

**Veterans:
Occupational therapy
(OT) – outdoors
programs and mental
health**

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Outdoor Therapy

Wilderness, horticulture, forest therapy

Individuals or groups

Natural setting

Low to high demand environments ^[1]

Therapeutic Factors ^[1]

- I. Outdoors
- II. Physical self
- III. Psycho-social self

Aim ^[2]

- I. Emotion
- II. Behaviour
- III. Psychology
- IV. Inter-personal

Scoping Review: Outdoor Therapy & OT

Themes

Therapeutic environment

“Warrior” identity

Interventions

Story-telling and story making to reframe the mission [3] [4]

Psychoeducation [5] [6]

Personal skills training [6] [7]

Mindfulness activities [8]

Outdoor Therapy Proposal

Therapeutic factors ^[1]

- I. Outdoors
- II. Physical self
- III. Psycho-social self

Aims ^[2]

- I. Emotion
- II. Behaviour
- III. Psychology
- IV. Inter-personal

Outdoor Program

Scoping review findings

- Therapeutic environment
- Warrior identity

*Additionally ^{[9] [10]}

- Peer structure - Trojan's trek
- Transition PhD findings

Outdoor Therapy Program



Supports transition, reintegration, and psychological conditions



Includes significant others



Scales for availability and severity



Multi-disciplinary approach



Clinician veterans

Conclusion

- Consumer driven
- Veterans and families
- Acculturation, role identity and institutionalisation
- Transformative and new perspectives
- Warrior identity, promoting self-efficacy and confidence
- Environment + purposeful engagement = adaptive response
- Promote mental health and mental health support

Thank you

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