

BACP Annual Conference, October 2008
Outdoor and Adventure Therapy: What, why and how?

Presenter Biographies

Dr Jenny Peel is currently teaching outdoor and adventure therapy at Liverpool John Moores University, where she has taught for the past 25 years. During her time at LJMU Jenny has been involved in the setting up and development of psychotherapy training programmes from undergraduate to doctoral level. Jenny's research and publications have focussed on outdoor and adventure therapy, recovery from childhood sexual abuse, and the application of the person-centred approach. Jenny is a Trustee of the Liverpool Family Refugee Support Project where traumatised survivors of war, torture, rape and displacement are offered psychotherapy through the medium of allotment gardening. Jenny is also a member of the British Foreign and Commonwealth Office and British Red Cross Psycho-Social Support Rapid Response Team. Jenny currently works in private practice in Liverpool as a psychotherapist, supervisor and trainer. Contact: 0151 728 7329 or ruegg.peel@virgin.net

Kaye Richards is Research Facilitator at BACP and her role is to undertake research, promote research awareness and facilitate research into counselling and psychotherapy. She also works with BACP's Counselling Children and Young People (CCYP) Division as Special Interest Lead (SIL) and is interested in research developments in this arena. She is an experienced outdoor educator and has taught outdoor education and adventure therapy at undergraduate and postgraduate level for many years. She has a range of experience in developing adventure therapy practice - her PhD research used action research in the development of adventure therapy for women with eating disorders. She was launching editor of the academic Journal of Adventure Education and Outdoor Learning (JAEOL) and currently sits on the editorial board of the journal. She has also edited and written numerous publications including, 'Therapy within adventure', 'Eating disorders and adventure therapy: a feminist approach to research and practice', 'Self-esteem and youth development' and she is co-author of the recently published BACP systematic review titled 'The impact of clinical supervision on counsellors and therapists, their practice and their clients (2007). Contact: 01455 883332 or kaye.richards@bacp.co.uk

Barbara Smith is a UKCP registered and BACP accredited psychotherapist working as a Lecturer in Counselling and Social Work in Liverpool. She has a private psychotherapy practice specialising in Transactional Analysis with adults and children in individual and group psychotherapy. She has a strong research interest in anti-oppression and cross cultural counselling. She recently spent two years in the Maldives Islands designing and delivering counsellor training. She has worked on adventure therapy programmes with women with troubled eating and is involved in research in these areas. She works extensively with survivors and is a supervisor and trainer for counselling with children and adults. Her publications include a co-edited text 'Anti-discriminatory Counselling Practice' (2003) Lago, C., & Smith, B., Sage Publications. A second edition is in progress. She has also published in the areas of diversity and self esteem and children. Email: big.fish@virgin.net