



NEW WAVE

ADVENTURE THERAPY

WILD PROJECT



self-reflection, intervention, recovery



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New Wave Wild Project CLG is a not-for-profit adventure therapy service providing intensive outpatient intervention programmes for young people, adults and families in Ireland.

We combine professional social work with therapeutic tools including REBT (CBT) and mindfulness, and we deliver all sessions in natural blue and green outdoor spaces to create opportunities for skill development, self-reflection and therapeutic discussion.

Our work is person-centred, strengths-based and solution-focused.

We specialise in engaging those who have complex needs and who are hard to reach with our unique one-to-one therapeutic intervention programmes.

At present, our work is having the greatest impact on young people who are 'at-risk' or hard to reach because of a reluctance to engage with traditional therapy.

Our programmes are uniquely designed around the individual's needs, every session and we draw on a professional toolkit of skills and strategies to support each person.

Our approach, delivering high quality therapeutic work entirely through adventures in outdoor spaces makes it more accessible for people who need it most.

We work collaboratively with local and national organisations and we seek funding and grants to reduce barriers of access for as many people as we can to take part.



Adventure Therapy is an effective approach for:

- Depression, anxiety or mood disorders
- Mental health recovery
- Behavioural issues (including those associated with ADD/ADHD)
- Transitional life stages (incl. LGBTQ+ support)
- Recovery from addiction or eating disorders
- Trauma (e.g. bereavement, family issues, PTSD)
- Bullying or stress at school
- Occupational burnout
- Self-care management

Adventure therapy can help to:

- ❖ Improve self-confidence, self-esteem and self-worth through competency-based tasks and a person-centred approach.
- ❖ Provide a new or renewed sense of self, by building and recognising capabilities and transferrable skills for the future.
- ❖ Bring a new and fresh perspective to a challenging situation in the client's life.
- ❖ Demonstrate and practice new practical and social approaches in a safe, non-judgmental environment.
- ❖ Build strategies for resilience and coping skills through a strengths-based intervention.
- ❖ Introduce new and exciting adventure activities that may become personal hobbies.
- ❖ Overcome fears and physical, social and emotional limitations.
- ❖ Begin habits of reflection and action in response to issues identified.





Philip Stallard
Director & Adventure Therapist
New Wave Wild Project

Clinically Certified Adventure Therapist (CCAT)
Registered Social Worker (CORU SW024277)
B.A.(Hons), M.Bus., PGDip., M.S.W.

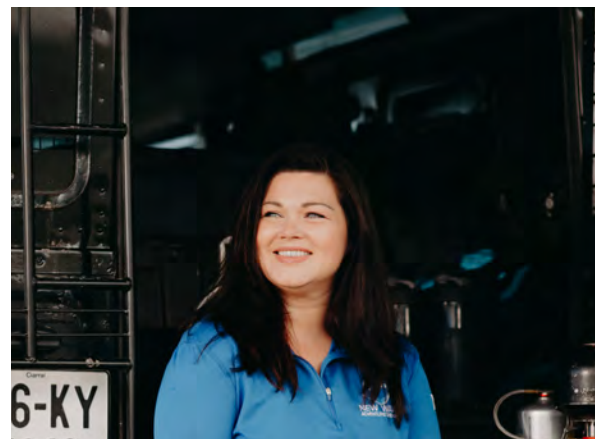
Philip delivers every therapeutic session at New Wave Wild Project. He has over 15 years experience working with young people at-risk, with families, and within multi-disciplinary teams. Philip set up New Wave Adventure Therapy (2017) and then New Wave Wild Project (2019) to introduce creative modes of engagement within traditional, professional mental health approaches. His aim is to make effective and meaningful therapeutic opportunities available to everyone, and to help reduce burnout for practitioners by promoting self-care within the healthcare sector.

Philip is the only Adventure Therapist outside the U.S. who is clinically certified by the Association of Experiential Education (AEE), and he represents Ireland on the Adventure Therapy International Committee. In 2019 Philip won the prestigious Entrepreneur of the Year award for Ireland at the European Business Awards and engages regularly with universities, organisations and social enterprises through print media, podcasts and lecture contributions.

As well as his major qualifications, Philip continuously engages in further training to extend and deepen his therapeutic toolkit and creative approaches. He is trained in the use of CBT (REBT), in the use of mindfulness techniques for therapeutic practice, and currently in training to become a licensed psychotherapist.

Jasmin Stallard
Director & Project Lead
New Wave Wild Project

B.A. Hons, PGDip., M.Ed.



