

*Combining systemic and activity- oriented work in psychotherapeutic groups for children and adolescents in natural environment*

The target group of this work in the outpatient psychotherapeutic context are male children and adolescents who show problems in their social behavior, in socio-educational facilities or peer groups. The aim of this work is to show that the combination of systemic family therapeutic dialogues and activity-oriented work in a group context has a positive and meaningful impact on the treatment of psychological disorders in the field of children and youth. This paper further illustrates that the above-mentioned combination of interventions help to a) achieve beneficial changes of symptoms within individuals, b) strengthen family resources and c) provide empirical evidence of its effectiveness. The approach makes a consistent use of the open space in nature, the body and physical activity. Key aspects are the “two leader principle”, the inclusion of parents, resource oriented short-term therapy and various types of disorders. Social difficulties and individual resources become visible – and hence treatable – through the children’s and adolescents’ relationship to the peer group, the surrounding nature, the own body and the relationship to the group leaders. Moreover this work presents the requirements of group work, the arrangements for working in nature (including the topic security) the specific work in multi-system settings, structuring of group processes, indications and contraindications, current state of research, methods and interventions as well as selected empirical examples.

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