



Outdoor Health Australia

Welcome to our Winter e-news

August, 2024

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Have something to contribute to our next enews?

email: jess@outdoorhealth.org.au with the subject enews.

Our enews is a seasonal offering, depending on volunteer time and effort, with our next edition intended for late November.



Keep up to update with OHA on social media.



<https://www.linkedin.com/company/outdoor-health-australia/>



<https://www.facebook.com/outdoorhealthaustralia>

<https://www.instagram.com/outdoorhealthaustralia>

Outdoor Health Australia Update

OHA is run through a voluntary leadership team who focus on community engagement, policy and advocacy, research and evidence and practice and quality. Under each domain sit a range of objectives informed through consultation with the outdoor health sector. A further domain, Business Administration, provides a backbone for activity, ensuring ethical and effective operations.

Over the past season our new Board and new Leadership Committee have been finding their feet, building their meeting series and finding time for all the activity! We are so grateful to our colleagues on the Board and Committee who volunteer their time to further these objectives on behalf of those OHA is established to serve, the outdoor health community. It's amazing being surrounded by our mates in the sector, their rich expertise and dedication to growing the established benefits of outdoor therapeutic practices. Shout out if you feel like you can get involved!

Grant funding provided by the State of Victoria as represented by the Department of Jobs, Skills, Industry and Regions (the Department) over the 2023/24 financial year has allowed us to build out from these volunteer efforts to:

- Develop an appropriate governance framework, formalise our legal structure, develop an updated constitution and policy suite.
- Implement a stronger membership communication platform through website development and maintenance to house more resources for the sector.
- Engage a variety of subject matter experts to develop materials to support best practice within the sector, for example around ethical practice, quality and evidence and training. We look forward to sharing and continuing to develop these resources with you.

A huge thanks to the Department and Becky Harth, our Project and Governance Officer for bringing these efforts to life! Finally, OHA are now a member with the Outdoor Council of Australia as we seek to collaborate, build partnerships and ensure our collective effort remains targeted.

Stay connected for the season ahead.

Tom Mulvaney (Deputy Chair) and Kate Gilson (Secretary)



Introducing the 2024/25 OHA Board: Kate Gilson, Tom Mulvaney, Kalindi Brennan, Kit Kline, Mary Brennan, Anthi Emmanouil-Playne, Ben Knowles, Bronwyn Paynter, Dassi Herszberg, Prathiba Subramaniam, Robert Coller.

We look forward to sharing detailed introductions of the Board and all of our OHA Leadership team in coming enews. To start us off, please meet Robert Coller - OHA Board of Directors and Mary Brennan - OHA Board of Directors and one of two OHA International Representative's on IATC (International Adventure Therapy Committee).

Meet our Board members

Rob Coller

Robert Coller is a past committee member and Vice Chair of AABAT and joined the OHA Board at this year's AGM. He has been involved in BAT for about 40 years – long before it was BAT.

He was involved with the Youth at Risk Network (YARN - BAT focussed) which evolved into Outdoor Solutions for YARN (OSYARN) and then became AABAT, what an amazing journey so many have contributed to be where we are currently.

Robert is Director of Explore Youth & Family Therapy Inc a NfP, is a youth worker who utilises being a Clinical Family/Systems Therapist, Narrative and Bush Adventure Therapist to support young people and families. He uses a relational therapeutic approach that is trauma focussed, family systems theory, narrative therapy, bush adventure therapy and values in action-based experiential learning.

Robert is a Senior Clinician with Berry Street's Take Two program and is a Clinical Member of the Australian Association of Family Therapy (AAFT). Robert began his youth work career with a Diploma of Youth Ministry from Ridley College. Robert supports young people, individuals, couples, families and workers in the field to discover their potential, grow in self care, develop healthy relationships, heal, grow and connect with their community. His enthusiasm and learning over 40 years of experience in the field has helped him develop a unique focus for assisting youth and families in distress.

Robert's adventurous spirit and encouraging nature characterises his approach to helping young people discover their potential and create connection in their lives.



Mary Brennan



Mary (she/her) is employed as a Clinical Psychology Registrar at Oqea Cares where she delivers both individual and group therapy, with a focus on attachment and complex trauma. She is captivated by environmental psychology and the promising role of nature based therapeutic interventions within the mental health treatment space.

