

Wilson W. Dobud PhD

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Academic Qualifications

- 2016-2020 **Doctor of Philosophy**
PhD Thesis: *Experiences of Adventure Therapy: A Narrative Inquiry*
Charles Sturt University, School of Social Work and Arts, Wagga Wagga, NSW
Supervisors: John Paul Healy PhD & Associate Professor Susan Mlcek
Awards: *Australian Postgraduate Award for Research Excellence in 2015*
- 2012-2014 **Master of Social Work (Advanced Practice)**
Master's Thesis: *The Holistic Review of an Australian Adventure Therapy Program for Struggling Adolescents*
Charles Sturt University, School of Social Work and Arts, Wagga Wagga, NSW
- 2008-2012 **Bachelor of Social Work, Psychology Minor**
University of Maryland – Baltimore County (UMBC), School of Social Work,
Catonsville, MD

Scholarships, Grants, & Awards

- 2024 Vice-Chancellor's 2024 Research Excellence Awards for Early Career Researcher,
Charles Sturt University
- 2024 Excellence in Research Award for Social Work and Human Services, Charles
Sturt University
- 2024 Excellence in Teaching Award in Social Work and Human Services, Charles Sturt
University
- 2023 Most Productive Early or Mid-Career Researcher in Social Work and Human
Services, Charles Sturt University
- 2023 Highest Student Progress Rates (Engagement), Charles Sturt University
- 2023 Research Pilot Grant, University of Washington – Bothell (\$10,000 USD)
- 2022 Silver Award, Walk of Life Program, Australian Institute of Criminology
- 2021 Distinguished Researcher of the Year Award, Association for Experiential
Education
- 2020 Social Work Team Excellence Award, Charles Sturt University
- 2015 Australian Postgraduate Award for Research Excellence, Charles Sturt University
- 2014 Executive Dean's Award, Charles Sturt University
- 2012 Dean's List for Academic Excellence, UMBC

Employment

- 2016-2020 Sessional Academic
School of Humanities and Social Sciences
Charles Sturt University, Wagga Wagga, NSW

2012- Present	Founder & Clinical Director True North Expeditions, Adelaide, SA
2011-2012	Social Worker Uniting Care Wesley - Port Adelaide, Port Adelaide, SA
2011	Behaviour Rehabilitation Specialist Alaska Crossings, Wrangell, AK
2005-2011	Social Work Intern Potomac Pathways, Darnestown, MD

Major Fields of Scholarly or Professional Interest

Outdoor / adventure therapies

Improving engagement and outcomes in social work practice

Feedback-informed treatment and routine outcome monitoring

Social work training and development

Decolonising social work practice

Program evaluation (outcome monitoring)

Qualitative research (narrative inquiry)

Adolescent wellbeing (substance misuse, depression, family conflict, child welfare)

Memberships and Offices Held in Learned and Professional Societies

2019-present	Member, Australian Tertiary Outdoor Education Network
2016-present	Co-chair, Adventure Therapists in Private Practice Group
2016-present	Member, Outdoor and Environmental Leadership Industry Advisory Group
2014-present	Member, Outdoor Education Association of South Australia
2013-2022	State Representative, Australian Association for Bush Adventure Therapy
2012-2022	Member, Association of Experiential Education
2006-2012	Member, National Association of Social Workers

RESEARCH

Books

Dobud, W. W. & Natynczuk, S. (2022). *Solution-focused practice in outdoor therapy: Co-adventuring for change*. Routledge.

Harper, N. J. & **Dobud, W. W.** (Eds.). (2020). *Outdoor therapies: An introduction to practices, possibilities, and critical perspectives*. Routledge.

Peer-Reviewed Articles

Harper, N. J., **Dobud, W. W.**, & Magnuson, D. (2024). Adolescent wilderness therapy: The relationship of client outcomes to reasons for referral, motivation for change, and clinical measures. *Youth, 4*(1), 382–394.

