



## Professional Development Programs

**Summary:** BaMidbar Wilderness Therapy is working to ensure that Jewish youth and young adults have the confidence, skills, and community support to navigate life's challenges and thrive in the face of adversity. BaMidbar supports Jewish professionals interested in expanding their understanding of mental health, wellness, and experiential learning in order to better support their students and actively promote social and emotional growth. All programs fall underneath five core learning objectives, and can be offered individually or in series.

### **Learning Objective 1: Understanding Experiential Education Frameworks**

Professionals will be able to facilitate and manage an appropriate level of emotional exploration and depth by crafting their programming with an eye towards experiential education theory. Possible workshops include: *Introduction to Experiential Education, Group Juggle Will Save Us All, Making Meaning Through Metaphor, Social and Emotional Growth Facilitation, Digital Simcha: Using Experiential Education in Online Facilitation.*

### **Learning Objective 2: Promoting Social and Emotional Health**

Professionals will be able to actively promote healthy social and emotional development in the students they serve through a deeper understanding of social and emotional learning. Possible workshops include: *Communication Tools for Building Empathy and Rapport, Building Motivation and Empowering Youth and Young Adults, Judaism and Wellness, Creating Open and Inclusive Spaces for People Struggling With Mental Health, Facilitating for Resilience, The Role of Play in Mental Health & Wellness.*

### **Learning Objective 3: Recognizing Mental Health Challenges**

These sessions will help professionals recognize when the students they serve may be at risk of experiencing mental health challenges. Possible workshops include: *Introduction to Mental Health, Introduction to Emerging Adulthood, Understanding Stress & Managing Anxiety, Being Trauma-Informed.*

### **Learning Objective 4: Early and Appropriate Intervention**

These sessions will give professionals the knowledge, skills, and confidence to intervene early and appropriately if mental health challenges arise. Possible workshops include: *Motivational Interviewing, Crisis Intervention & Deescalation, Suicide Prevention Through QPR, Identifying Supports.*

## Learning Objective 5: Self-Care for Professionals

Professionals will be able to prioritize personal self care and collectively work to create cultures of support amongst their staff team in order to achieve long term sustainability in the work place.

Possible workshops cover the following topics: *Staff Empowerment and Building Motivation, Compassion Fatigue, Burnout and Boundaries, Wellness and Self-Care, Creating Cultures of Support.*

### The Details

**Staffing:** Programs are typically facilitated by at least two staff members. Facilitators include Nick Magle Haberek, MS, MSW, LCSW, and either Emily Heeren M.Ed or Jory Hanselman, MPA.

**Nick Magle Haberek:** Nick is the Clinical Director at BaMidbar. For the past twenty years, Nick has worked in a variety of roles in the field of wilderness therapy and adventure education, including field guide, individual therapist, clinical supervisor, program manager, family therapist and clinical director. After working as a wilderness therapy field guide, Nick earned masters degrees in both Social Work and Outdoor Education at the University of New Hampshire, and returned to wilderness therapy programs in a clinical role. Nick is also on the leadership committee for the Therapeutic Adventure Professional Group.

**Emily Heeren:** Emily is the Director of Admissions and Outreach at BaMidbar. She has worked with youth and young adults both in and outside of the formal classroom. With a foundation in experiential learning, Emily has applied her skills in high school special education, higher education, and mental health settings. Emily has a masters degree in Curriculum and Teaching with a concentration in Special Education from Boston University.

**Jory Hanselman:** Jory is the Co-Founder and Executive Director of BaMidbar. She has dedicated her personal and professional career to engaging youth and emerging adults in meaningful outdoor experiences, and helping youth build personal resiliency and the skills necessary to grow and thrive in a complex world. Jory has a masters degree in Public Administration with a concentration in Nonprofit Leadership from the University of Colorado.

**Cost:** Pricing is dependent upon expected participant numbers.

Number of Participants	Up to 15	16-30	31+
Cost per hour of programming	\$375	\$525	\$750

**Scheduling:** If you are interested in scheduling a program or learning more about BaMidbar, please contact Emily Heeren at [emilyh@bamidbartherapy.org](mailto:emilyh@bamidbartherapy.org) or call (720) 409-0486.