Mary has previously worked at the South Metropolitan Health Service (Fiona Stanley & Fremantle Hospital Group) and across a variety of public and private clinical practice settings, in addition to as a Sessional Academic and Tutor at Edith Cowan University, and research officer at

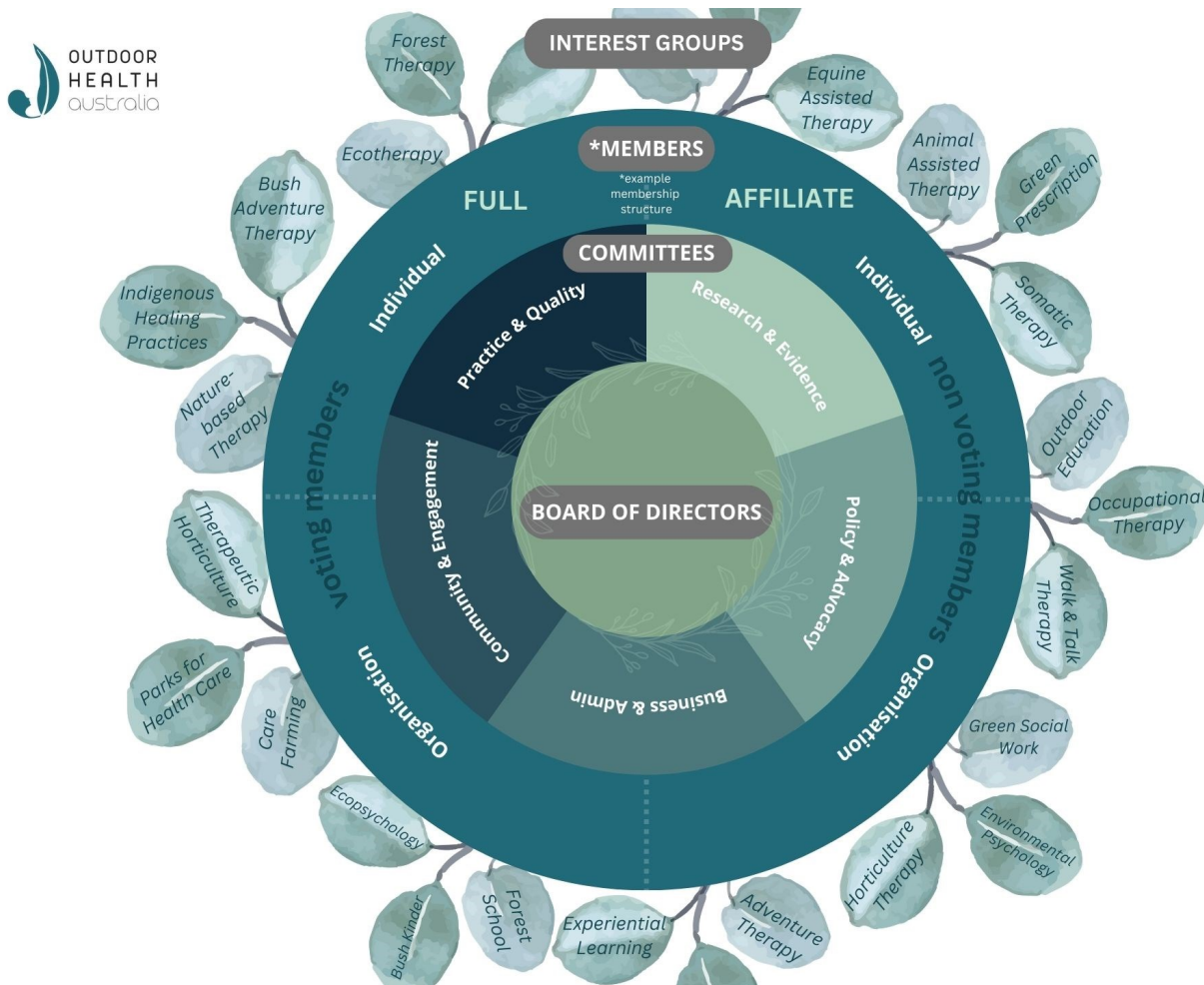
Macquarie University's Centre for Emotional Health. Her primary research interests include environmental psychology, deep ecology, and the inter-relationship between wellbeing and the natural environment.