- Cavanaugh, D. L., **Dobud, W. W.**, Riebschleger, J., & Russo, C. (2024). Path to adventure: A qualitative exploration of provider training for adventure-based prevention practice. *Journal of Adventure Education and Outdoor Learning*, 1–15.
- Magnuson, D., **Dobud, W. W.**, & Harper, N. J. (2022). Can involuntary youth transport into outdoor behavioral healthcare treatment programs (wilderness therapy) ever be ethical? *Child and Adolescent Social Work Journal*.
- Natynczuk, S., & **Dobud, W. W.** (2021). Leave no trace, willful unknowing, and implications from the ethics of sustainability for solution-focused practice outdoors. *Journal of Solution Focused Practices*, 5(2).
- Harper, N. J., Magnuson, D., & **Dobud, W. W.** (2021). A closer look at involuntary treatment and the use of transport services in outdoor behavioral healthcare (wilderness therapy). *Child & Youth Care Forum*, 42(2), 200–219.
- Dobud, W. W.** (2021). Experiences of secure transport in outdoor behavioral healthcare: A narrative inquiry. *Qualitative Social Work*.
- Dobud, W. W.**, Cavanaugh, D. L., & Harper, N. J. (2020). Adventure therapy and routine outcome monitoring: Yes, it is time. *Journal of Experiential Education*.
- Dobud, W. W.**, & Harper, N. J. (2018). Of Dodo birds and common factors: A scoping review of direct comparison trials in adventure therapy. *Complementary Therapies in Clinical Practice*, 31, 16–24.
- Dobud, W. W.** (2017). Towards an evidence-informed adventure therapy: Implementing feedback-informed treatment in the field. *Journal of Evidence-Informed Social Work*, 14(3), 172–182.
- Dobud, W. W.** (2016). Exploring adventure therapy as an early intervention for struggling adolescents. *Journal of Outdoor and Environmental Education*, 19(1), 33–41.

Book Chapters

- Pringle, G., **Dobud, W. W.**, & Harper, N. J. (2021). The next frontier: Wilderness therapy and the treatment of complex trauma. In E. Brymer, M. Rogerson, & J. Barton (Eds.). *Nature, physical activity, and health* (pp. 191–207). Routledge.
- Dobud, W. W.** & Cavanaugh, D. L. (2020). Future directions for outdoor therapies. In N. J. Harper & W. W. Dobud (Eds.). *Outdoor therapies: An introduction to practices, possibilities, and critical perspectives* (pp. 188–202). Routledge.

Invited Presentations

- Dobud, W. W.** (2024, March). *Opening the counselling room door: Outdoor therapies – possibilities and critical perspectives*. Invited lecture to the Nature Based Therapies Interest Group, Mental Health Professionals Network.
- Dobud, W. W.** (2024, March). *Theoretical basis for outdoor and adventure therapies*. Invited lecturer to University of the Highlands, Scotland, UK.

Dobud W. W., Cavanaugh, D. L., & Russo, C. (2023, January). *Using outdoor adventure in social work practice*. Invited lecturer through a Research Pilot Grant by University of Washington - Bothell. Delivered at University of Washington, Seattle, Washington.

Dobud, W. W. & Cavanaugh, D. L. (2023, January). *Social determinants of health: Global health perspectives* [BHLTH 302a – Bachelor of Health Studies: Social Determinants of Health]. Invited lecturer through a Research Pilot Grant by University of Washington – Bothell. Delivered at University of Washington – Bothell campus, Bothell, Washington.

Dobud, W. W., Javorski, S., & Cavanaugh, D. L. (2023, January). *Introduction to experiential facilitation* [CYC212 – Introduction to Activity-Based Interventions for Children, Youth, and Families]. Invited lecturer to Vancouver Island University funded by a Research Pilot Grant. Delivered at Vancouver Island University, Duncan, British Columbia.

Dobud, W. W. (2022, June). *Outdoor therapy and social work practice*. Invited guest lecture for the Australian Association of Social Workers South Australia Branch Green Social Work Practice group, Adelaide, South Australia.

Dobud, W. W. & Natynczuk, N. (2021, April). *Outdoor and adventure therapy practices*. Invited guest lecture to the University of the Highlands and Islands' School of Adventure Studies, Virtual Presentation.

Dobud, W. W. (2021, April). *Adventure therapy: Embracing alternative counseling strategies this pandemic*. Invited guest lecturer by the University of San Carlos' Department of Psychology, Virtual Presentation.

Dobud, W. W. (2021, March). *Co-adventure for change: Bringing the outdoors into your solution-focused practice*. Invited guest lecture to the SFBT Community of Practice, Adelaide, South Australia.

Dobud, W. W. (2021, February). *Ethical practice and risk management in nature-based therapy: From wilderness settings to private practice*. Invited guest lecture at Prescott College, Virtual Presentation.

Dobud W. W. (2021, February). *The way of the dodo: And how to avoid extinction (in wilderness therapy...)*. Invited guest lecture at Red Rocks Community College, Virtual Presentation.

Dobud, W. W. (2021, January). *Outdoor therapies*. Presented to the American Psychological Association's Climate Change and Mental Health Group, Virtual Presentation.

