

2020 ONLINE WTS Workshop Descriptions & Presenter Bios



{Note: download [ONLINE WTS schedule](#) for workshop times}

3hr workshop:

Diversity Ed Session - "Train the Trainers" with Dante Bryant

(CEU available)

The purpose for this workshop is to provide participants with a pragmatic set of skills and resources (equity tool kit, strategic business, strategy implementation, and work plans etc.) they will need to better access and institutionalize responses to inequity within their respective practice areas. Activities will include a detailed and participatory experience of how to identify equity related issues via the utilization of an equity tool kit, how to institutionalize and promote accountability to change related to the identified concerns, and how-to track and measure success. All material uses during this training will be made available to all participants for the personal and professional use.

Dr. Dante Bryant is a well know diversity trainer, researcher, educator, and professionally published author. Dr. Bryant's research and diversity training strategies have been published in more than a half a dozen peer reviewed academic journals, and two nationally released books. Trained as a community-organizer, educator, counselor and critical social theorist, Dr. Bryant combines the knowledge of four distinct academic disciplines (i.e. Psychology, Theology, Philosophy, Social Work) with the everyday experiences of a direct-practitioner. This unique combination of formal and informal knowledge allows Dr. Bryant to engage and facilitate conversations related to issues of diversity and equity that are both innovative, intellectually challenging, and personal.

1.5hr workshops

It's Still Cold Outside: Setting Trans Youth Up for Success in the Outside World

(CEU available)

Programs are becoming increasingly aware of how they can provide informed and affirmative settings for trans youth. Informed treatment also means awareness around the external challenges these youth will face when they transition out of programs. From home, to school, to work, to social media, transphobia threatens their well-being. It is critical that we give trans youth tools to help them thrive in a world that will meet them with ignorance and hatred. Daniel Fishburn and Rebbly Kern will describe the challenges, share resources, and offer tips on how we can prepare trans youth for life after program.

Daniel Fishburn: Daniel has over 30 years of experience working in mental and public health. He first served trans youth in 1985 through Washington DC's groundbreaking LGBTQ youth organization SMYAL. A devoted social worker, Daniel has worked as a frontline staff, clinician, clinical supervisor, and agency director in numerous settings/organizations. He currently serves on the boards of directors for Youth OUTright WNC and GEMS.

Rebbly Kern: Rebbly Kern (they/them) is a nationally trained facilitator and leader creating safer, more welcoming climates for individuals living with marginalized identities. Rebbly currently serves as the Education Policy Director for Equality NC, advocating for LGBTQ youth in schools, supporting policy updates to be inclusive of gender identity, gender expression, sexual orientation and school safety. Rebbly is a Nationally Certified Trainer for Human Rights Campaign Welcoming Schools, the nation's premier professional development approach for elementary schools, working with school districts in the southeast and across the country. Rebbly is also a board member for Youth OUTright, supporting LGBTQIA youth aged 11-20. As a nonbinary person of color, Rebbly's personal experience and extensive work experience has placed them in an opportunity to grow their consulting business as a diversity and inclusion consultant in the Charlotte region, working to bridge the gap between marginalization and inclusion on the basis of race and identity. In addition, Rebbly is a state-wide facilitator for SHIFT NC providing day-long trainings to school staff across the state. Rebbly previously worked as the Director of School Outreach at Time Out Youth Center in Charlotte, NC, working directly with students, school personnel, administrators and district-level administrators to provide youth leadership programs and professional development on best practices and policies for more inclusive schools for LGBTQ youth across the region. Rebbly also worked as Media, Communications and Programs Manager at Campus Pride, a national organization creating safer, more LGBTQ-friendly college campuses. Rebbly is an alumni of the Community Builder's Initiative Leaders Under 40 Program. This year-long program developed young leaders to engage deeper in the Charlotte community to identify root causes and conditions of systemic barriers and create pathways to new solutions and amends to these barriers. While in college, Rebbly founded the Intercollegiate Adventist GSA Coalition (IAGC), establishing resources for students attending Adventist colleges facing bias and discrimination on the basis of sexual orientation and gender identity. The funds raised by the IAGC supported student-led events, socials and educational workshops to raise awareness of the impacts of discrimination. Through working with the IAGC, Rebbly served one year as the Director of Youth Programs with a global organization with a similar mission, SDA Kinship International. While in this role, Rebbly worked internationally to provide resources to individuals seeking safe spaces at the intersections of faith and identity. Rebbly was recognized for their work in the Carolinas and was awarded the 2017 Champions of Pride Young Catalyst Award from Charlotte Pride. Rebbly completed their yoga teacher training in 2018 and is currently a yoga teacher alongside their consulting work in the Carolinas. Rebbly currently works as a workshop facilitator with Amplify and Activate, a Charlotte nonprofit creating space for inquiry and learning around the practice of Yoga as a

form of Social Justice. In 2019 Rebbly was named one of the first Lululemon Ambassadors for the Atherton Mill store and serves as an ambassador for Charlotte.