Since 2019, Mary has been actively engaged with AABAT/OHA and the Adventure Therapy International Committee (ATIC), commencing in the role of International Representative in 2022. She prefers a slightly nomadic lifestyle, presently living and practising across both Whadjuk and Wadandi Boodja (Perth and Margaret River in Western Australia).

How we work

Who is OHA? All of us who are interested in evidence-informed nature-based practices to support health, wellbeing and healing.

Where are we headed? We are a broad and inclusive national body for evidence-informed nature-based practices in Australia, and are richer for our diversity. We value research, ethics, community and quality, and are working hard to become recognised by Government as the national representative peak body for outdoor health practices.



How do we do it? OHA has set up 5 Committees to support our work together. Our 5 committees reflect the core functions and work of a national peak body, and help organise our work together. You can help progress the development of our sector by rolling-up-your-sleeves and working alongside others to contribute to our shared hopes. Our 5 committees are -

1. **Community & Engagement** – supporting a connected sector, a strong community, and shared information. Key tasks may include: supporting information sharing within the OHA community, engaging wider practitioner stakeholders, strengthening the Service Directory, supporting OHA regional reps, and enabling inwards and outwards facing communication. Convenor: Jess Edwards & Convenor: empty
2. **Practice & Quality** – supporting effective services, ethical standards, training, supervision and accreditation. Key tasks may include: supporting practice-related consultation within the OHA community, developing practice-related resources, facilitating strengthened standards, and identifying steps towards regulation or self-regulation for the OHA sector. Convenors: Prathiba & Ben Knowles

3. **Research & Evidence** – supporting collaborative research, connected evidence, and research informing practice. Key tasks may include: collating research evidence, helping disseminate key research, developing research partnerships, facilitating research-practice linkages, supporting OHA researcher networks, and seeking funding for primary research. Convenor: Andi Dickmeyer

4. **Policy & Advocacy** – supporting government engagement, policy advocacy, and representing the sector. Key tasks may include: consulting external stakeholders, developing a strategy for becoming a national representative peak body, developing relevant partnership agreements, preparing OHA to engage with government, representing OHA in various settings (consultation, conferences, media, etc), helping to coordinate the work of Committees for greatest policy impact. Convenor: Anita Pryor

5. **Business & Admin** – supporting sustainable governance, strengthened financial status, and efficient management of our entity. Key tasks may include: consulting members and stakeholders, developing a strategy for sustainable business, supporting communication within the organisation, supporting smooth operation of the entity, tracking income and expenses, overseeing administrative tasks. No Convenor at this point

To help set strong foundations for OHA going forward, Committees are meeting bi-monthly. If you have an area of passion and want to help progress outdoor health in Australia in specific ways, please get in touch with a Committee convenor of your choice, or **email your interest to: contactus@outdoorhealth.org.au**



Regional Representative positions available WA, QLD and SA!!

Join the OHA Leadership team in the role of Regional Representative! Rich opportunity for rich experiences and reciprocal contribution. Please see Position Description for more about the information and email kate@abat.org.au with your EOI, or to ask any questions.

Join a committee to contribute to the work of OHA!

Please email kate@outdoorhealth.org.au to be connected to a committee convenor.

Committee Updates

Community & Engagement

- We had a hugely successful annual national Outdoor Health Forum in Lutruwita/Tasmania in April 2024, led by Luke Mabb and hosted in partnership with our colleagues across the sea 'Adventure Therapy Aotearoa'. See Bronte's Forum report on pages 10 and 11.
- We have a new First Nations Facebook group!
- We have a strong, active and proud Rainbow Group! Scroll down for more information and a chance to provide feedback about the Franklin Film screened at the Forum.
- Through collegial relationships with Tanya Ginwala of Qualia Mental Health, we are forging strong links with the Indian Outdoor Therapy Community. To support cross-cultural connections, we are invited to attend and contribute to a 'Confluence' workshop in the Lower Himalaya in October 2024. See Page 14 for more information

Practice & Quality

- OHA will host an "**Ethical Principles Roundtable**" Online Webinar on Monday September 23rd from 12.30pm to 2pm AEST. This webinar is for OHA members, practitioners and researchers interested in contributing to the development of a set of trans-disciplinary Outdoor Health Ethical principles and Practice standards for diverse evidence-informed nature-based health and wellbeing practices. Scroll down for more information.
- We are currently compiling a list of Outdoor Health Practitioner Training Providers. If you are providing training in outdoor health in Australia, please [go to the Survey and add your info here](#).
- A draft Training pathways wireframe document will be available in our members portal at the end of the month.