Dobud, W. W. (2021, January). *Ethical practice and risk management in nature-based therapy: From wilderness settings to private practice*. Invited guest lecture at Prescott College, Virtual Presentation.

Dobud, W. W. (2020, November). *Outdoor therapies: Practice, possibilities, and critical perspectives*. Presented at the Israel Adventure Therapy Conference, Virtual Presentation.

Dobud, W. W. (2020, August). *Opening the counselling room door: The promise of the outdoor therapies*. Presented at Charles Sturt University's School of Humanities and Social Sciences' Research Seminar, Virtual Presentation.

Dobud, W. W. (2019, June). *Experience matters: What we can learn from participant experiences in adventure therapy*. Keynote presented at the Therapeutic Adventure Professionals Group Best Practices Conference, DeKalb, IL.

Dobud, W. W. (2019, March). *Guest lecture for CYC323 – Research methods in child and youth care*. Vancouver Island University, Vancouver, British Columbia.

Engagement with the Professions

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| 2023-present | Co-founder of the community of practice: Outdoor Therapy Centre for Research and Practice |
| 2021-present | Member, administrator, and contributor to Outdoor Therapy Peer Support Group |
| 2018-2024 | Affiliated Research Scientist for the Outdoor Behavioral Healthcare Center |
| 2015-2022 | South Australian representative for the Australian Association for Bush Adventure Therapy, Inc. |
| 2015-2018 | Member of local organising committee and chair of the marketing committee for the 8 th International Adventure Therapy Conference in 2018 |
| 2016-present | Co-organiser for international adventure therapy peer supervision group |
| 2017 | Formed partnership with Re-Engage Youth Services to provide consultation and training |
| 2016 | Formed partnership with Victor Harbor Flexible Learning Options program to provide consultation and training. |
| 2015 | Volunteered for the Psychology and Health Forum in South Australia organising and facilitating professional development workshops |

Non-refereed Publications

MacDonald, J. B., Butler, K., Willoughby, M., Garoulla, P., & **Dobud, W. W.** (2024). *How to do trauma-informed research and evaluation*. Melbourne: Child Family Community Australia, Australian Institute of Family Studies

MacDonald, J. B., Butler, K., Willoughby, M., Garoulla, P., & **Dobud, W. W.** (2024). *Principles for doing trauma-informed and program evaluation*. Melbourne: Child Family Community Australia, Australian Institute of Family Studies

MacDonald, J.B. & **Dobud, W. W.** (2024). *Counselling effectiveness and the therapeutic alliance* (Short article). Melbourne: Child Family Community Australia, Australian Institute of Family Studies.

Dobud W. W., Maldonado, C., & Pringle, G. (2024). *A collaborative open letter to the international adventure therapy community*. Retrieved from https://docs.google.com/document/d/1U7v_ClgSyzSbMo9DuNYA8g_lq83osLH-CfdclTBIBGo/edit?pli=1

Dobud, W. W. (2022). Healing in the outback: An outdoor therapist reconceives his role. *Psychotherapy Networker*. Retrieved from <https://www.psychonetwarker.org/magazine/article/2637/healing-in-the-outback>

Dobud, W. W. (2020). Opening the counseling room door: The promise of wilderness therapy. *California Association for Marriage and Family Therapy Magazine*, 10–13.

Conference Papers & Workshops

Dobud, W. W. & Cavanaugh, D. L. (2024). *Bringing adventure to the university: Teaching the next generation of adventure therapist*. Presented at the 9th Adventure Therapy Best Practices Conference, Portland, Oregon.

Dobud, W. W. (2023). *Is adventure therapy evidence-based?* International Journal of Adventure Therapy, 9IATC / 3GATE Proceedings (Special edition).

Natynczuk, S. & **Dobud, W. W.** (2023). *Re-imagining initial sessions in outdoor therapy: Implications for host leadership, solution-focused practice, co-adventuring for change, and what works*. International Journal of Adventure Therapy, 9IATC / 3GATE Proceedings (Special edition).

Dobud, W. W., Cavanaugh, D. L., & Miller, S. D. (2023, March). *Getting FIT for adventure: Enhancing client experience and outcome*. Online webinar.

Dobud, W. W. & Pringle, G. L. (2022, October). *The great debate: Is bush adventure therapy just talk therapy outdoors?* Presented at the Australian Association for Bush Adventure Therapy National Forum, Mylor, South Australia.

Javorski, S. & **Dobud, W. W.** (2022, June). *More than just fuel: Using the circle of courage to get the most out of cooking in the backcountry*. Presented at the 9th International Adventure Therapy Conference, Kristiansand, Norway.

