



Wilderness Therapy for Women: The Power of Adventure

Ellen Cole, Esther D Rothblum, Eve M Tallman

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Wilderness Therapy for Women offers women risktaking adventure activities in the outdoors as an alternative to traditional therapy. The contributing authors illustrate the empowerment, confidence, and self-esteem women can derive from adventure and experiential activities. This is the first book of its kind devoted to the symbolic value of wilderness accomplishments to women's mental health. Wilderness Therapy for Women unites women with nature and each other by lifting the social constraints surrounding women in adventure pursuits. It offers women a new method of healing while developing an appreciation for the uniqueness of the environment. Daring experiences in the outdoors rekindles a sense of strength and a respect for the provider of that strength. A therapeutic experience from the outdoors provides women with an awareness of their capabilities to strengthen and preserve themselves and their surroundings. This book is divided into four parts: Theoretical Perspectives, Wilderness Therapy in Action, Special Populations, and Personal Narratives. Readers will find many topics of interest including:

- Body image and wilderness therapy
- The therapeutic value of the wilderness
- Ethical considerations of experiential therapy
- Ropes courses for women
- All-women's river trips
- Special populations: rape and incest survivors, welfare mothers, and mid-life women. Intended as a guide book, Wilderness Therapy for Women is ideal for mental health professionals who are either practicing wilderness therapy or merely inquisitive about it. Outfitters and professional outdoor leaders will benefit from chapters on theory, applications, and special populations. Outdoor program administrators and educators who must remain on the cutting edge of their industry will also profit from this book.

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