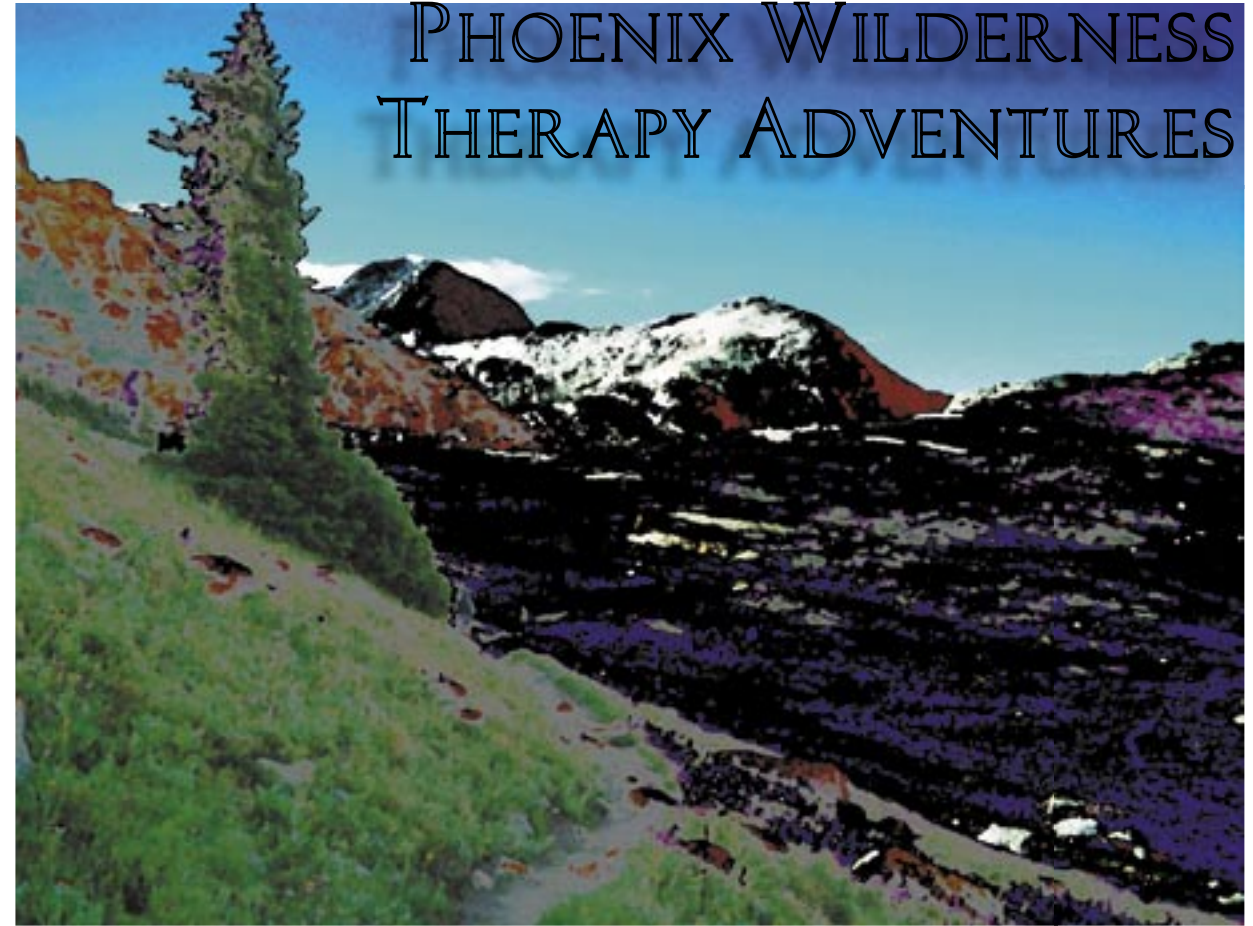




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We offer our clients the adventure of inward and outward exploration through nature immersion by offering therapeutic wilderness journeys for personal growth, emotional development, and spiritual enrichment.

Distinct from other wilderness/adventure therapy programs, Phoenix emphasizes the role of nature immersion as the primary modality of therapeutic change. Accepting established research results regarding the therapeutic role of group process, stress challenge, and adventure activity, Phoenix holds that nature immersion itself provides the context, meaning, and power to previously identified therapeutic variables. In fact, we believe nature immersion may be one of the most primal, elemental forces available to human experience. We believe in the unsurpassed power of nature immersion to effect change, growth, personal development, and spiritual enrichment. Please, contact us to develop your individual, personalized plan for a journey of exploration and experience the effects of nature immersion in your own life.

# PHOENIX WILDERNESS THERAPY ADVENTURES

## WHAT IS PHOENIX WILDERNESS THERAPY ADVENTURE?

Phoenix Consultation approaches Wilderness Therapy from a unique perspective, which distinguishes itself from traditional ideas and practices of adventure therapy. These traditions and practices are based in experiential learning theory, which holds that learning or behavior change must include direct experience for growth processes. This core belief underlies the “Outward Bound” style of adventure, which emphasizes stress challenge, immersion in an environment which is distinctly different from one’s familiar environment, and engaging in new and challenging tasks which incorporate principles of cooperation and collaboration on one hand, and principles of independence and autonomy on the other. Numerous studies have confirmed the effectiveness of such programs for personal growth, particularly in areas of self-efficacy, self-esteem, and self-confidence. When used in a therapeutic manner, it offers richer therapeutic activities and settings enhancing other preexisting therapeutic objectives in the hopes that therapy will be more successful.

Phoenix Consultation views “therapy” in much broader terms. We believe all experiences enhancing personal growth and change are “therapeutic” in nature. Acknowledging an individual’s movement through life as a continuously unfolding *process*, the so-called personal explorations that are typically part of the therapeutic experience are the core of self-understanding, maturity, and meaningful personal relationships. Hence our idea of therapy is grounded in developmental theory; and therapy from a developmental perspective relies on both explicit and implicit processes. When an individual experiences life difficulties, they may seek out treatment through formal or structured treatment settings (explicit process). But whether treatment is sought or not, the implicit processes inherent through daily living, often provides significant informal and unstructured therapeutic experiences.

Phoenix Wilderness Therapy combines the more formal and structured aspects of wilderness adventure therapy, with the informal and unstructured dynamics of immersion in nature. Research clearly indicates the positive effects of natural settings on human physiology (reduction of blood pressure, increased post-surgical healing responses, etc.), and there is significant evidence of the psychological benefits of nature experiences. Given the increasing separation of humans from nature, the continuous unfamiliarity with natural rhythms, and the unprecedented reliance upon material consumption to bolster definitions of self, we believe that allowing ourselves opportunity to simplify and re-experience our more primal connections with nature an essential part of emotional and psychological health. Our goal at Phoenix Wilderness Therapy is to assist and guide you to these ends.