

Topic - Session 01

Introduction and therapeutical approach

Background information

The background of the therapeutical approach is the [Learning zones model](#):

Comfort zone: State of confidence & competence, sense of wellbeing, self-efficacy, routine in actions & decision: use of strategies that have proven to work; remaining in the comfort zone makes it shrink.

Learning zone: State of growth, possibility of making new experiences/learning new strategies; initial insecurity, taking on challenges/the unknown; slow tapping into one's comfortzone, the comfortzone is being expanded in the learning zone

Panic zone: moving too quickly out of one's comfort zone; having no strategies, not supportive of growth/development, should be avoided, as it shrinks the comfort zone

The goal is that participants are encouraged to move out of their comfort zone into the learning zone, without moving into the panic zone. Therefore, it is important that everyone minds their boundaries.

Bouldering can act as a 'burning/magnifying glass'— problems and ways of behaving that one encounters in everyday life show themselves in the bouldering problems on the wall. We want to offer a safe space to try out new ways of behaving in bouldering that may then be transferred to everyday life.

For example, bouldering can be a metaphor for letting go: with every grip/boulder I let go of a known, safe grip and make a decision towards something new. That's the condition to move on and grow/develop oneself (learning zone model, leaving comfort zone, 'to dare').

Further it is important with bouldering that one focuses one's thoughts to the most essential and to be present to the here and now. Overthinking or letting one's thoughts drift will increase the risk of falling off the wall. This is creating an emphasis on being present (mindfulness).

Key questions

How did you find the bouldering? What experiences did you have?

When did you find it easy, when difficult?

Where were you in your thoughts? Were you present (in the here and now?)

What was your experience when you started thinking about what you were doing?

What strategies did you use? How did you approach the boulder?

Learning goals

Leaving one's comfort zone "letting go of old grips/holds, to reach new grips/holds", to take risks/ dare something in a safe space, while being mindful of one's boundaries; being open to change!

Focus on present doing (mindfulness).

Honour small successes (celebrate what you have achieved).