



Adventure Therapy: Theory, Research, and Practice

Michael A. Gass, H.L. "Lee" Gillis, Keith C. Russell

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The evolution and history of adventure therapy, as chronicled in the second chapter of this book, well demonstrates how far this field has evolved from a “divergent therapy” into an efficacious form of therapy that engages clients on cognitive, affective, and behavioral levels. *Adventure Therapy* is written by three professionals who have been at the forefront of the field since its infancy. The theory, techniques, research, and case studies they present are the cutting edge of this field.

The authors focus on:

- the theory substantiating adventure therapy
- illustrations that exemplify best practices
- the research validating the immediate as well as long-term effects of adventure therapy, when properly conducted.

This book is the leading academic text, professional reference, and training resource for adventure therapy practices in the field of mental health. It is appropriate for a wide range of audiences, including beginner and experienced therapists, as well as graduate students.

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