



The Promise of Wilderness Therapy: A Comprehensive Guide to How and Why Wilderness Therapy Can Be a Solution for At-risk Youth Who Aren't Making Headway in Traditional Therapy

Jennifer Davis-Berman, Dene Berman

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In the Promise of Wilderness Therapy, Jennifer Davis-Berman and Dene Berman draw on their combined 30-plus years of working with struggling adolescents to clearly outline how and why wilderness therapy works. As therapists who practice both in traditional and wilderness settings, they have written this book because they have seen the power that wilderness can have on the therapeutic process. In its pages you'll find a well thought-out mix of practical advice, historical and theoretical foundations, frank discussions, and personal opinion that opens the door to a new way of treating longstanding adolescent challenges in new and inspired ways. In nine easy-to-access chapters, the authors provide information you'll need to assess whether wilderness therapy is right for the adolescent in your life. You'll learn about the unique challenges faced by today's youth and how those challenges impact adolescent behavior. You'll understand the origins of the field, as well as the theories on which it is based. You'll be able to distinguish hard facts from marketing hyperbole. You'll understand the difference between licensing, credentialing, and accreditation, enabling you to determine a program's legitimacy. You'll have access to the most recent research on the effectiveness of wilderness therapy. You'll learn about the different types of programs that use wilderness therapy and who they serve. And finally, as you work your way through the series of guiding questions in Chapter 8, you'll not only be able to determine whether wilderness therapy holds promise for the adolescent in your life, but feel more confident as you embark on the program research and selection process. Whether you're the parent of an adolescent exploring alternatives for your child, or a mental health professional looking to learn more about the field, this guide has the answers to your questions.

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