

# Purpose Statement

## Level 4 Certificate in Outdoor and Adventure Therapy (RQF)

The primary purpose of this qualification is continuous professional development (CPD). It is expected that most learners enrolling on this qualification will currently be working in, or have experience in, an outdoor or adventure-related field. This qualification will support these learners to enhance their knowledge and practice.

The secondary purpose of this qualification is to support learners in their initial training to become qualified in an outdoor or adventure-related field.

It has been designed with and is for delivery through The Therapy Adventure exclusively.

### Who is it for?

This qualification is designed for you if you want to further develop your knowledge in Outdoor and Adventure Therapy. You will gain theoretical knowledge and be introduced to therapeutic frameworks and practical strategies to support clients safely and ethically.

### What does this qualification cover?

The qualification will take 300 hours to complete, of which 160 of these hours will be guided by your tutor. You will need to complete seven mandatory units to achieve the qualification. The areas you will study are:

- Foundations of Outdoor and Adventure Therapy
- Mental Health Foundations in Outdoor and Adventure Therapy
- Planning Therapeutic Interventions in Outdoor and Adventure Therapy
- The Therapeutic Relationship in Outdoor and Adventure Therapy
- Psychological Approaches in Outdoor and Adventure Therapy
- Supporting Diverse Needs in Outdoor and Adventure Therapy
- Clinical Supervision and Practitioner Wellbeing in Outdoor and Adventure Therapy

### What are the entry requirements?

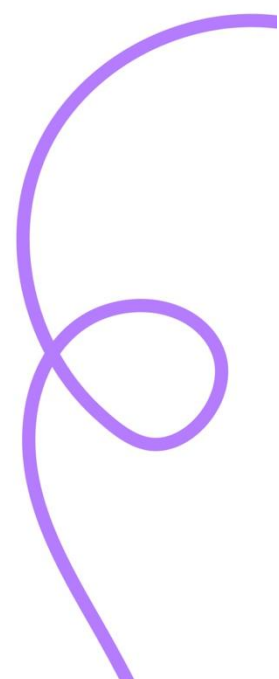
This qualification is suitable for you if you are aged 18+.

You must hold a recognised instructor qualification in an outdoor or adventure-based field.

Alternatively, if you don't have a formal qualification, you may be considered if you meet **both** of the following conditions:

- Have substantial professional experience (at least two years) in a relevant field **AND**
- Are currently working in the profession in a relevant capacity

If you are applying via this route you will need to submit a supporting statement to The Therapy Adventure outlining your experience, demonstrating how it aligns with the course content.



For those who do not yet meet the entry requirements, The Therapy Adventure offer a **combined pathway** where learners can complete the **Level 3 Forest School Leader qualification** alongside the Level 4 Certificate in Outdoor & Adventure Therapy. This option ensures that learners gain the necessary outdoor facilitation skills before progressing into therapeutic practice. The minimum age for this route is 19 years old, due to the minimum age for the Level 3 Forest School Programme Leadership qualification.

Due to the level of the qualification, a Level 2 English language (or equivalent) qualification would be advantageous.

If you are unsure if you meet the entry requirements you can discuss this with The Therapy Adventure.

### What are the assessment methods?

You will be required to submit a portfolio of evidence. Types of evidence are likely to include:

- Essay
- Professional Discussions
- Presentations

### What are the progression opportunities?

The primary progression for this qualification is to implement the knowledge you have gained into your existing role. Once you have achieved this qualification you may choose to progress to further learning at an undergraduate level in areas such as:

- Psychology
- Counselling
- Social Work
- Occupational Therapy
- Speech and Language Therapy

### Who supports this qualification?

This qualification was developed with and is supported by The Therapy Adventure.

