

# Surf Therapy as a Technique of Strengthening Bonds in a Group Therapy Setting

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## Introduction

Resurface is a research-based therapeutic retreat designed to assist a client in dealing with depression and trauma. The Resurface programmes are based on the essential resource-building stages of EMDR and CBT, the only two treatment modalities recommended by NICE (National Institute for Clinical Excellence) for the treatment of PTSD, as well as positive psychology evidence-based interventions taught at the Universities of East London, Pennsylvania, and Chicago (Seligman, Csikszentmihalyi, Duckworth, Frederickson, Nolan,) and Aristotle's philosophical legacy. Re-embracing connection with those who you cherish is the cornerstone to any type of long-term psychological improvement. Isolation, loneliness, and a lack of understanding are all symptoms of addiction, despair, and trauma [1]. Resurface emphasizes the importance of connectedness in all therapeutic efforts. Following a retreat, clients are armed with fresh knowledge and insight about why they felt the way they did, as well as advice on how to move ahead in their life. Previous clients have said that attending a resurfacing retreat provides them with a significant 'therapeutic boost,' allowing them to save time and energy on their rehabilitative journey. This time savings helps them to more easily apply and integrate numerous therapeutic strategies, tools, and resources into their daily lives as well as their therapy practice. In addition to acquiring critical new tools and techniques, strategies aimed at reducing trauma and developing resilience. The retreats are flourishing, and they are generating fresh, happy memories. (as a resource to be used in the future), generates unexpected life realizations as well as seeing others' bravery, vulnerability, and strength. As a result, a fantastic stepping stone to the next stage of a client's recovery process. According to preliminary study, there have been considerable reductions in the concomitant anxiety (Gad-7) and depression (PHQ-9) Change in Outlook (CiO) biometrics have increased significantly. A increasing amount of research supports the use of water-based activities and surroundings as a complementary or alternative therapeutic intervention to more traditional, medicalized techniques. Surfing is one such sport, with the health advantages of surf therapy linked to the fluid and dynamic character of surfing and the water, while learning to surf in a social setting can help strengthen a sense of belonging and identity through shared surf experiences. This research discusses how embodied and aesthetic additions to nature can empower youngsters with psychological challenges, particularly Autism. The study looks into embodied experiences and how to evaluate a surf therapy session using an ingenious, interactive technique. As a result, we look at the feasibility of using body mapping, a novel participatory evaluation method, to assess the feelings and emotional well-being of young surf therapy participants [2,3]. The findings demonstrate how body mapping may be utilized to build a more complete picture of the potential

health and wellness benefits of engaging with the water, and they highlight surfing as a psychosomatic activity. The paper discusses how in-situ embodiment practices and creative approaches such as body mapping can be used to enhance therapeutic processes, particularly those involving the imagination and emotional body, in a fun and engaging way. "We're enthusiastic about what we do. a large therapeutic healing place that stretches far beyond In a therapy session, what is available?" Adam, who started it all, says in high school, I went surfing." We're participating in a process that promotes individual progress as well as each participant's social participation." Nathan, who has been surfing since he was seven years old, adds, "The water has been a tremendous source of healing in my life." "I'm particularly interested in teaching surfing to troubled adolescent boys." Adam and Nathan sought to establish a healing and community-building experience for young men with the help of their previous clinical supervisors, Christopher Arrillaga and Roberto Lascano. Adam highlights social interaction as a vital component of Surf Circle's success. "Adolescents are such social beings," Nathan continues, "and I believe that surfing may be an excellent vehicle for bringing these boys together and building community." The two intend to investigate another of their common passions, cultivating healthy masculinity, by forming a small community of adolescent boys. "We're all male-identified clinicians who are passionate about dealing with older boys or young men who are grappling with what it means to be an individual in our present culture of toxic masculinity," Adam adds. "Male identity development is frequently incredibly tough and subtle, but also quite rewarding," Nathan continues. "By focusing on boys, we'll be able to focus on challenges with masculinity, sexuality, and adolescent development more effectively than we could with a mixed-gender group." Both Adam and Nathan have experience working with young men, as well as knowledge of childhood development and trauma, which will benefit them in their work with Surf Circle [4]. "I think it's sometimes difficult for boys to interact in individual treatment," Nathan adds, "so something communal may be an honest gratitude to encourage boys who might not have otherwise returned to a therapeutic place." Nathan believes that by focusing on a physical activity rather than a more traditional therapy setting, the boys will jump right into the experience. Adam, Nathan, Christopher, and Roberto have all known for years that surfing is therapeutic, but research has just recently begun to back up their claims. Nathan saw an article in the Washington Post early last year about a research by the US Navy that used surfing to rehabilitate veterans with PTSD. The two felt they had to start Surf Circle when he shared that piece with Adam. "Surfing had always felt deeply nourishing and therapeutic to me, but I had never heard of it being taken seriously in that way. Since then, I've realized that many people use surf therapy for a variety of difficulties, including PTSD, abuse survivors, and sex trafficking survivors." "Preliminary research reveals that surfing can help lessen symptoms of anxiety, sadness, and PTSD." According to preliminary findings from the Navy's study, surfing can also help people sleep better [5].

## References

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