If Thirty Years Could Talk

(NO CEU available)

This spring marked Shayne's 30th continual year working in wilderness therapy. Drawing on lessons learned across three decades, through storytelling, interactive teaching, and hands on instruction, Shayne will cover a number of wilderness therapy subjects. Topics will include: Strategies for successfully mentoring students in the field, training field staff, creating pertinent program curriculum, intervening in difficult field group dynamics, creating powerful ceremonies, using symbology, drawing forth teaching moments, strategies for reducing treatment resistant students, encouraging intrinsic motivation, strategies for 'upward mobility' in the wilderness therapy industry, establishing philosophical foundations, the challenges and rewards of starting wilderness therapy programs, why (and how) to remain a student yourself.

Shayne Gallagher: the year 2020 marks Shayne's 30th year working in wilderness therapy. A principal designer of four wilderness therapy programs, clocking 1,400 or so 'trail days', having worked in nearly every position in wilderness therapy, co-founder and currently the Executive Director of WinGate Wilderness Therapy, Shayne is authoritative on multiple topics in our industry, and is passionate in his desire to help others better understand this amazing occupation.

Nature, Culture, and Healing

(CEU available)

Facilitators will provide unique multi-cultural perspectives on wilderness work and facilitate a process for cross-pollination of approaches and sharing of practices. We expect participants will take home new ways to approach nature-connected work. Perspectives will include wilderness-based work in South Africa oriented towards gang prevention, principles of rites of passage and hero's journey, and indigenous wisdom from Costa Rica and other parts of the world. Facilitators wish to attract diverse participants eager to collaborate, co-create and willing to offer and take in a multitude of perspectives.

Rob Meltzer, MA - Rob is a Consultant, Wilderness Guide, Therapist, and Educator. He's been a program director, school principal, and university professor. He facilitates experiential workshops for families that include outdoor adventure, music, art, and horses. He is the founder of the Wilderness Therapy Symposium.

Danny Recio, PhD - Danny is a Costa Rican psychologist and ecologist. For the past 15 years, he has been dedicated to guiding coming of age experiences for youth using nature and cross-cultural immersions. Danny is the Founder and Director of The Bridge in Costa Rica, a Supportive Immersion Gap Year program for Young Adults that uses Adventure-Based Practices.

Tony Naidoo, PhD - Tony Naidoo is a South African of mixed heritage. Raised in the challenging context of the apartheid era, he sought to combine formal training and teaching in Psychology with his passion to introduce disaffected youth and their communities to the restorative powers of rites of passage work and exposure to the healing influences of nature. He is mindful of his current transition to Elderhood and wishes to learn from other cultures and their ways of supporting these traditions.

Zach Lager - Originally from the Boston MA, USA area, Zach has lived for more than 10 years on the African continent. His passion is to foster meaningful community driven sustainable development and working to promote sustainable living and farming practices. Zach also has a deep belief in the power of cross-cultural relationships and learning as a key tool and mechanism for his work. He is the founder of a nonprofit organization, Local Development Catalyst Network, as well as a founder and director of Sibanye Gap Programs, South Africa.

Andy Myers - Andy is a member of the Founding Team of New Summit Academy (NSA) in Costa Rica, Sibanye Gap Programs in South Africa and the Supportive Immersion Institute. Normally out facilitating cultural immersion learning experiences for adolescents and young adults in amazing places with wonderful communities, Andy is currently collaborating with the NSA Team to launch an online high school platform, the Virtual Immersion Academy (VIA), in hope to bring Supportive Immersion education to a wider population.

Navigating Wilderness Therapy and Motherhood

(NO CEU available)

In this workshop we will honor and explore what it means to be a working Mom in the field of Wilderness Therapy. The presenters will share their own stories about the journey of becoming a Mom while working in Wilderness Therapy, how it changed each of their lives and, simultaneously, their lens on their work. We will bring our humanness to this workshop as we explore the unique implications of being a Mom in this field and what it has taught us about being a better boss, manager, therapist and/or employee. We invite all attendees (yes, even the men and non-parents) to be heard and join us as we laugh and cry about the adventures of being a “Wilderness Mom” and how it has offered distinctive lessons around empathy, self-care, balance and finding one’s voice.

