

GAS

Geelong Adventure Specialists



GEELONG ADVENTURE SPECIALISTS

Est. 2013

BUSH ADVENTURE THERAPY (BAT) SERVICES

Service overview

Do you enjoy the outdoors and nature?

Looking for a support service with a difference?

About us

Geelong Adventure Specialists (GAS) has provided specialty outdoor programs and experiences since 2013. In 2017 GAS became NDIS accredited, proudly contributing to the provision of diverse and innovative support options in the Geelong Region.

Since then we have seen a growing demand for our therapeutic supports that incorporate nature-based approaches. Our team now facilitates a wide range of outdoor experiences, individually tailored to meet the unique needs of each participant.

Key (general) differences between indoor/ outdoor therapy

INDOOR

- Talking based
- 4 walls
- Clinical
- Uninterrupted
- Cognitive
- Sitting together
- Indoor tools and activities
- Biopsychosocial approach
- Usually 1 hour sessions

OUTDOOR

- Activity based
- Green and blue open spaces
- Clinical/ dynamic
- Experiential
- Journeying and participating together
- Biopsychosocio-eco approach
- Sessions times are flexible (typically 2-4 hours per session)

Who is it for?

Everyone and anyone who can benefit from these practices. However, currently we service mostly >12 years and over.

Common challenges our participants face

- Autism (Asperger's syndrome)
- Attention Deficit Disorder (ADD/ ADHD)
- Obsessive Compulsive Disorder (OCD)
- Oppositional Defiant Disorder (ODD)
- Complex trauma
- Insomnia and sleeping difficulties
- Schizophrenia / Schizoaffective disorders
- Anxiety and Depression
- Psychosocial difficulties
- Physical disability
- Intellectual disability (ID/ DD)
- Alcohol and Other Drugs (AOD/ FASD)
- Family Violence
- Screen / gaming / online addiction

Examples of BAT experiences

- 1:1 counselling whilst walking side by side on a bushwalk/ dog walk or
- Sitting by the bay/ river catching fish
- Living in community and learning from others on a week-long canoe journey
- Returning to a place on a regular basis to observe seasonal changes and daily rhythms

- Mountain bike riding and coaching to master new skills
- Practicing new strategies in outdoor adventure (eg. emotional regulation during rock climbing)
- Co-designing your own tailored BAT adventure (a few hours or a few days in length)

If you would like to see more information on this service or enquire about participating, you can:

Phone

(03) 5222 1431

Website

Visit: www.geelongadventurespecialists.com.au

*A more detailed 'Bush Adventure Therapy Services Booklet' is available on our website.

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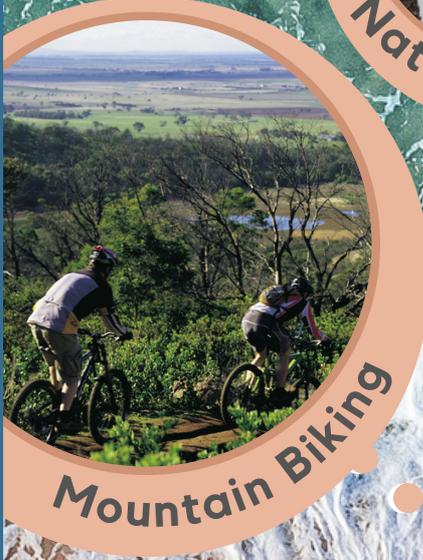
Nature Art



Rock climbing



Bush cooking



Mountain Biking



And more...

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Games



Fishing



Bushwalking

Therapy Dog Adventures

Myrtle

Sunny