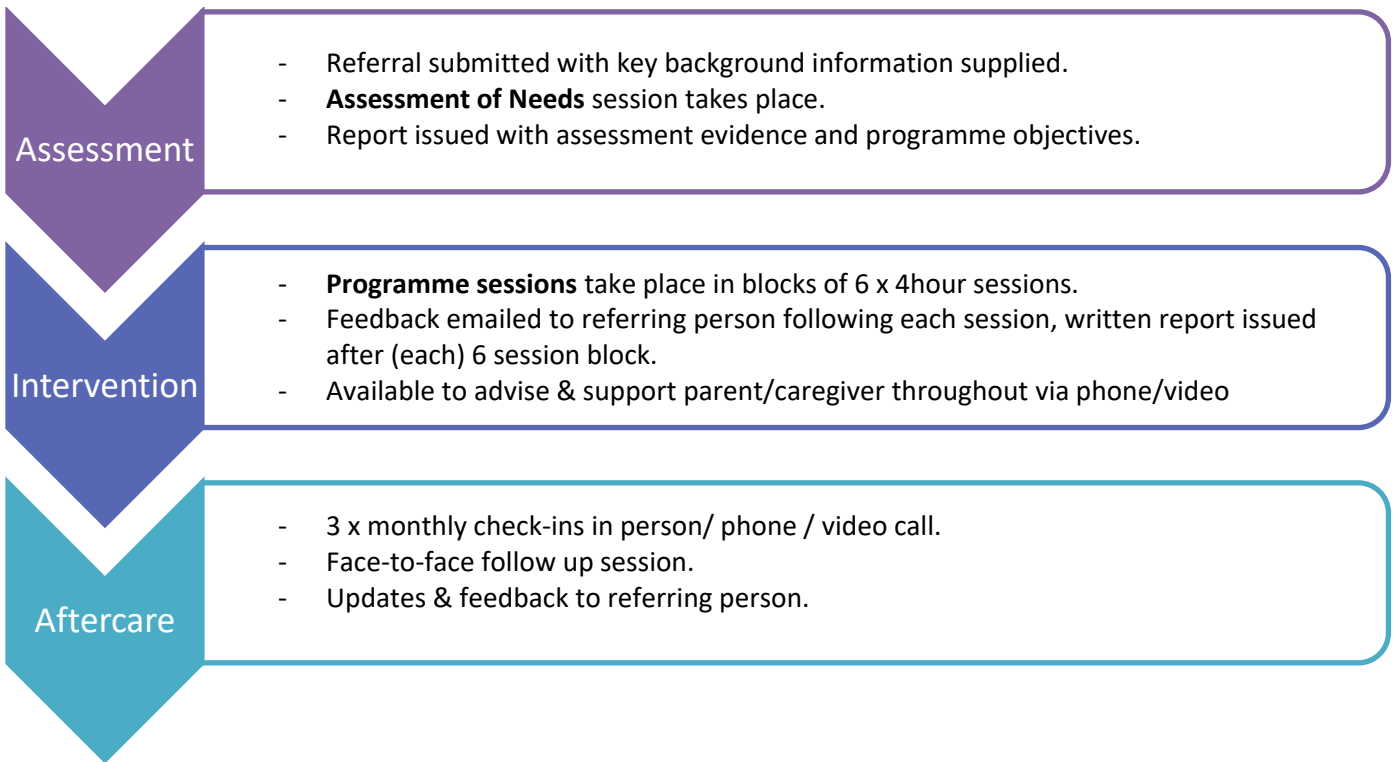
Jasmin has an extensive background in the education sector, working in adult education as a tutor, coordinator and service manager in Education & Training Board (ETB) settings and non-profit organisations including the National Adult Literacy Agency (NALA). Her main areas of expertise lie in designing person-centred programmes and working collaboratively with stakeholder agencies, from government to community organisations, and funders.

Jasmin is involved in communicating and coordinating between New Wave Wild Project and participants, parents, carers, multi-disciplinary teams including social workers, funders and community organisations. Her remit is broad and varied, and she was the 2019 recipient of the Connect Kerry Innovation in Business Award. Jasmin is also keenly committed to professional development, currently studying in the field of psychology with a view to more direct work with participants in the future.