Research & Evidence

- A volunteer crew from OHA recently launched the Journal of Outdoor & Environmental Education's "Outdoor Health" Special Issue. The Special Issue shares six peer reviewed papers spanning ethics, research and surf therapy, and is a must-read for anyone interested in evidence-informed outdoor health practice!
- OHA will host a "Researchers Roundtable" Online Webinar on Wednesday 27th November from 12pm to 2pm AEST. This webinar will help link Outdoor Health researchers with other researchers, and ultimately strengthen links between research and practice. Participation in this webinar is by invitation only. To receive an invitation, simply respond to the brief Researcher Survey. Scroll down for more information.
- OHA is currently compiling an Outdoor Health Bibliography on international research, evidence and practice. If you have references that you are keen to include please email research@outdoorhealth.org.au to discuss the best way to include it.
- OHA Researcher Interests form- We invite OHA members (and non-members) who have research interests in our field to complete this brief form. Its purpose is to connect researchers with researchers, and strengthen links between research & practice. It asks about your research topics and areas of interest. This survey is appropriate for researchers at established university institutions as well as those in other settings, and those interested in getting involved in research on the intersection of outdoor therapies and health in the future. link: <https://forms.gle/DDPTRthbqU2i27uH9>
- If you're interested in getting more involved in OHA's research & evidence initiatives, please contact the Research & Evidence Committee Convenor Andi Dickmeyer at andi@outdoorhealth.org.au

Policy & Advocacy

- OHA has been invited to contribute to a "Green Care Review" being undertaken by the Tasmanian Centre for Mental health Innovation for the Tasmanian Government Health Service. The project involves a review of evidence relating to five OH modalities, and development of an Accreditation framework able to be applied in the Australian context. For input and updates, feel free to email anita@aabat.org.au
- You may have seen that the NDIS review for approved modalities currently excludes a number of practices, including 'Wilderness Therapy'. OHA prepared a submission which you can see online via OHA facebook page.

Upcoming Roundtables

Outdoor Health Australia wants to support safe, effective, value-for-money high quality outdoor health practice. To support this, we are offering two upcoming roundtables to our community.

Outdoor Health Ethical Principles Roundtable - Online Webinar

Mon Sept 23rd from 12.30pm to 2pm (AEST)

What? This webinar is for OHA members, practitioners and researchers interested in contributing to the development of a set of trans-disciplinary Outdoor Health Ethical principles and Practice standards for diverse evidence-informed nature-based health and wellbeing practices.

Why? AABAT's Ethical Principles have provided a basic framework for bush adventure therapy practice since 2009. Fifteen years on, it's time to update and consolidate our guiding principles.

Where are we at? For the last 2 months, a small OHA working group has been working on a revised set of OH Ethical principles, informed by research evidence and practice wisdom.

How? During this facilitated webinar discussion, the revised Draft Ethical Principles will be shared for feedback and refinement, before finalisation and adoption by OHA.

Why contribute to this piece of work? This is a way for OHA members and interested folks to support the development of guidelines to support safety, efficacy and accountability within the outdoor health sector, and contribute to a mechanism that will support quality assurance for stakeholders (participants, families and communities, funders, policy makers, etc.).

What if I'm interested but can't attend the Roundtable? The webinar will be recorded, to share with those who have registered interested but can't attend.

What now? [Please register your interest here](#) and put the date in your calendar!

Outdoor Health Researchers Roundtable - Online Webinar

Wed 27th Nov from 12pm to 2pm (AEDST)

What? Outdoor Health Australia supports evidence-informed nature-based health practices and services. This webinar is to help link Outdoor health Researchers with other researchers, and ultimately strengthen links between research and practice.

