



**ADDICTION  
CONSULTING, LLC**  
CHICAGO/ SUBURBS



**PROGRAM  
COLLABORATION**  
2 PROGRAMS- 1 GOAL

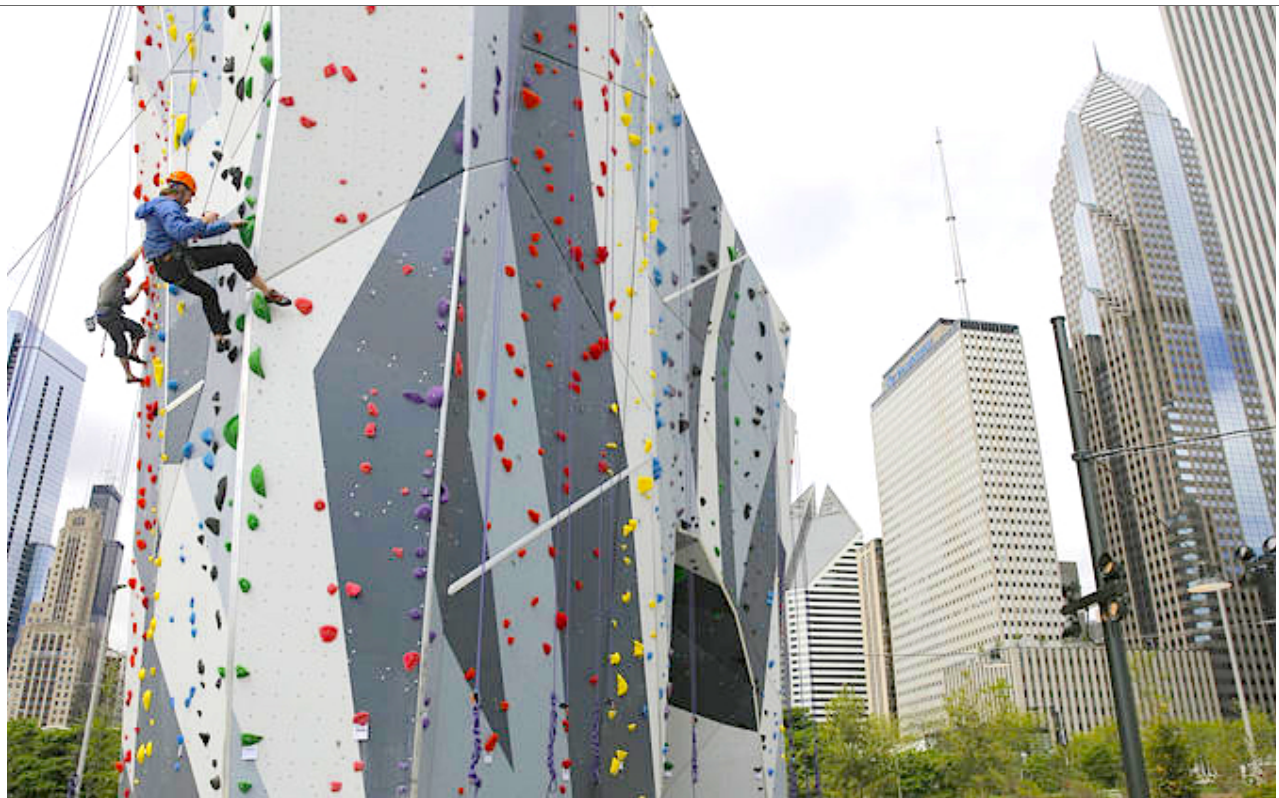


**WEEKEND/DAY  
RECOVERY RETREATS**  
1 NIGHT, 2 FULL DAYS



**SKILL BUILDING  
SESSIONS**  
CORP./IND./GROUP

# EXPERIENCE CHANGE



## Adventure Therapy In Addiction Recovery

Some may describe addiction as similar to an iceberg. The portion that is visible above the surface can be chipped away and melted, but the large part beneath remains intact. It is the untreated and subconscious part of the mind where the pain from our past lives. It is believed that deep emotional pain within is what feeds the addiction. In traditional therapy settings, clients rely on their defenses to shield themselves from re-injury as their fears become exposed.

