

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: The Therapeutic Relationship in Outdoor and Adventure Therapy

Unit Reference Number: K/651/7996

Level: Four (4)

Credit Value: Four (4)

Minimum Guided Learning Hours: 20

| Learning Outcome (The Learner will): | Assessment Criterion (The Learner can): |
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| 1. Understand the core principles of the therapeutic relationship in Outdoor and Adventure Therapy | 1.1 Explain the role of trust in therapeutic relationships |
| | 1.2 Explain the role of attunement in therapeutic relationships |
| | 1.3 Explain the importance of psychological safety in therapeutic relationships |
| | 1.4 Apply core principles to a given case study |
| 2. Understand how nature connection principles build a therapeutic relationship | 2.1 Explain the concept of nature as a co-therapist in Outdoor and Adventure Therapy |
| | 2.2 Describe how nature connection pathways support the building of therapeutic relationships |
| 3. Understand the importance of professional boundaries in Outdoor and Adventure Therapy | 3.1 Explain the importance of professional boundaries in Outdoor and Adventure Therapy |
| | 3.2 Describe common challenges to professional boundaries in outdoor settings |
| | 3.3 Identify three strategies for maintaining professional boundaries |
| 4. Understand ethical practice in Outdoor and Adventure Therapy | 4.1 Describe common challenges to ethical practice in outdoor settings |

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| | 4.2 Analyse two ethical dilemmas in Outdoor and Adventure Therapy and provide appropriate ethical responses |
| 5. Understand humanistic counselling approaches to build therapeutic relationships outdoors | 5.1 Describe the principles of humanistic counselling approaches |
| | 5.2 Explain how humanistic counselling approaches can support outdoor therapy sessions |

| Indicative Content | |
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| LO1 | Learners must explain key elements of building a therapeutic relationship in outdoor settings, including: trust, attunement, psychological safety, working side-by-side. |
| LO2 | AC 2.1 must explain how nature can be a relational partner, supportive, responsive and capable of holding emotional processes. AC 2.2 must include senses, emotion, meaning, beauty, compassion and how these enable deepening emotional bonds with nature. |
| LO3 | Learners must describe professional boundaries in outdoor settings - exploring the unique challenges in maintaining boundaries when working in informal and unstructured environments to include: physical boundaries, emotional boundaries, role boundaries, challenges to boundaries, strategies for maintaining and communicating professional boundaries clearly to clients. |
| LO4 | Learners must analyse common dilemmas including issues around: dual relationships (e.g., social media connections), power dynamics, confidentiality, safeguarding strategies, informed consent, responding to emergencies, emotional transference and countertransference. |
| LO5 | AC 5.1 must include active listening, empathy, congruence and unconditional positive regard AC 5.2 must include how approaches support trust, attunement and emotional safety to build psychologically safe, attuned and trusting relationships in outdoor settings. |