

SMART bouldering

Individual exercise

Description

Participants are instructed to choose a route, which they have not yet mastered, and divide it into segments, which can be completed one by one. For this purpose, an individual route in the current level of difficulty, which is a challenge, is suitable. The therapist accompanies the participants and develops partial goals with the help of the SMART criteria (specific, measurable, attractive, realistic, terminable). Experiences from the exercise can be transferred to other problems; the main focus here is on problem-solving strategies.

Material/wall

Individual routes in the current level of difficulty, which are challenging

Therapeutical themes

Expectations/demands, body sensation, centre of gravity, problem-solving, self-efficacy, being able to know one's own strengths/skills, dealing with success/failure

Key Questions

How do you feel when you are standing in front of a challenging boulder? Do you know the feeling of not trying it out at all, because it seems unachievable? How do you deal with your expectations/demands?

Tips

The choice of route is the key! Technically challenging routes are best, as faster progress can be made here than with pure strength or endurance routes.

Goals can also be formulated with no connection to the routes in particular, e.g. "I want to boulder in a busier area of the hall where I can be seen by others".