Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Clinical Supervision and Practitioner Wellbeing in Outdoor and Adventure Therapy

Unit Reference Number: F/651/7993

Level: Four (4)

Credit Value: Three (3)

Minimum Guided Learning Hours: 15

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the role of clinical supervision in Outdoor and Adventure Therapy	1.1 Explain the purpose of clinical supervision in therapeutic practice
	1.2 Describe the benefits of clinical supervision in therapeutic practice
	1.3 Identify access routes to clinical supervision
2. Understand the role of reflective practice in Outdoor and Adventure Therapy	2.1 Explain the importance of reflective practice in therapeutic work
	2.2 Analyse two recognised models of reflective practice
3. Understand strategies for practitioner wellbeing	3.1 List early signs of emotional exhaustion
	3.2 Identify risks and challenges to practitioner wellbeing
	3.3 Describe effective strategies for supporting resilience
	3.4 Create a personal wellbeing plan

Indicative Content	
LO1	Learners **must** understand the importance of clinical supervision in maintaining ethical, safe, and effective practice, particularly in the context of outdoor and adventure therapy where lone working, informal settings, and safeguarding complexities increase practitioner risk. They should be able to describe different types of supervision / access routes (individual, group, peer) and reflect on how

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	clinical supervision manages emotional transference and countertransference and supports reflective practice, emotional resilience and ethical decision-making.
LO2	Learners **must** show an understanding of reflective practice and why it is important in Outdoor and Adventure therapy. Learners should explore how to supports ethical decision-making, emotional awareness and ongoing improvement in therapeutic work. Learners should analyse two recognised models (e.g. Gibbs, Kolb, Rolfe).
LO3	Learners **must** show an understanding of why outdoor and adventure therapy practitioners are at higher risk of burnout, compassion fatigue, and emotional exhaustion. They should recognise early warning signs in themselves and others. Learners **must** be able to describe resilience strategies such as setting boundaries, using regular supervision and peer debriefing, and seeking professional support where needed. They should also create a personal wellbeing plan, outlining strategies for maintaining emotional health, reflective practice, and sustainable career longevity in therapeutic outdoor work.

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