

University of San Diego

COUN 544 / Introduction to Family Counseling

Exuma Cays, Bahamas

Sea Kayaking Expedition

November 7-18, 2013



The Experience

University of San Diego, SOLES proudly presents a once-in a lifetime education experience led by industry leading professionals. This multi-faceted program and sea kayaking expedition in the Bahamas will focus on group and family dynamics and how to use nature and creative (adventure) programming to re-build families. Adventure interventions with families have been touted for their capacity to fully involve participants in dynamic interactions that create therapeutic movement (Gass, 1990). Although its use is not widespread, adventure family therapy interventions are well-suited to the therapy office. This fun and dynamic course will explore practical family interventions that utilizes the precepts of adventure therapy in traditional outpatient mental health setting.

The Leadership



Heather Menzie's passion for family work has been integral in the growing of Open Sky's family program, making it one of the most comprehensive wilderness program in the field of wilderness therapy. Heather has presented at national conferences on disordered eating, body image issues, and adolescent girls' development, and family programming. Heather's areas of clinical expertise include anxiety, depression, self-harm, grief and loss, trauma, disordered eating, body image issues, adoption/attachment issues, and family therapy.



John Winton, *Lead guide and co-founder of Breakwater Expeditions* has spent eighteen years facilitating and developing adventure programming for at risk teens and families. To date he has led well over 30 multi-family therapeutic expeditions in a variety of settings ranging from the mountains to the sea and has logged more than 1500 days in the field working with families, adolescents and young adults.



Katie Grace, PhD. a natural systems thinker, doctoral dissertation was a cross-cultural study of embodiment and somatic practices, such as adventure education, to support the positive growth and development of girls and women. She has taught courses in psychology and communication at Naropa University and Duke University. Dr. Katie Grace has also worked extensively as an organizational consultant, facilitating leadership and diversity awareness programs for entrepreneurs and executives in firms such as UBS, Motorola, and Microsoft.



Dr. Mariamee' Gonzalez, visiting professor at University of San Diego, received her Ph. in Counseling Education from University of Missouri-St. Louis. She is a Missouri licensed professional counselor who has worked with all kinds of populations, but primarily has worked with women of color battling oppressive wars and mental health issues. Research interests include mental health concerns among female inmates, cultural characteristics of the working alliance, institutional racism and sexism, and social justice within the counseling paradigm. Dr. Gonzalez believes it is her responsibility as an educated and passionate person, who recognizes the ways in which oppression and inequality cripple humanity and peace, to fight through them. Her personal and professional goals are to advocate through education, mental health, and community service the importance of identifying and breaking down the systemic barriers to gender equality.



Course Description

This course is an introduction to marital and family counseling. An integrated model will be presented that incorporates the common denominators of major family counseling theories. The course will cover the intake, assessment, case conceptualization, goal formulation, treatment planning, interventions, and termination in marital and family counseling. Students will review the major classical and postmodern theoretical approaches to family counseling. They will critique the different theories from a philosophical and diversity perspective. Systemic skills and techniques will be practiced in class. Students will also begin to articulate their own approach to working with families. Watching videos of counseling sessions and participating in, observing, and critiquing role-plays will simulate the primary learning experiences.

The global study portion of this course is offered partially at the Exuma Islands in the Bahamas with Breakwater Expeditions (BWE). BWE is an adventure based therapeutic program that provides unique wilderness experiences for families, schools, and community groups. BWE strives to create an environment where strengths of each individual are exposed, and where the family members they work with use their individual strengths to help form a stronger and better functioning whole. Students in this course will learn about the dynamics of family counseling from licensed mental health practitioners and family counselors/therapists who lead family adventure therapy trips around the world. The adventure based portion of the course will: a) provide students with the opportunity to counsel groups and examine dynamics; b) learn about experiential based family therapy; c) test student's comfort and challenge them to examine their own family dynamics; and) learn how to utilize the power of nature to slow families down to determine their hierarchical needs. The expeditions focus on breaking down barriers, building relationships, which are essential in family counseling, and learning about adventure therapy through experiential activities. Students will also have unique opportunity to interact with the local community in the Bahamas.

The Exuma Cays are a string of over 350 islands that comprise the Exuma district of the Bahamas. These islands stretch lazily across the Tropic of Cancer about 300 miles southeast of the coastal United States. The Islands, formed of oolitic limestone, have been dramatically carved by wind and water to form breathtaking cliffs and overhangs that merge seamlessly with white sand beaches and sapphire waters. Although their soil is thin, it supports lush foliage that appears to grow from the rock itself. We will explore exquisite reefs exploding with fish and corals, and kayak through quiet trails of mangrove estuaries and the crystal-clear backcountry home of stingrays, starfish, anemones, sea turtles, lemon shark and the elusive bonefish. Here, you may share your campsite with a 200 year-old tortoise or docile two-foot long Bahamian Dragon iguana. If natural harbors, secluded beaches, warm trade-wind breezes, and the world's clearest water appeal to you, then join us in savoring this "castaway" paradise.