Who? Only those researchers who respond to the OH Researcher Network Survey and who request to be invited to the Roundtable will be invited to attend the Roundtable. This includes over 30 researchers from around Australia.

[The Outdoor Health Researcher Survey can be found here.](#)

How? During this facilitated webinar discussion, researchers will have a chance to share their work and hear about the work of others. There will be an opportunity for break-out rooms in areas of interest, and time to identify possible collaborations. The OHA Research & Evidence Convener will provide an update on the volunteer work of the committee, and invite suggestions for future efforts.

What do I need to do before the Roundtable? To help make good use of the webinar time, we will ask all to attendees record a short 3-5 minute overview of their research, topics and interest in outdoor health, well ahead of the event. All attendees will receive links to all video or audio recordings well ahead of the Roundtable so that we can view and listen to those prior to the event. This will help us move into active discussions at the Roundtable knowing something about who else is in the room before we get there.

What if I'm interested but can't attend the Roundtable? The webinar will be recorded, to share with those who have registered interested but can't attend.

What now? Respond to the Outdoor Health Researcher Survey above. You will be sent a Zoom registration link and instructions for recording your video or audio overview leading up to the event prior to the event.

OHA has a NEW Membership Platform coming - August 2024

Why become a member?

Outdoor Health is an emerging sector supporting health, healing, and resilience for Australians during a time of rapid social and environmental change. Become part of our community and enjoy a sense of belonging with like-minded people and practitioners who are wanting to offer something different. The vast majority of work undertaken by OHA is done by volunteers. The minimal annual fee structure is an important contribution towards covering our overheads.

Membership benefits

All members:



Members-only resources, including over 350 hours of video recordings, researcher directory, guides and more



Discounted rates to the OHA forum, networking events, professional development and training



Access to support, expertise and resources through your regional representative



Invitation to be involved in OHA research, projects, working parties

As well as:

- Use of OHA individual or organisational member logo
- For organisations: List and link your organisation on the OHA website, promote events, training and job opportunities via eNews and/or social media

Join at the current price before there is an increase:

Until 31 September 2024:

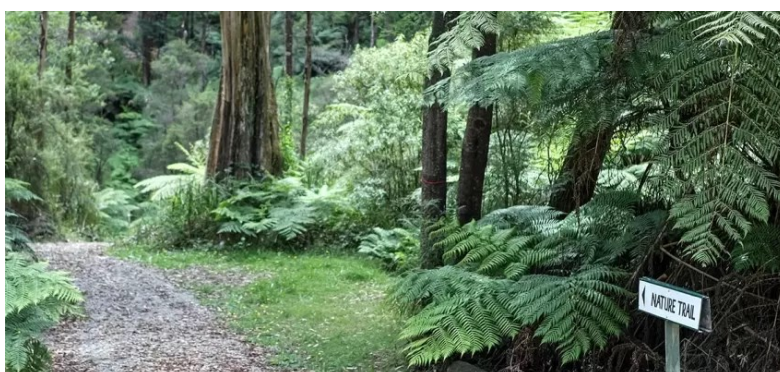
Individuals \$40+gst

Concession \$20+gst

Organisations \$120+gst

To learn more visit: <https://outdoorhealth.org.au/about-membership/>

Join or renew your membership now!



Introducing the OHA Rainbow Group!



Last year a new space under the Outdoor Health Australia umbrella was created - a space for LGBTQIASB+ outdoor health practitioners/ participants/ educators and allies to come together. This new space now has a name: The OHA Rainbow Group. We are an inclusive group created to energise meaningful engagement and action regarding diversity, equity and LGBTQIASB+ representation in Outdoor Health and Bush Adventure Therapy, locally and nationally. We acknowledge the impact of intersectional oppression and heteronormativity and the barriers and challenges to physical, mental, social, and emotional safety and well-being, for LGBTQIASB+ people, especially those marginalised by racism and ableism. We also acknowledge the resilience of our communities, past and present. We are inspired by the diversity and belonging that nature models, and know the benefits and opportunities that nature, therapy, community, connection, and pride have for healing and belonging.

