

BBC report on Adventure Therapy and the Great Scottish Outdoors

The 5th International Adventure Therapy Conference (5IATC) hosted by the British Association of Counselling and Psychotherapy was held in Edinburgh from 7th-11th of September this year, in association with the Association for Experiential Education's Therapeutic Adventure Professional Group, the Institute for Outdoor Learning and the Adventure Therapy International Committee.

As practice and interest in adventure therapy continues to grow internationally, the international adventure therapy conference provides a forum for the examination of "the key issues in developing innovative and ethical practice, which informs the development of the profession".

In raising many of the agendas discussed at the recent 5IATC conference and in conjunction with world mental health day – 10th October 2009 -, BBC Radio Scotland recorded a special 'Out of Doors' programme on mental health and the outdoors, which aired on 10th October and featured interviews with keynote speakers from the 5th International Adventure Therapy Conference.

Dr Kaye Richards (Liverpool John Moores University) who on behalf of BACP organised and chaired the recent 5th International Adventure Therapy Conference was interviewed for the radio programme. Many of the issues discussed during the radio programme about mental health and the outdoors, and the ways in which being outdoors can be a form psychological therapy, are key issues being explored in the forthcoming special 'Outdoor and Adventure Therapy' issue of the Journal of Adventure and Outdoor Education (JAEOL).

Kaye Richards (Liverpool John Moores University) will be guest editing this issue alongside Nevin Harper, University of Victoria, Canada and Cathryn Carpenter, Deakin University, Australia.

The special issue will provide an opportunity to report on research findings and critically debate a range of theory, policy and practice agendas relevant to international developments in outdoor and adventure therapy. It will include debates on therapeutic initiatives, research agendas and political debates in this growing arena of outdoor practice, and it will continue to explore role of outdoor experiences in promoting emotional well-being and addressing a wide range of mental health needs.

The closing date for submissions to this JAEOL special issue is 28 February, 2010 so if you'd like to send a paper for consideration, please contact K.E.Richards@jmu.ac.uk

The Out of Doors programme and special feature on mental health and the outdoors, hosted by Mark Stephen and Euan McIlwraith, was aired on Saturday 10th October on BBC Radio Scotland.

If you'd like further information on the special issue and call for papers, please visit www.tandf.co.uk/journals/jaeol

