

Counselor Authorization



**OUTWARD BOUND
COSTA RICA**

Participant Name

Course Name & Session Dates

Dear Counselor,

Outward Bound Costa Rica inspires and develops leadership, compassion, responsibility, respect for the environment, and commitment to serve through adventure-based wilderness experiences led by skilled, safety-conscious staff.

Due to the challenging mental and physical environment provided by our course curriculum, it is essential that we maintain participant safety. All participants must be in stable mental health prior to enrolling on an Outward Bound Costa Rica course.

Our goal is to assist each participant in recognizing and reaching beyond self-imposed limits, and to facilitate the group in moving from dependence to independence and cooperation. Courses usually involve coed, multi-aged groups of 6-12 individuals from various backgrounds. Mentally challenging activities such as cultural acclimation, group interaction, and physical exhaustion tend to cause stress in participant.

Most of the usual support systems and coping mechanisms, such as friends, family, drugs, alcohol, and tobacco, are neither available nor allowed during course. Some courses contain a Solo consisting of 3-48 hours of distantly supervised solitude in a designated isolated outdoor location.

This participant will experience a wide range of emotions during the course, ranging from elation to fear, frustration to triumph. The thrill of meeting new challenges individually and as a group is invariably accompanied by moments of stress and uncertainty.

It is important that the participant is open to change and be ready to communicate, adapt, and utilize his or her own resources. These qualities will help both participant and group reach emotional highs and deal with emotional lows.

Please note that we are not a reformatory school nor are we able to facilitate participants that may bring harm to themselves or others. **While our staff members are well-qualified wilderness instructors, they are NOT trained in psychology or psychiatry.**

To ensure this participant's safety while on course, we ask you provide any information possible that would help us to avoid a relapse or respond to a relapse. If you have any additional questions relating to this form please feel free to contact us directly via Enrollment@OutwardBoundCR.org or by phone at 1-800-676-2018.

Counselor Signature

Counselor Name

Organization of Counselor

Date



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Please answer the following questions (attach another page if necessary):

What is the clinical name and lay description(s) of the participant's condition(s)?

What are the symptoms this person displays? What triggers these symptoms?

What are some ways that you have had success in approaching and treating the symptoms and condition?

Our instructors carry and administer all prescribed medications during course. Please list accurately and specifically the name, dosage, side effects, and consequences of a missed dosage of all medications for this participant:

As the participant's counselor, you are in a position to evaluate the mental health of the participant and their ability to successfully participate and complete this course. This form signifies that, based on your professional opinion, this participant:

- Is mentally stable in terms of their condition as a result of their medication and/or counseling
- Has been stable on their medication for at least 3 months
- Will not start or change medication before or during course
- Is not actively suicidal or has suicidal thoughts
- Will not represent a threat to themselves
- Will not represent a threat to themselves or the group and instructors
- Is mentally capable of experiencing and engaging in a program of this type for the number of days specified on this form without relapse relating to their medical condition

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