So far, meetings have taken place online, however, in April, the fledgling group were able to connect in person in beautiful Lutruwita at the OHA Annual Forum. Here we shared morning swims, dinners, and fireside chats, held a dawn fire ceremony commemorating and celebrating Queer lovers and fighters, organised a screening of the documentary, Franklin and Q&A with filmmaker, Oliver Cassidy, and presented an impactful and educational workshop entitled 'Nature's Love: Experiences of LGBTQIASB+ participants, practitioners and researchers telling their stories in Outdoor Health and Outdoor Therapy'.

Energised by the inspiration, connection and learning experienced during the forum, The OHA Rainbow Group is seeking opportunities to increase diversity and representation in outdoor spaces, challenge status quo thinking and provide a space for pride, connection, and activism to thrive in Outdoor Health Spaces. We are working on a range of projects, and we welcome ideas and comradery to be shared.

The next meeting will be held online on July 15th – all LGBTQIASB+ folk and allies are welcome. If you would like to connect, you can join the Facebook group or email group members Ingrid or Patrick.



ingridsophieneumann@gmail.com / patrick.kay@griffithuni.edu.au

<https://www.facebook.com/groups/2310354819307112>

Did you watch the Franklin film at the forum? The Franklin team would love your feedback. You are invited to fill in a short audience survey here:

<https://www.surveymonkey.com/r/FranklinAudiences>



The film is complemented by an impact campaign to empower activists, encourage positive political action to protect the environment and ensure the right to protest is upheld. Your feedback will support the team to understand responses to the film, as well as how they can best use the film to create change.

If you missed it at the forum or want to watch again, check out where you can watch Franklin here <https://franklinrivermovie.com/watch>.

National Outdoor Health Forum 2024

Forum Report

This annual forum was themed *mukaminya* – meaning ‘Native Track’ in *palawa kani* (Tasmanian Aboriginal language) and was chosen by Luke Mabb, a *wakka wakka* man born in *lutruwita* and Janice Ross, a *palawa* Aboriginal artist. Janice said that this theme was chosen to signify the connection from *lutruwita* to the islands of Aotearoa (New Zealand), “...especially with the connecting of the Oyster Bay clans movement of seasonal gathering down the east coast and through the Tasman Peninsula, including the country of salt waters, and the journeys that we both share”. Collaborating with our brothers and sisters from across the Tasman Sea was an enriching experience that brought a level of depth, wisdom, and connection that touched many.

A key intention of this forum was to explore how to gather as a community “right way” on country. What does “right way” mean in terms of how we work, live, play, and connect? How can we deeply respect and honour the land and the traditional custodians, and how can we all walk together in a way that leaves our environment in a better state for future generations? The forum held the intention of modelling best practice or the “right way” through efforts towards being Aboriginal-informed and led, family and community inclusive, decolonising, accessible, diverse, evidence-informed, and seeking feedback from all involved.



This forum held a particular significance as it was the inaugural Outdoor Health Australia event since transitioning from the Australian Association for Bush Adventure Therapy (AABAT). It was also the first time our national forum has been held across five days, an Aboriginal-informed decision. We hoped that five days on country would allow enough space and time to connect with the land and each other in a deep and transformative way. Five days allowed us to include over 60 evidence-informed nature-based health and wellbeing presentations, workshops and yarning circles.

We were honoured to have the forum vision held and inspired by wonderful Cultural Mentors including Luke Mabb, Djuker Hart, Janice Ross, Aunty Cheryl, Warren Mason, Donna Mason, and Ruth Langford from the Tasmanian Aboriginal community, Kaydy-Moana Jones, Taina McClutchie, and Kaysie Te'Maia from Aotearoa, and Uncle Ken Jones, Boandik man and OHA elder.

National Outdoor Health Forum 2024

Forum Report Continued

A team of around 25 outdoor health practitioners volunteered to help co-organise the forum, and support Luke’s vision for the event. Half of the team put in dozens if not hundreds of hours of time, in between other work and life commitments, to make the event a nourishing, inclusive and successful event.

Presentations and workshops were varied, and spanned a wide variety of outdoor health modalities, including Bush Adventure Therapy, Ecotherapy, Equine Assisted Therapy, Green Social Work, Therapeutic Horticulture, Occupational Therapy Outdoors, and more. We were honoured to have inspiring spotlight speakers including Tanya Ginwala from India, Kaydy-Moana Jones and Kaysie Te’Maia from New Zealand, Tim Baker from northern New South Wales, and Paul Pritchard, Ruth Langford from Iutruwita/Tasmania.