FAQ's

- Dates: November 7-18.
- Clothing: Clothing list is provided. Loaner clothes available.
- Climate: Tropical with temperatures 65 - 85 degrees
- Sleeping Bags: Provided by Breakwater Expeditions.
- Kayaks: Expedition style Kayaks 17ft-20ft
- Paddling: Mix length paddle days with time for relaxation and exploration the Exuma Cays
- Cuisine: Healthy fresh food, vegetables, fruits, nuts, grains and meats. We accommodate dietary needs.

Forms to be filled out:

- Assumption of Risk
- Medical Questionnaire
- Media Release

Tuition and Expedition Cost

Tuition	\$1800
Global Center Fee	\$300
Airfare	\$800
Expedition Expenses	\$2,600
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Proposed Total	\$5500

What does the expedition cost cover?

- Food in Bahamas
- Transportation
- Lodging
- Expedition Programming Expenses
- Gear Rental, sleeping bags and pads, tents, group gear, snorkel and fins rental.
- Note: Participants will be responsible to cover all meals during travel.

How do I sign up for the expedition?

The Global Center will accept applications and the BWE forms on a first come first served basis. It is requested that you submit your application within the appropriate time frame set by the Global Center. A non-refundable deposit of \$50 is due with your application and the BWE forms, along with a copy of your passport. Please note: you **must** bring a copy of your passport with each application, even if you have travelled through the SOLES Global Center previously. Checks may be made payable to USD-SOLES.

Please Contact the following persons indicating your interest:

Erika Cameron at ecameron@sandiego.edu

Peter Maribei at pmaribei@sandiego.edu

Specific Questions about the expedition?

Call Breakwater Expeditions: John Winton (208) 263-0277
Email: john@breakwaterexpeditions.com



Itinerary

November 7

Georgetown, Great Exuma Island

- Participants will fly into Georgetown on Great Exuma Island.
- Taxis for USD will take you to the Exuma Foundation.
- Expedition preparations begin.

Lodging Exuma Foundation

- Bunk bed campus style group living quarters.
- Group kitchen. (Breakwater will assist families in preparing meals)
- Web site: www.exuma-foundation.com

November 8

Georgetown, Great Exuma Island

- Expedition Course Preparations
- Sea Kayaking 101

November 9-15

Sea Kayak Expedition, Exuma Cays Bahamas

- 6 nights and 7 day sea kayaking expedition Exuma Cays. (*Itinerary dependent on weather*)
- COUN 544 Introduction to Family Counseling Programming
- Camping on white sandy beaches.
- Expedition style course. We will move camp most days.
- Sea Kayaking Expedition, Snorkeling, spear fishing, and more...

November 15

Georgetown, Great Exuma Island

- Return from Expedition. Gear clean and transitions.

November 16 -17

Georgetown, Great Exuma Island

- Diversity trainings, cultural immersion.
- Personal day to be spent exploring Georgetown, discovering places, stores and eateries.

November 18

Georgetown to San Diego

- Flights Home

Packing List

Individual Clothing

Warm Layers

# ___	Fleece Jacket	Have___	Need___	Size___	Comments_____
# ___	Fleece Hat	Have___	Need___	Size___	Comments_____

Base Layers (Quick Dry / Synthetic / Non-Cotton)

# ___	Long Underwear Top	Have___	Need___	Size___	Comments_____
# ___	Long Underwear Bottom	Have___	Need___	Size___	Comments_____

Base Cotton Clothes

# ___	Undergarments	Have___	Need___	Size___	Comments_____
# ___	Short Sleeve T-Shirts	Have___	Need___	Size___	Comments_____
# ___	Swim Suit	Have___	Need___	Size___	Comments_____

Rain / Wind / Sun Protection

# ___	Rain Pants	Have___	Need___	Size___	Comments_____
# ___	Rain Jacket	Have___	Need___	Size___	Comments_____
# ___	Wide Brim Hat	Have___	Need___	Size___	Comments_____
# ___	Longsleeve light Cotton T-shirt	Have___	Need___	Size___	Comments_____
# ___	Pants / 1 Nylon / 1 light cotton	Have___	Need___	Size___	Comments_____

Footwear

# ___	Sandals with heal strap	Have___	Need___	Size___	Comments_____
# ___	Tennis Shoes	Have___	Need___	Size___	Comments_____

