



## Surf Circle: Engaging Adolescent Boys in Treatment Through Surf Therapy

*If the ocean can calm itself, so can you.  
We are both salt and water, mixed with air.  
-Nayyirah Waheed*

**Nathan Greene, PsyD  
Adam Moss, PsyD  
Roberto Lascano, PhD  
Christopher Arrillaga, PsyD**

**Saturday, February 5, 2022  
9:00am – 12:00pm PST  
Live via Zoom**

**Register by: Feb. 3, 2022  
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### Free for The Wright Institute Community

Staff, Faculty, Students, Practicum and Internship Training Staff/Supervisors/Post Docs  
(serving WI Practicum and Internship Trainees)

**General Public: \$75, Non-WI Students: \$30, Alums: \$45**

Alumni who have completed or who update their Alumni Survey may attend this WI continuing education program free of charge. If you would like information about how to access your alumni survey please contact Cassandra Dilosa at [cdilosa@wi.edu](mailto:cdilosa@wi.edu).



### CE Credits: 3 CE Hours

The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

### Workshop Description:

Surf Therapy is an innovative modality that harnesses the power of the ocean to encourage growth and healing.

There are wonderful metaphors inherent to surfing. Surfing is physically exhausting and challenging to learn. It is humbling and requires patience and perseverance. Through surfing one learns there are times to push through and times for surrender and accept something more powerful than yourself. There is a rhythm to the ocean- the ups and downs, the tides, the sets of wave, the seasonal swells- the rhythms teach us about

patience. Further, the ocean is powerful and can elicit fear. It is incredibly rewarding to overcome one's fear to experience the joy of intimately moving with the power of nature.

The presenters are thrilled to share with the greater psychological community about their innovative treatment model, which draws from psychodynamic theories, trauma theory, ecotherapy, theory of groups, and developmental theory. The presenters seek to be in dialogue with the community to share and explore the value in alternative treatment models. They hope you'll harness the power of the ocean with them.

### **After completing this workshop, participants will be able to:**

- Describe mental health challenges unique to adolescent boys.
- Identify 3 barriers adolescents face when accessing treatment.
- List 3 mechanisms by which surf therapy intervention in a group format facilitates personal growth and trauma healing in adolescents.

### **Instructor Bios:**

#### **Nathan Greene, PsyD**

Nathan has been surfing since he was a sandy-haired Southern California seven-year-old. He is a strong believer in the power of the ocean, which has served as a sacred therapeutic space and has taught him patience, acceptance, and perseverance. On land, Nathan has extensive experience supporting children, adolescents, and adults through psychotherapy and education and he serves as Adjunct Faculty at the Wright Institute, where he teaches the Case Conference Series to first and second-year clinical psychology doctoral students.

#### **Adam Moss, PsyD**

Adam has worked with children and families for many years as an educator, mentor, and psychotherapist. Adam has been surfing since high school and has long seen the ocean as a refuge, haven, and space for reflection. He personally testifies to the healing power of the ocean and is deeply excited at the opportunity to integrate his clinical work and his passion for surfing. He is both honored and stoked to be a part of the Surf Circle team.

#### **Roberto Lascano, PhD**

Roberto has worked for over 25 years with children, adolescents, and adults in community mental health clinics, inpatient and outpatient hospitals settings, and nonprofit organizations. He is an analyst and faculty with the Lacanian School of Psychoanalysis in San Francisco and is a licensed clinical psychologist with a private practice in Berkeley. Roberto experiences the ocean as a patient, meditative space, which feeds and heals and silently teaches about the forces beyond our understanding.

#### **Christopher Arrillaga, PsyD**

Christopher has worked with children and families for over 20 years as a psychotherapist and counselor. Christopher was introduced to surfing in Santa Cruz during his college years. He quickly fell in love with the tranquility of the ocean and its' invigorating power and beauty. The ocean has offered Christopher a safe haven for reflection and a means towards rejuvenation in the midst of life's stressors. He is very excited to bring his clinical wisdom to help youth discover the empowering and healing aspects of surfing.

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Please contact us in advance if you require special accommodations on the day of the event.

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