



Aleya Littleton, Adventure Therapist | [www.wwlcounseling.com](http://www.wwlcounseling.com) | (708) 740-0136

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## Now Offering Consultation Services!

### Menu of Services:

- Adventure Therapy Readiness Evaluation
  - This evaluation examines the overall structure of the organization or practice, the population they serve, the treatment modalities and logistical infrastructure and provides recommendations and requirements the organization or practice will need to meet before being ready to begin adventure-based interventions.
- Adventure-Based Intervention Training
  - This training will focus on one or two tools of experiential adventure-based treatment and will provide clinicians with the knowledge needed to create treatment plans which incorporate those interventions.
- Adventure Therapy Skills
  - This training will focus on one or two modalities (i.e. hiking and rock climbing) and provide the hard skills needed to facilitate such an intervention.
- Case Consultation
  - This service provides clinicians with consultation and collaboration to be used in creating an adventure therapy arc for clients, choosing appropriate interventions, and planning out the sequence of activities.

I work with individual practitioners and small mental health groups in the Denver metro area, focusing on evaluating and creating the supports needed to begin experiential work with clients.

Some areas of assessment include:

- Insurance and client waivers.
- Staff hard skill training.
- Risk mitigation procedures.

In the readiness evaluation you can expect:

- A full assessment of resources and readiness to begin adventure work.
- A report outlining the results of the assessment and recommendations for improving your readiness.
- A training plan (if needed) for facilitation staff and/or a staff training day.
- Follow up consultation sessions.

Call for a free one hour initial consultation, where we will discuss your needs and determine if we are a good fit!