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Adventure-Based Therapy with At-Risk Youth Using the Satir Model

[Klaus Klein](#), M.A., R.C.C.

Parent and Teen Counsellor, Vancouver, B.C.

[Business website](#)

[Take-A-Hike Program Website:](#)

Abstract

The Take-A-Hike (TAH) program accepts at-risk teens who wish to finish their high school education here on the West Coast of British Columbia, Canada. Many of the teen population who have come to the Adventure-Based Therapy Program have had struggles with the mainstream high school education system. Some of the common behavioural issues are truancy, dropping out of school, conflict with teachers and peers, lack of interest and motivation, poor academic performance, and drug and alcohol abuse.

The TAH program has four main components: academic, outdoor adventure-based learning, life skills course and therapy. For the therapy component, the students meet with me individually, in groups, or sometimes with their parents or other family members. Therapeutic work is done both in a conventional setting using a private office at the school and in outdoor wilderness settings on multi-day camping trips. The industry name for doing therapy in the outdoors is called Adventure-Based Therapy (ABT). In either setting the Satir Model is used to work with the students to promote healthy change.

During multi-day wilderness camping, these students experience life and themselves in a whole new way. Leaving the comforts and familiarity of what they are used to will create a certain level of stress. Students on the camping trip rely on coping stances such as blaming, placating, super-reasonable, and irrelevant, much like being in a family system when out on our multi-day camping trips. The coping stances get played out in particular within the student food groups that have been set up as triads before the camping trips begins. Students are put into groups of three which remain the same working unit for the duration of the trip.

高危青少年的历奇治疗：沙维雅模式的运用

“徒步旅行” (Take-A-Hike)

项目招收来自加拿大哥伦比亚西海岸的一群高危青少年。他们都希望能完成高中课程，但他们中的很多人参加“徒步旅行”项目前，已经与主流教育系统产生了摩擦。他们常见的行为问题包括逃学、辍学、与老师和同学发生冲突、缺乏学习兴趣和动力、学习成绩差、吸毒和酗酒等。

“徒

步旅行”项目有四个主要组成部分：专业学习、户外历奇学习、生活技能课程和心理治疗。在心理治疗部分，学生有时与治疗师单独见面，有时参加小组治疗。有時單獨見治療師，有

时与父母或者其他家庭成员一起見治疗师。治疗过程既有传统的谈话式，也有在户外荒野进行的露营。这种在户外进行治疗的方法，常被称为“以冒险为本（历奇）”治

疗（Adventure-based Therapy）。不

论在什么环境和形式下进行治疗，治疗师都运用沙维雅模式的理论和技巧（例如冰山比喻、家庭图等），來促进这些孩子的积极改变。本文用 个案

实例说明如何运用冰山比喻和家庭图等技巧来实现改变。

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