Katelyn BeVard: Katelyn is the Program Director of Evoke at Entrada and has been with the company since 2009. Through her experience in roles as a Field Instructor, Parent Coordinator, Recruiter, Assistant Field Director and Field Director she has gained a versatile understanding of how the organization operates from all angles. Her career and life were flipped upside down (in a good way) when she had her son, Gavin, in 2016.

Karen Scrafford: Karen began her work in wilderness therapy in 2001 as a field instructor and then had the opportunity to move into the role of assistant field director. Karen was responsible for numerous business and program functions, including quality management, personnel management, training, and logistics. Through these experiences, she became an integral part of the founding team at Elements in 2008. She has three children.

Trina Grater: Trina is a Primary Therapist for Evoke Entrada, working with adolescents who typically identify as female. She got her start in Wilderness Therapy in 2009 when she worked for Entrada as a Field Instructor for four years and an assistant therapist for a year. Trina left Evoke for several years and obtained her master's degree. She returned to Evoke and Wilderness Therapy in early 2018 shortly after having her son, Hugo.

Inclusive Learning: Bringing Cognitive Science and a Universal Design for Learning to Wilderness Treatment

(CEU available)

The wounding of children with Learning Differences, the effects of racial inequities in schools and the misidentification of children and teens with Executive Function deficits are traumas hiding in plain sight.

Sanford Shapiro: With a combined forty plus years of experience, Sanford Shapiro and Evoke Therapy Programs are bringing together high impact components of Cognitive Science, a Universal Design for Learning model, and best practices in outdoor behavioral health. This highly inclusive model highlights staff and clinical trainings that benefit all children struggling with mental health in wilderness settings. This model of teaching and learning includes an inside-out approach to understanding our own learning profiles in order to have a more authentic and effective impact on students with and without learning differences.

Nurturing Reciprocal Relationships with Land and How that Affects Health and Healing

(NO CEU available)

How we view and engage in our relationships is fundamental to the quality of our lives and our ability to be in balance with and contribute to the health and healing of ourselves, family, community and culture. Through the lens of our relationship with Land, we will investigate our view of Nature: Is Nature a challenge to be conquered or a place to extract from, or is it our home and relative—a being to which we belong, can nurture us, and needs to be nurtured in return. This view directly informs ways in which we engage in all our relationships. Additionally, we will look at the impact of the colonial concept of wilderness, a mythical place devoid of humans, and how we can bring people back into Nature's realm through land acknowledgement, recognition of and reconciliation with Native people, Thanksgiving, and engaging in reciprocity. This is an experiential workshop and participants should be prepared for gentle movement and time outside.

Misty Blakesley: Misty works at the Mountain Center with Native American communities, survivors of trauma, folks in recovery and in the juvenile justice system. She encourages healing and growth through connection with the natural world. She is a mentor with the Tracking Project, is a 500+hr yoga teacher, and is the head rock climbing trainer at the Mountain Center. Her thesis work at the Institute of American Indian Arts was on tracking, mapping and humans' connection to nature.

Renaee Lee: Renaee is Diné of the Salt Clan, originally from Kayenta, AZ, and currently resides in Santa Fe, NM. Renaee specializes in the experiential practice of purposeful learning through team-building

activities and outdoor education. She is currently a Project Coordinator at The Mountain Center (Tesuque, NM), where she designs and facilitates cognitive problem solving and team building initiatives to safely prepare students/clients/groups for hikes, rock climbing rappelling, front and back country camping, snowshoeing, and various rope course elements. Renae has been working with children, teenagers, and young adults for nearly a decade across the country with various tribal nations, public schools, and non-profit organizations. Renae has led an evidence-based program for a nationally recognized collaborative, multiple outdoor group excursions, and multiple summer camps for Native and non-Native youth. She is CPR and First Aid Certified as a Wilderness First Responder.

“Sorry, I can’t understand your accent” Opening the doors to cultural interchange: Leveraging international diversity in wilderness therapy

(CEU Available)

It will be powerful to understand the lack of cultural representation in wilderness therapy and how we can create a more inclusive setting for our clients and staff. In this workshop, we would use our personal experiences as internationals in the field and use that perspective to educate how the collaboration of more than one culture can make a significant impact on an organization's staff and clients. Here, we would share the assumptions and struggles internationals go through in the field, including the emotional risk of social exclusion and therefore, lack of confidence. With that in mind, we would introduce the benefits of having diversity in staff, such as international guides and therapists in the industry. It is our responsibility to find where the gaps of knowledge are in order to fill them up with what we additionally need. Change can happen in all types of environments and spaces and bringing new solutions with an understanding where people come from and what they can bring to the table can be a step forward in wilderness therapy.