An immersion day in the middle of the forum provided an opportunity to experientially learn and explore a particular area of interest, or simply take the space to slow down, integrate and assimilate. Attendees could choose to face their fears by abseiling off a cliff with adventurer and advocate Paul Pritchard, go sensory snorkelling, seakayaking, forest bathing, or walk on country and learn about Tasmanian Aboriginal knowledge and wisdom, and more!

We would like to express our deepest gratitude to the presenters for sharing your learnings and wisdom. This forum could not have happened without the unique contributions of you all. Further deep gratitude is offered to Amy and her wonderful family and team of volunteers who fed us with nourishing food across the 5 days, as well as Luke Mabb and Djuker Hart for collecting, processing, and cooking bush tucker like muttonbirds (yolla), abalone (nitipa), and wallaby (payathanima).



During the closing ceremony on Spring Beach, we were guided to face the North, East, South, and West. In facing these directions, we were invited to honour what lay before us – the hills, mountains and valleys, to the magnificent ocean and to our brothers and sisters in the distant Aotearoa. At the closing event, Luke Mabb passed a flame to Glenn Woods, who will carry the spirit, heart and goodwill north to our next national Outdoor Health Forum, to be held in northern NSW in 2025.

Thank you to the land, sea and sky country for holding us.

May we all be inspired to walk the “right way” - *mukaminya* - in our lives and practice.

Bronte Matthews, Tasmanian Regional Representative of OHA.

From our community



Measuring Nature-based health intervention survey

Dear OHA member,

Those of you who attended our great Outdoor Health Forum in Tasmania earlier this year might remember that a team of researchers from Western Sydney University (Professor Tonia Gray, Associate Professor Arianne Reis and Dr Nicole Peel) led a workshop about how do we assess the effectiveness of nature-based health interventions. The workshop was part of a broader project they are undertaking to collect evidence on the ways practitioners assess the effectiveness of their nature-based interventions and the needs of practitioners when it comes to assessing the effectiveness of their nature-based health interventions. For this purpose, they have put together an online survey to ask you, practitioners in outdoor health, to share your thoughts and experiences on this topic. This following link will take you to the survey and more information about the study and what's involved. https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV_b93gzssVa9fGoaq or scan the QR code below.



Please note that participation is entirely voluntary and that the survey is completely anonymous. You can also share this as far and wide as you like.

The team of researchers have confirmed they will be happy to share the results of their study with us and our community as soon as they complete the analysis. They also have an Honours Psychology student involved in the project, so your participation will also support her goals in completing her Honours project.

On behalf of the research team, we thank you for considering participating in this important study for our field of practice."

South Australia Nature Festival - September 28-October 13th.

Program launches 15th August.

The theme this year is 'Awe and Wonder' and there will be hundreds of nature-based experiences on offer across South Australia.

<https://www.naturefestival.org.au>



Applications now open for the Master of Narrative Therapy and Community Work

This is a practice-based program and involves participants honing their narrative skills and innovating forms of narrative practice in their own contexts. We are excited about what this means for the continuing development of diverse narrative practices.

Amid the pandemic, our program leaped into the virtual realm! We transformed our pedagogies, and most importantly, student projects continued to be sparkling and significant, prompting us to continue the Master's online. Additionally, Dulwich Centre is excited to welcome our Master's students and alumni to an optional annual event in Tarantanya/ Adelaide, Australia, to connect in-person with peers from various countries and contexts and learn about the evolving innovations in narrative practice.

The diversity of participants is a particular highlight with graduates from across the globe. There is a strong Aboriginal/First Nations representation on both the faculty and among students (the program has been awarded the Excellence and Innovation in Indigenous Higher Education Award).

This program is co-ordinated by Dulwich Centre, taught by our international faculty in conjunction with Australia's leading university, The University of Melbourne. If you are interested in undertaking this Master's in 2025 without having to travel, visit www.dulwichcentre.com.au/masters



Pathfinders NT recently had the privilege of guiding seven remarkable young boys, aged 14-17, through the breathtaking 62km Jatbula Hike from Nitmiluk Gorge to Leliyn (Edith Falls). This coming-of-age adventure therapy journey was inspired by the modern rites of passage work championed by Dr. Arne Rubinstein OAM.

