



Vision Quest Enrichment Programme

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The event is facilitated by 3 experienced tutors; Arian Leljak, Roger Duncan and Richard Pirie, as well as Philip Trenchard, Psychotherapist, with the aim of engaging young people with a number of experiential and flexible activities in a calm, natural environment, either individually, in small groups or with family. This will centre around a Vision Quest activity where certain "Rites of Passage" tasks are set for the young person/people, and (with the option of a night spent in the woods), these are then reflected on by the group.

We offer:

- 3 tutors each with over 20 years' experience of working with young people with a range of learning and behavioural difficulties.
- Therapeutic conversations facilitated to address specific emotional difficulties and/or conduct disorder, with the aim of managing feelings more effectively, and avoiding destructive paths of behaviour.
- A flexible set of experiential activities based around the outdoor camp: bush craft skills, camp craft, woodwork, metalwork, outdoor cooking, etc. These are designed to create meaningful, hands-on engagement with the natural world, skill-building and a sense of achievement.
- Positive role-modelling based on a caring, supportive and person-centred approach to each participant, with flexibility to meet and address individual needs as they arise.
- Attention to the quality of social interactions and commitment to individuals' safety and dignity at all times.
- A quiet and non-pressured environment conducive to experiencing reflectiveness and well-being.
- Wholesome food, cooked and shared together around the camp fire, in order to sustain physical well-being and positive social experience.
- Encouragement and leadership towards respect for natural world as basis for developing sense of self-worth.
- Risk assessments for all activities, insurance and enhanced DBS checks.