Professional Group (TAPG) and the Outdoor Behavior Healthcare Council. All staff are mental health providers and have CPR/First Aid at a minimum. Staff leading overnight wilderness trips or canoeing/kayaking groups have additional training including Wilderness First Responder certification and water rescue training by the American Canoe Association.

# ACTIVITIES

- Nature Exploration
- Hiking/Showshoeing
- Kayaking/Canoeing
- Biking
- Backpacking
- Canoe Camping
- Outdoor Survival skills
- Low Ropes Challenge course
- Group Games/Initiatives
- Etc.

Groups consist of building relationships, trust, and various skills including communication, problem solving, coping skills, and leadership skills.

To refer to our program please use the referral form on our website.

# SERVICES



WEEKLY GROUP ADVENTURE COUNSELING/THERAPY  
1 day/week - 2-3hrs - program length varies 8-12 weeks

THERAPEUTIC ADVENTURE CAMPS  
Camps that take place during summer/winter/spring break and involve outdoor adventure activities

WILDERNESS THERAPY EXPEDITIONS  
Full day, weekend, or multi-day overnight wilderness experiences lead by MH therapist/counselors

INTENSIVE DAY TREATMENT  
3-4 days/week, 3 months to a year  
Group & Individual therapy & skills

INDIVIDUAL/FAMILY THERAPY & COUNSELING  
1-3x/week -Individual and/or family therapy/counseling that takes an experiential approach & may include nature & adventure activities.