Natalia Delgado Paredes: A native Mexican who grew up in Mexico City and moved to the United States seven years ago in search of new opportunities. She obtained a double major in Psychology and Communications from the University of Texas at San Antonio. During college, Natalia began her guiding experience in her school’s outdoor program as a guide for 2 years until she became the Trips Coordinator for her outdoor program. During this time, she supported the counseling department with adventure therapy, finding a combination of both her passions—psychology and the outdoors—in wilderness therapy. Today, she is a field guide at Aspiro Adventure with the hopes of becoming a wilderness clinician in the following years. She is certified in WFR, CPR, White water Rescue, and Clinical First Responder. Natalia has a passion for sharing the healing properties of nature with people from different cultures. Her drive for having diversity in the outdoors and creating new opportunities for minorities is what motivates her to share her personal experiences.

Cultural Appropriation in Wilderness Therapy: Decolonizing Our Methods

(CEU available)

The term cultural appropriation often invokes dread, shame, guilt, and confusion within the wilderness therapy community. Working with groups and in ideals within wilderness settings often employs ritual

and ceremonies that draw from earth-based traditions. Cultural appropriation is defined as “a particular power dynamic in which members of a dominant culture take elements from a culture of people who have been systematically oppressed by that dominant group.” Within this workshop, the context of cultural appropriation will be examined historically and through the present and participants will have the opportunity to assess their own relationship to the topic and begin to work to decolonize their practices.

Jeanine Canty: Jeanine M. Canty, PhD, is a professor and chair of the Environmental Studies Department at Naropa University, a Buddhist inspired institution. A lover of nature, justice, and contemplative practice, her teaching intersects issues of social and ecological justice connected to the process of worldview expansion and positive change. Courses taught include Ecopsychology, Deep Ecology, Ecological Justice: Patterns of Oppression and Healing, Indigenous Environmental Issues, and an 8-day Wilderness Solo. She is both editor and a contributor to the book Ecological and Social Healing: Multicultural Women’s Voices as well as Globalism and Localization: Emergent Approaches to Ecological and Social Crises. Other selected works have been featured in The Wiley Handbook of Transpersonal Psychology, International Journal of Transpersonal Studies, Sustainability: The Journal of Record, Spirituality and Health Magazine, Landscape Magazine, World Futures: The Journal of New Paradigm Research and in Shadows & Light: Theory, Research, and Practice in Transpersonal Psychology. In addition, she speaks at a range of local, national, and international symposia and conferences such as National Bioneers, the International Transformative Learning Conference, Denver Green Festival, Front Range Bioneers, Wilderness Therapy Symposium and the Rocky Mountain Sustainability Summit.

How to Build and Maintain a Positive and Productive Work Culture: Practical Strategies for Program Development (NO CEU available)

In this presentation we will invite participants to engage in an experiential activity that illustrates the importance and value of building and maintaining a positive culture within their program. The activity will transition into a presentation regarding research, case examples, and discussion regarding aspects of culture and climate that are beneficial in the mental health, behavioral, and specifically wilderness treatment setting. We will then present the concept of facilitating Change and how to supervise and assess culture and demonstrate result. Identifying practical strategies towards program development and culture maintenance, including methods to Track, Organize and Reward.

Derek Daley, a licensed substance abuse counselor, presents nationally at universities and conferences to raise awareness and address the root causes of addiction and trauma. In 2011, he founded the Loa Fund, a non-profit supporting equitable access to mental health and addiction treatment. He was recognized for his philanthropic efforts as the 2017 Utah Community Service Award recipient. He currently serves on the Outdoor Behavioral Healthcare Council Board, working with leading professionals to advance the field through best practices, effective treatment, and evidence-based research. As a passionate advocate of wilderness therapy, he is committed to expanding the use of nature connectedness in behavioral healthcare. He is a co-founder of two residential treatment programs, Legacy Outdoor Adventure and Juniper Canyon Recovery Center. These programs blend traditional psychotherapy with outdoor experiences. On the weekends, he and his wife are learning to ski with their nine-year-old son and six-year-old daughter, negotiating the dubious hot chocolate to ski-run ratio

Women in Wilderness Leadership; open forum (*All Symposium participants self-identifying as female are invited to attend*)

(NO CEU available)

This open forum will build upon the discussions that have occurred during our annual WTS from our “Women in Wilderness Leadership” luncheons. Participants will gather to build community and find inspiration in one another. Today’s discussion will be facilitated by Dr. Christine Norton. All Symposium participants self-identifying as female are invited to attend.

