The 8IATC received funding from the Australian Government.
The Potential Use of Hiking as a Therapeutic Intervention for Adult Survivors of Domestic and Family Violence

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ACKNOWLEDGEMENT OF COUNTRY

Griffith University acknowledges the Traditional Custodians of the land on which we are meeting and pays respect to the Elders, past and present, and extends that respect to all Aboriginal and Torres Strait Islander people.
Outline

• Why
• Trauma and DV
• Literature
• Benefits
• Labyrinths
• Mindfulness
• Metaphor/pigrammage
Why? Where are we going with this?

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DV and trauma

Complex – long term nightmares, flashbacks, upsetting memories, emotional distress or physical reactions, depression, anxiety, substance abuse, avoidance of reminders, hypervigilance, dissociation, irritability or aggression, poor concentration, eroded sense of self, affects identity, self-esteem and self-efficacy, shame, guilt, anger and sadness. Reduced mental health, limited social networks.

Sue

Physical, sexual, psychological, emotional, verbal, isolation, financial.

Poor health

Functional impairment
Trauma treatment

Photo by Maria Petukhova from Pexels
Hiking - benefits

• Physical fitness
• Social networks
• Nature
• Graded

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Hiking benefits

- Skills
- Knowledge
- Empowerment

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Hiking - benefits

Opportunities for
- Reflection
- Metaphor
- Meditations/mindfulness
- Sensory modulation
- Emotional regulation

How to foster this…
Labyrinths

Path that winds in a circuitous way to the centre

Mirror many patterns found in nature

Used in many cultures and religions

Labyrinth

- The Labyrinth Society
  - [https://labyrinthsociety.org/world-labyrinth-day](https://labyrinthsociety.org/world-labyrinth-day)

- Veriditas
  - [https://www.veriditas.org](https://www.veriditas.org)

- Use is flexible/adaptable
- Indoor/outdoor
- Questions
- Meditation
- Metaphor
Labyrinth effect

- ‘Increased calm, quiet and relaxation
- Decreased agitation, anxiety and stress’
- ‘Increased levels of centeredness, clarity, openness, peace and reflection’

Photo from http://gpcalliance.org/campus/sensory-garden.html
Mindfulness and Sensory modulation
Mindfulness

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References


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