THE ADVENTURE-BASED COUNSELING MINOR

The minor in Adventure-Based Counseling (19-21 hours) combines existing courses from Outdoor Education (OE), Psychology (PY), and Human Services (HU) into a unique program of study. Adventure-Based Counseling and the closely related field of Adventure Therapy are two areas of Outdoor Education that are growing very quickly. This minor will provide a basic understanding of adventure-based counseling for those OE, PY, and HU students interested in pursuing a Master degree in a related area.

REQUIREMENTS FOR A MINOR IN ADVENTURE-BASED COUNSELING

Montreat College offers a minor in Adventure-Based Counseling that requires a minimum of 19 hours including:

OE 300: Introduction to Adventure Based Counseling (3)
OE 211: Challenge Course Facilitation (3)
PY 300: General Psychology (3)
PY 412: Theories and Principles of Counseling (3)
PY 341 or OE 341: Practicum (2)

Choose One: (3)
- PY 300: Child and Adolescent Development (3)
- PY 305: Adult Development and Aging (3)
- SC 414: Counseling Adolescents and Families (3)

Choose one of the following (2-4)
- OE 311: Outdoor Programming and Leadership: Kayaking (4)
- OE 312: Outdoor Programming and Leadership: Expedition Management (4)
- OE 313: Outdoor Programming and Leadership: Rock Climbing (4)
- OE 314: Outdoor Programming and Leadership: Canoeing (4)
- OE 221: High Adrenaline Adventure in Theory & Practice (2)
- OE 180: Discovery (4)