Other Items

# ___	Sunscreen	Have___	Need___	Size___	Comments_____
# ___	Sunglasses	Have___	Need___	Size___	Comments_____
# ___	Camera	Have___	Need___	Size___	Comments_____
# ___	Toiletries	Have___	Need___	Size___	Comments_____
# ___	Passport / ID	Have___	Need___	Size___	Comments_____

Individual Gear (Breakwater Expeditions can provide you with the following camping gear)

# ___	Sleeping Bag	Have___	Need___	Size___	Comments_____
# ___	Sleeping Pad	Have___	Need___	Size___	Comments_____
# ___	Compression Sack	Have___	Need___	Size___	Comments_____
# ___	Headlamp	Have___	Need___	Size___	Comments_____
# ___	Other _____	Have___	Need___	Size___	Comments_____

Media Release Form

I hereby give my consent to all photographs, audio recordings and/or video recordings taken of me by University for San Diego and Breakwater Expeditions staff or their designee. I understand that any such photographs, audio recordings and/or video recordings become the property of Universtiy of San Diego and Breakwater Expeditions and may be used by University of San Diego and Breakwater Expeditions for educational, instructional, or promotional purposes and electronic media formats now existing or in the future created.

Please check one of the options below.

Yes, I give my consent.

No, I do not give my consent.

Date: _____

School's Name: _____

Participant Name: _____(please print)

Signature: _____



Medical Questionnaire

Please Read: This form is intended to remind staff and participants of the seriousness of attempting adventure activities with a pre-existing injury, heart problem or other conditions that might be aggravated by the event. Please use back of form if description area is not large enough to accommodate explanation.

- Questions:** **Circle One:**
1. Do you have any pre-existing medical conditions or injuries that might be aggravated by this activity? Yes No
 2. Are you currently taking any medications? If "Yes" please list and state what they are for. _____ Yes No
 3. Do you currently have or have you every had any heart problems or taken any heart medications? Yes No
 4. Do you currently have high blood pressure? Yes No
 5. Do you have any allergies (food, bees, insects) or any reactions to medications? If "yes" describe below:

_____ Yes No
 6. Do you currently or have you ever had any medical conditions or injuries that would limit or interfere with performance of this activity? (such as shortness of breath, pregnancy, dizziness, asthma, emphysema, seizure disorders, diabetes, etc.) If "Yes", describe:
_____ Yes No
 7. Do you currently have any physical limitations that would interfere with performance of this activity? If "Yes", describe:
_____ Yes No
 8. What is your current level of physical activity?
Please circle one:
Very Active Moderately Active Inactive
 9. In case of emergency you should contact
_____(Persons Name) at _____(phone numbers)
_____(Persons Name) at _____(phone numbers)

Participant please read and sign:
I have honestly disclosed any medical, psychological or personal information relating to my health and personal safety.

Name of Participant (please print) Signature of Participant

Signature of Parent or Legal Guardian Date
(Required if participant is under 18 years of age)



RECREATIONAL ACTIVITY RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT.

Please read and be certain you understand the implications of signing.

Express Assumption of Risk Associated with Recreational Activities.

I, _____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with the recreational activity generally described as ___Sea Kayaking___, including the rental of equipment and transportation associated therewith in which I am about to engage. **Inherent hazards and risks include but are not limited to:**

1. Risk of injury from the activity and equipment utilized is significant including the potential for permanent disability and death.
2. Possible equipment failure and/or malfunction of my own or others' equipment.
3. This activity takes place outdoors and therefore includes risks associated with exposure to elements, excessive heat, hypothermia, impact of the body upon the water, injection of water into my body orifices, encountering objects either natural or man-made, exposure to animals with the attendant risk of kicking, biting, shying away, running off or otherwise moving in an unanticipated manner causing injury and/or death.
4. My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, rapids, weather, trails, or route location.
5. Attack by or encounter with insects, reptiles, and/or animals.
6. Accidents or illness occurring in remote places where there are no available medical facilities.
7. Fatigue, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.

***I understand the description of these risks is not complete and that unknown or unanticipated risks may result in injury, illness, or death.**

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in the activity (ies) described above and related activities, I hereby agree, acknowledge and appreciate that:

1. **I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH**, or loss or damage to person or property, **WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE**, the following named persons or entities, herein referred to as releasees.

_____ Breakwater Expeditions
Owner (Company and/or Person)

2. To release the releasees, their officers, directors, employees, representatives, agents, and volunteers, and vessels from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of engaging in the above activities.
3. By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, AND I FULLY UNDERSTAND ITS TERMS, AND UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

S/ _____
Signature of Adult Participant

Name of Adult Participant (Please Print)

Date

FOR PARTICIPANTS OF MINORITY AGE: This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

S/ _____
Signature of Parent or adult legal Guardian
Participant is a Minor, and by their signature,

Name of Parent or adult legal Guardian (Please Print)

Date

they on my behalf release all claims that both they and I have.