Intensive 1:1 Projects

Family & Small Group Projects

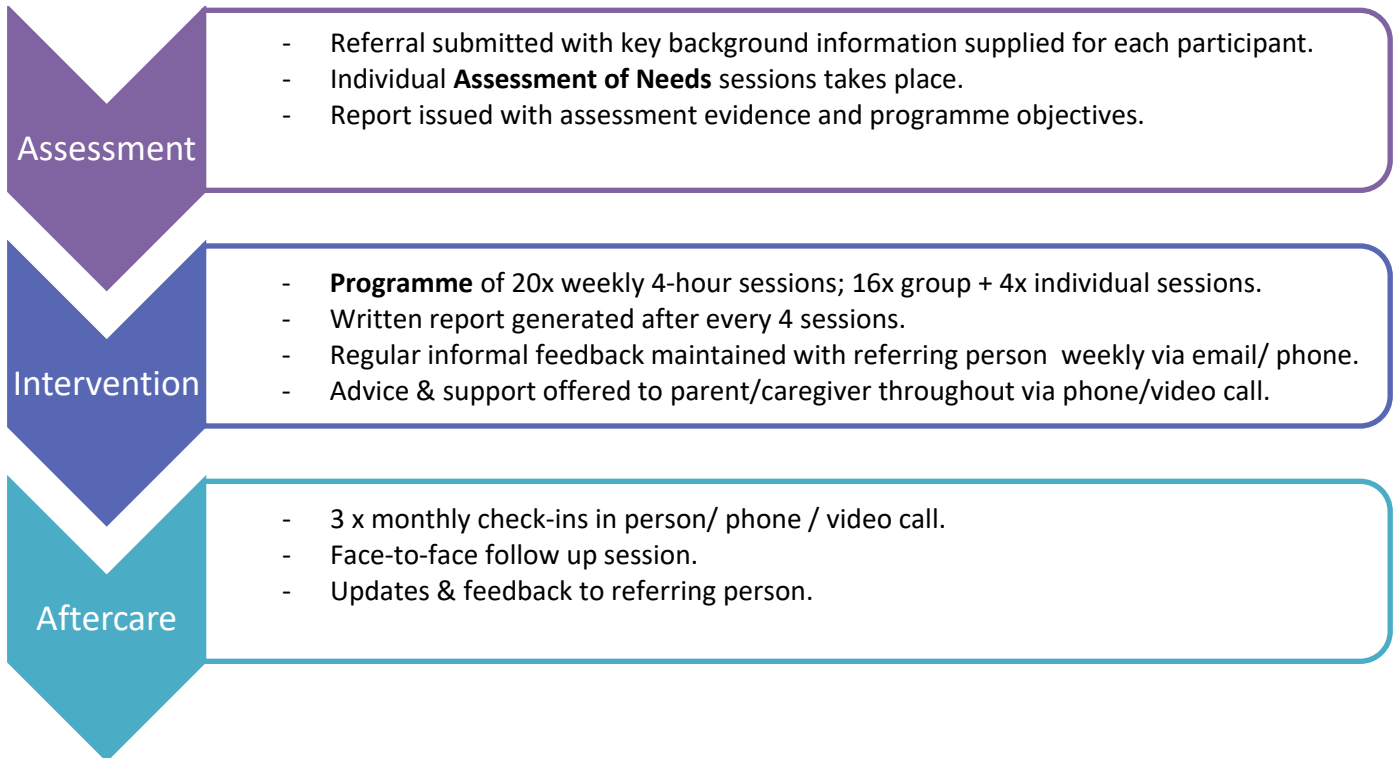
Available in build-able 6- or 12-session blocks.



Features & Benefits

- Intensive, person-centred, strengths-based sessions exclusively in natural outdoor settings.
- Continuity of care; dual qualified professional (social worker & activity instructor) delivers every session throughout the programme, generates reports and feedback, offers recommendations & advice.
- 48+ hours' face-to-face therapeutic intervention work + 3 follow up phone/ video calls delivered across phased programme stages; **Assessment – Intervention – Aftercare**
- Programme objectives and design will be identified and planned according to the participant's individual needs. Typical programme aims include; improving personal resilience, supporting recovery from mental health difficulty/addiction/trauma, self-care, skills & strategies for coping with adversity.
- Regular communication maintained with referring professional through weekly email updates and formal written reports. We are available for phone/ video meetings throughout the programme and face-to-face meetings can be arranged as required and where possible.
- Sessions can be delivered throughout County Kerry, and nationwide (subject to a travel supplement) in any outdoor blue or green space.
- High quality equipment, purchased new, and maintained by us regularly and to the highest standards.
- Fully insured, vetted, qualified and registered to deliver professional social work interventions blended with a range of outdoor activities.