Christine Lynn Norton, PhD, LCSW, is a Professor of Social Work at Texas State University. She received her PhD in Social Work from Loyola University Chicago. She has a MA in Social Service Administration from the University of Chicago, and a MS in Experiential Education from Minnesota State University-Mankato. She has also taught as adjunct faculty at the University of Denver, Prescott College, and Naropa University. Christine has over 25 years of experience as a social worker and outdoor experiential educator. Christine is a Research Scientist with the Outdoor Behavioral Healthcare Center and is a 2017 Fulbright Scholar, having taught adventure therapy at National Taiwan Normal University.

Honoring the body’s wisdom: Somatic healing for anxiety, depression, trauma & compassion fatigue

(CEU available)

Depression, anxiety, trauma and compassion fatigue are real issues that come with the intensity of outdoor behavioral healthcare. The body stores stress and trauma below the level of cognition, in the nervous system, so it can feel difficult to treat and manage, both in our clients and in ourselves. Through somatic practices, rejuvenating yoga, clinically-informed aromatherapy and grounding meditations, we can start to inhabit our bodies in a different way. The more we know and connect with our bodies in this new way, the more we can show up for ourselves and our clients, free of burnout, stress and the physiological impacts of trauma. From this more healed and integrated state, we have greater capacity in our systems to hold space for the healing of others. This workshop is for you if you have been experiencing or have experienced any of the following:

Tension in any areas of the body

Digestive problems or recurring illnesses

Anxiety or a sense of being overwhelmed by life

Panic attacks

Difficulties relaxing or getting or staying active

Mild to strong irritability

Difficulty connecting with others

Moments or situations where you involuntarily “freeze”

Difficulty sensing subtle sensation in your body

Desire to self-medicate with food/alcohol, drugs, or other behaviors to feel better

Low tone of voice, inability to speak up

Difficulty setting limits and saying no

Jenna Pacelli: Jenna Pacelli is a primary wilderness therapist for Evoke Therapy Programs. She has been teaching and practicing yoga and mindfulness for over a decade. She is a board-certified holistic health coach, Somatic Experiencing Practitioner in Training and essential oil educator. She incorporates neurobiological, holistic, somatic, transpersonal and relational approaches into her work: no part of her clients’ lives go unturned and the entire person is honored and seen as important. She works with people of all genders, races, orientations, and nationalities and helps them understand themselves in the context of privilege, intersectionality, society, issues of oppression, marginalization, their family systems, and intergenerational trauma. She works from the perspective that the client carries deep wisdom within themselves. She sees psychotherapy and holistic healing as tools for individual, systemic, and societal healing and freedom because when we heal ourselves, we pave the path for others to do the same, healing the collective. She understands that when we wake up to who we truly are, away from the influences of our everyday environments and defense mechanisms, we can change ourselves, thereby changing the world over time. In her spare time, she enjoys spending time skiing, taking barre3 classes, cooking vegan food and training her Great Pyrenees pup, Lennon, to one day be a therapy dog.

WORKING WITH “SELF” AND “OTHER” (WHEN IT MAY NOT EVEN BE TRUE) (CEU available)

We live in a very polarized time, when the idea of “self” and “other” has taken on a strong energetic charge. Beyond the usual (“I am myself, you are another”) bifurcation that takes place in our minds and is part of being human, we are now very polarized into camps who vilify the “other,” and camps who in turn vilify those who vilify the “other.” This is a very interesting dilemma from the Zen perspective, which teaches us that there is, fundamentally, no such thing as “self” and “other.” At any time in human history, spiritual traditions including Zen have concerned themselves with the dilemma of how humans relate to one another, but Zen’s perspective of unity within separation has a particular perspective that is especially useful during these trying times. In this workshop, we will explore the teachings of Zen regarding the “relative” (separate) and the “absolute” (oneness) nature of reality. The relative and absolute do not exist separately, nor are they exclusive of one another. Understanding this paradoxical truth is, perhaps, more important than it’s ever been — especially when working with troubled persons experiencing extreme states of mind. Using meditation, discourse, and questions and answers, Sensei Josh will take participants on an experiential journey in which we honor ourselves and one another, while also experiencing the fundamental unity that is always present.

Josh White, MA, LPC, LCMHC, CGP, WPA, is the founder of Red Mountain Programs, providing mindfulness-based, trauma-informed transitional services for adolescents and young adults exiting wilderness therapy treatment. A Zen priest and Zen teacher who is also a practicing clinician with over

20 years of experience, Josh is a foremost authority on mindfulness-based treatment. A former Wilderness Therapist, Josh holds the deepest respect for OBHL and the work done by field guides, therapists and administrators in Wilderness programs.