In Experiential Therapy, the conscious mind is fixed on the activity as well as the stimulation from their surroundings. During this exciting process,

*“Tell me and I forget; show me I remember; involve me I understand”*

the body seems to remember the things the brain has forgotten. The body works hard in this way because it is resilience that drives us, not despair. Recovery itself is an experiential process that requires individuals to explore so that healthy rewards can be discovered, and artificial pleasure from drugs/alcohol can be forgotten.

We as individuals may not always remember what we hear when new information is received; it's what we see, feel and experience that makes an impression in our lives. This is why the recovery experience must encompass activities that go beyond theory and instruction. It's live experiences that teach us the most about ourselves and our surroundings. Experiential therapy can make participants feel alive again, rather than feel trapped in obsessive shame and destructive behavioral patterns.

## The Benefits Of Adventure Therapy

All types of experiential therapy involve physical movement and process discussion, which is facilitated by a trained therapist. There are several benefits to this kind of therapy, all of which are designed to serve the mind the body and the spirit.

Physical activity is the most powerful tool to help optimize brain function. It is an indisputable fact that physical activity is nature's best cure. Burning off stress, reducing muscle tension and boosting endorphins are all significant benefits to a recovering body. As for the mind and spirit, Experiential Therapy is a fun and exciting way to learn about recovery principles, develop life skills and strengthen one's sense of confidence and self-esteem. All this, while connecting with peers and enjoying the serene backdrop of nature and its healing elements.

Experiential Therapy can be used in a variety of methods. On many occasions, it is delivered in the form of a game or activity, such as rock climbing. These activities are energizing and fun all by themselves, but when viewed as a metaphor and interpreted by a therapist, it becomes a learning experience. If the recovery experience is not designed to be fun, exciting and interesting, it's likely the participant would lose interest. After all, if drugs and alcohol provided no perceived payoff or sensory reward, its purpose would be questioned.

*"The greatest barrier to success is the fear of failure"*



### Local A'vue Activities:

Indoor Rock Climbing, Kayaking, Trail Hiking & Biking, High/Low-Ropes Courses, Experiential Games.

Our Retreat Experience Includes: Zip-Lining, High-Ropes Course, Outdoor Rock Climbing.

## Adding A'vue Adventure Therapy To Your Program

Experiential Therapy in programming is an excellent way to enhance the treatment experience for clients and teach your staff different ways of facilitating your mission.

A'vue delivers mobile services to Outpatient and Inpatient programs that are interested in adding Experiential Therapy to their curriculum/treatment schedule.

Our licensed clinical therapists will collaborate with the treatment team to design an approach that carries out the program's mission, vision, and values.

A'vue offers SKILL BUILDING SESSIONS on-location, or we can meet your clients at an outside facility for a RECOVERY WORKSHOP.

Summer 2017- A'vue will be offering, Full-Day ADVENTURE RECOVERY RETREATS... Stay Tuned for details!

## Recovery/Life Skills Learned Through Adventure Therapy

- Enhance Communication
- Deploy Problem Solving
- Regain Confidence
- Build Social Support Networks
- Explore Spirituality
- Confront Fears
- Exceed self-imposed limits
- Learn to tolerate discomfort
- Learn to ask for help
- Embrace Team Building
- Establish Trust in others
- Understand 12-Step Principles

### Targeted Afflictions:

- |              |          |
|--------------|----------|
| • ANXIETY    | • ADHD   |
| • DEPRESSION | • PTSD   |
| • ADDICTION  | • TRAUMA |

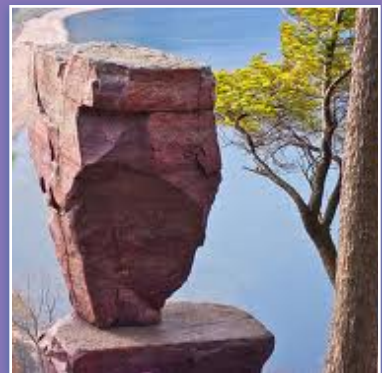
### Contact Us To Learn More:

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*“Wilderness is not a luxury but a necessity of the human spirit”*



A'vue Addiction Consulting, LLC is a fully insured company that continues to build a flawless reputation in safety, reliability and professionalism.