Adventure therapy is a powerful experiential therapy that utilises outdoor activities to foster emotional, psychological, and physical healing and growth. Our practice, informed by the training of Graham Pringle on Complex Trauma Informed Adventure Therapy, integrates therapeutic methods specifically designed to address complex trauma, ensuring that our programs promote well-being and resilience in a safe and supportive environment.

Our programs adhere to core principles that ensure the safety and dignity of every participant. Here are a few fundamental principles:

1. **Informed and voluntary consent** at all times.
2. All programming is **therapeutic and trauma-informed**.
3. **Staff and volunteers** are trained and have expertise in working with vulnerable young people.
4. **Transparent communication** with young people about the activities and experiences they will undertake.

These principles are not just guidelines, they are the fundamental rights we uphold for all young people in our care.

These young men faced immense challenges, having never embarked on a hike of this magnitude. The experience provided them with a safe space to reflect deeply and share openly with other males who are going through or have gone through similar life experiences.

These vulnerabilities opened doors of communication, planting seeds for the future that reduce mental loads and improve well-being and connection.

For more information: <https://pathfindersnt.com.au/>



Hello everyone

Since 2022, Adventure Works Australia (AWA) has partnered with my organisation Qualia to promote cross-cultural learning and increase access to professional development in the outdoor therapy fields by offering scholarships for Indian mental health practitioners to attend the Foundations of Outdoor and Adventure Therapy Course facilitated by AWA in Tasmania, Australia.

The partnership has been a rich opportunity for cross-fertilisation and sparked conversations about decolonisation, ethics, accessible professional development and culturally relevant and 'safe enough' outdoor therapy practices.

Two years later, we are excited to bring the Foundations Immersion to India and host a Community Learning Confluence for cross-cultural learning and collaboration.

We would like to extend a warm invitation to all of you to join us from 12-18 October 2024 in Bir, in the lower Himalayas of India.

You can access the program brochure here <http://www.bit.ly/fant2024>

The venue for the program is the beautiful Dharmalaya Institute.

It would be wonderful to see some familiar faces and have some of you with us. It's an amazing opportunity to collaborate on international adventure and nature-based therapy training and learning opportunities and I am sure we will learn so much from each other.

This is also happening right after the Association for Experiential Education (AEE)'s Asia Pacific Regional Conference which is from 1-6 October in Pune, Western India. (See www.aeeapac.org)

So a great opportunity to see what's happening in the outdoor education and experiential learning space in our part of the world.

Sending love and hugs,

Tanya, ATIC rep (India) and the AWA Team
(Anita Pryor, Amanda Smith, Clare Raffety
& Ben Knowles)

**Foundations
of Adventure
and Nature-based
Therapy Immersion
&
Community
Learning
Confluence**

*
12-18 October '24
Bir, Himachal Pradesh, India

For Mental Health
Professionals,
Outdoor Leaders,
Environmental Educators
& Allied Professionals.



🌐 www.bit.ly/fant2024
📞 +91 90226 17363
✉ qualia.outdoortherapy@gmail.com

QUALIA
Outdoor Therapy



Calendar of OHA Meetings 2024/25:

Month	Date	Who
September	September 2nd 8-9:15pm	OHA Regional Reps (part of the Community and Engagement Com-
September	September 2nd 8-9:15pm	OHA Board
September	September 16th 8-9:15pm	OHA Committees Meeting: All 5 Committees together with Breakout rooms for each Committee to meet separately for a portion of the
October	October 7th 8-9:15pm	Whole Leadership team
November	November 4th 8-9:15pm	OHA Board
November	November 4th 8-9:15pm	OHA Regional Reps (part of the Community and Engagement Committee)
November	November 18th 8-9:15pm	OHA Committees Meeting: All 5 Committees together with Breakout rooms for each Committee to meet separately for a portion of the
December	December 2nd	Whole of Leadership team (all of us) Informal reflections, and celebrate the year.
Purposeful Pause	Friday December 13th - January 24th	All OHA
February 2025	3rd February	Whole of Leadership team.