



WILDERNESS FOUNDATION  
(51.809766° S, 0.486558° E )  
[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)

## Harnessing the positive power of wilderness to change lives and the positive power of humanity to save wilderness

---

### Wilderness Therapy

#### Youth and Adult Wilderness Therapy Trails

Wilderness Therapy trails take you deep into the wild, away in space and time from the pressures and immediate issues that you are struggling with on a day to day basis.

By making the choice to step out, our therapy trails will provide you with an opportunity to gain perspective and understanding of what is not (and what is) working for you. It will help you to re-programme yourself so that you feel more able to cope with emotions and life. Our evidence also shows that it will have a significant impact on your awareness of yourself, your self-esteem, your relationships with other people, and your relationship with the world.

The programme is led by experienced wilderness guides and therapists used to working with clients both young and older. We believe that nature is our co-therapist and we work through whatever the weather offers us, the terrain, and our relationship to the places that we work in, and the people we work with.

Days will be made up with activity of walking or canoeing between campsites, and we work with a range of fitness levels and we plan our programmes according to this. Each day we hold group process, there is time for solitude and reflection, journaling and time for one to one support. The beauty of working in nature and the outdoors is that we have time to work through the issues that come up for you in the moment, and our agenda is defined by the group, the weather, and the needs of the individual members.

We believe in holding a safe physical and mental space. We work using core values of equal dignity, personal integrity, personal responsibility and authenticity. Our aim is to enable each member of the group to return home with the understanding of how they can navigate their lives using the core values as a compass for the future, and have tools and increased self-awareness to manage themselves, and life, in a more harmonious way.

We believe in holding a safe physical and mental space. We work using core values of equal dignity, personal integrity, personal responsibility and authenticity. Our aim is to enable each member of the group to return home with the understanding of how they can navigate their lives using the core values as a compass for the future, and have tools and increased self-awareness to manage themselves, and life, in a more harmonious way.



