



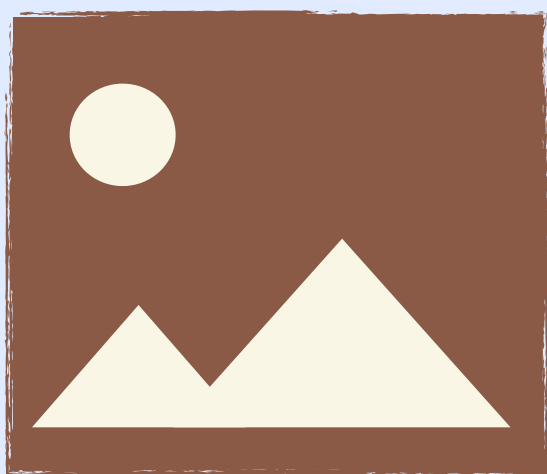
Benefits of Therapy in the Wilderness Environment



As a happy medium between outpatient talk therapy and residential treatment, wilderness therapy provides a profound experience and has much to offer.



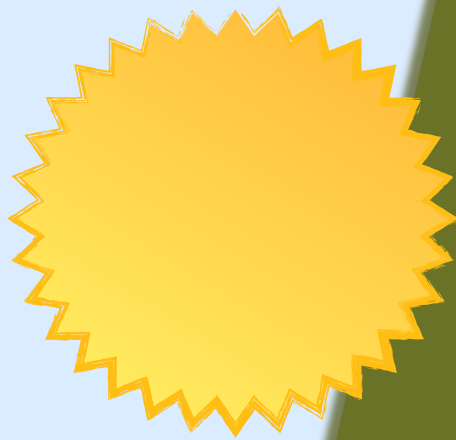
Wilderness therapy teaches teens to express emotions and teaches them why talking about feelings is so important.



Green outdoor settings appear to reduce ADHD symptoms; just a 20 minute walk outdoors can help increase concentration.



Exposure to the wilderness improves social competence, interpersonal communication skills, and enhances social interaction; makes one "nicer" overall.



Circadian Rhythm Improves healthy sleep hygiene, a critical factor in physical and mental health.



Time spent outdoors helps to significantly lower stress levels.

Resources:

The North American Conservation Education Strategy: Benefits of Outdoor Skills to Health, Learning, and Lifestyle: A literature Review

Russell, K. C. (2001). What is wilderness therapy? *Journal of Experiential Education*, 24(2), 70-79.

Weinstein, N., Przybylski, A. K., & Ryan, R. M. (2009). "Can nature make us more caring? Effects of immersion in nature on intrinsic aspirations and generosity." *Personality and Social Psychology Bulletin*, 35, 1315-1329.

Wells, N.M. (2000). At Home with Nature: Effects of "greenness" on children's cognitive functioning. *Environment and Behavior* (32), 6, pp 775-795.