Targeted Activation & Support Projects



Features & Benefits

- Intensive, person-centred, strengths-based sessions exclusively in natural outdoor settings.
- Continuity of care; dual qualified professional (social worker & activity instructor) delivers every session throughout the programme, generates reports and feedback, offers recommendations & advice.
- 86+ contact hours: 64 hours of group adventure therapy + 22 hours of 1:1 therapeutic/ activation work + 3 follow up phone/ video calls delivered across phased programme stages;

Assessment – Intervention – Aftercare

- Programme objectives and design will be identified and planned according to the participant's individual needs. Typical programme aims include; improving personal resilience, supporting recovery from mental health difficulty/ addiction/trauma, self-care, skills & strategies for coping with adversity.
- Regular communication maintained with referring professional through weekly email updates and formal written reports. We are available for phone/ video meetings throughout the programme and face-to-face meetings can be arranged as required and where possible.
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Assessment of Needs

These dynamic, one-off sessions of adventure therapy employ innovative and creative approaches to working with young people who are reluctant or difficult to engage. Each programme we deliver includes a full assessment, and we can deliver these sessions on a standalone basis too.

This innovative approach seeks to assess the participant across a range of areas; physical, mental, social, emotional health as well as eliciting helpful information about their self-perception, supports, significant events, hopes, fears and future plans.

We provide a detailed report with information from the session about the young person's;

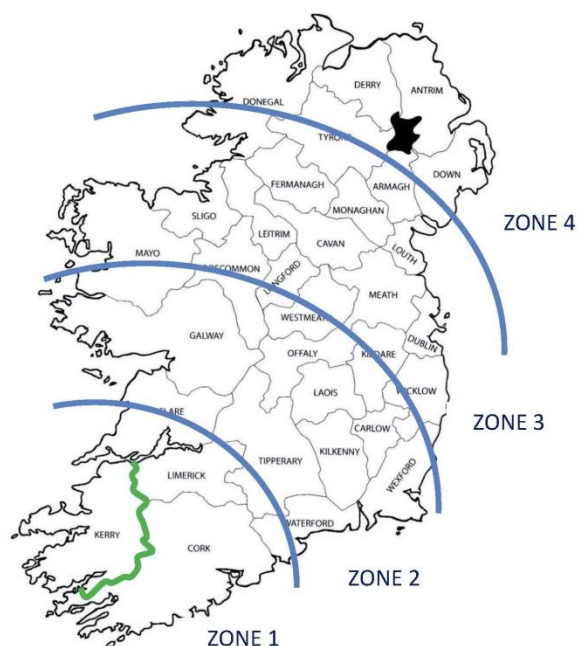
- engagement in activities and in therapeutic discussion
- view of themselves; personal traits and qualities, how they portray themselves and how they believe others see them
- view of supports or deficits in support
- recognition of significant life events
- hopes, fears and future plans
- learning style
- suitability for adventure therapy or other therapeutic work

The session can be adapted to the individual needs of the young person. The session also includes a brief introduction to self-care, mindfulness, and sensory work.

Travel Zones

Our work normally takes place in Kerry and we cover travel all over County Kerry at no extra cost. However, we are often asked to travel further to support participation in our projects and we are happy to do so, but we apply the

following surcharges based on the location of the adventure therapy session.



Zones 1&2 = €200 per session

Zone 3 = €300 per session

Zone 4 = €400 per session

Support Our Work

We want to make it possible for individuals and families to easily access our interventions, and to support people to engage proactively with effective therapeutic opportunities.

Here are some ways that you can support our work;

Sponsor a Wild Project

Talk to us about which projects are most in demand, about collaboration and sponsorship packages for your organisation or business.

Fund equipment & safety gear

We work in all conditions and with participants with a range of needs which requires innovative and high quality equipment, safety gear and outerwear.

Spread the word

Tell your colleagues, families, friends. Follow and share our social media pages. Talk to your employer, local businesses and networks about getting involved with our projects.

Let us know about grants, funding, CSR opportunities that we could apply for



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Contact us:

New Wave Adventure Therapy Wild Project CLG
Garrahies, Camp, Tralee, Co. Kerry
Phone: 089 6008185 CRO #663317

Email: info@newwavewildproject.ie
Website: www.newwavewildproject.ie

Philip Stallard - Director, Adventure Therapist
B.A. (Hons); M.Bus. (research); P.Grad. Dip; MSW
CCAT Licenced & CORU registered

Jasmin Stallard - Director
B.A. (Hons); P. Grad. Dip; M.Ed.
Teaching Council registered