Dobud, W. W. (2022, June). *Very bad adventure therapy*. Presented at the 9th International Adventure Therapy Conference, Kristiansand, Norway.

- Natynczuk, S. & **Dobud, W. W.** (2022, June). *Host leadership: Making leadership therapeutic*. Presented at the 9th International Adventure Therapy Conference, Kristiansand, Norway.
- Cartner, M. & **Dobud, W. W.** (2022, June). *The Walk of Life Program: A Crime Prevention and Child Protection Initiative*. Presented at the 9th International Adventure Therapy Conference, Kristiansand, Norway.
- Dobud, W. W.**, Cavanaugh, D. L., & Russo, C. F. (2021, May). *Being bad can make you better: How to deliberately improve your adventure therapy and experiential practice*. Presented at the Association for Experiential Education's Northwest Regional Conference, Virtual Presentation.
- Mungai, N., Velander, F., Short, M., **Dobud, W. W.**, Osburn, L., Mlcek, S., & Morison, A. (2020, November). *Justice and peace: The relationship between activism and social work education*. Presented at the Australian and New Zealand Social Work & Welfare Education & Research Virtual Symposium, Virtual Presentation.
- Natynczuk, S. & **Dobud, W. W.** (2020, November). *Leave no trace: Implications from the ethics of sustainability for solution-focused practice outdoors*. Presented at the Solution-Focused Brief Therapy Association's Online Conference, Virtual Presentation.
- Dobud, W. W.** (2019, August). *Through the eyes of the participant: What we can learn from adventure therapy experiences*. Paper presented at the Australian Association for Bush Adventure Therapy's National Forum, Natural Bridge, QLD.
- Dobud, W. W.** (2019, August). *Relationships that work: Fostering favourable therapeutic alliances with adolescents in adventure therapy settings*. Paper presented at the Australian Association for Bush Adventure Therapy's National Forum, Natural Bridge, QLD.
- Dobud, W. W.** (2018, September). *To chart a course: How we can improve our adventure therapy practice*. Paper presented at the 8th International Adventure Therapy Conference, Stanwell Tops, NSW.
- Natynczuk, S. & **Dobud, W. W.** (2018, September). *Re-introducing humanity to adventure therapy with solution-focused brief therapy*. Paper presented at the 8th International Adventure Therapy Conference, Stanwell Tops, NSW.
- Dobud, W. W.** (2017, April). *Solution focused adventure therapy: Co-adventuring with at-risk youth*. Presented at the Third Australian and New Zealand Solution Focused Conference, Adelaide, SA.
- Dobud, W. W.** (2017, April). *Just how good are you? Routinely monitoring your BAT performance for improving your effectiveness*. Presented at the AABAT Forum, Candlebark, VIC.
- Dobud, W. W.** (2016, November). *Co-adventuring in adventure therapy*. Presented at the

OEASA State Outdoor Educators Conference, Adelaide, SA.

Dobud, W. W. (2016, November). *Consumer-driven, recovery-oriented practice: Using feedback-informed treatment to improve consumer participation*. Paper presented at the 5th Rural and Remote Mental Health Symposium, Kingscliff, NSW.

Dobud, W. W. (2016, April). *Client-directed adventure therapy*. Presentation at the AABAT Forum, Adelaide, SA.

Dobud, W. W. (2015, July). *Matching adventure therapy interventions to client strengths fostering stronger therapeutic rapport*. Presented at the 7th International Adventure Therapy Conference, Denver, CO.

Dobud, W. W. (2014, April). *Speaking their language: Matching therapeutic interventions to client strengths in outdoor settings*. Presented at the 18th National Outdoor Education Conference, Adelaide, SA.

Dobud, W. W. (2014, April). *Speaking their language: Matching therapeutic interventions to client strengths*. Presented at the ANZMHA's No2Bullying Conference, Gold Coast, QLD.

Reviews for Books or Journals

2023	Invited Reviewer, <i>Child & Youth Care Forum</i>
2022	Invited Reviewer <i>Ecopsychology</i>
2021-present	Invited Reviewer, <i>Child and Youth Services Review</i>
2021-present	Invited Reviewer, <i>Journal of Experiential Education</i>
2021-present	Invited Reviewer, <i>Psychotherapy</i>
2019	Invited Reviewer, <i>Journal of Outdoor and Environmental Education</i>

Industry Consulting, Program Advisory, & Steering Committee Activities

2023	Blue Ridge Wilderness Therapy, Georgia, United States
2022-present	Youth, Inc., Adelaide, South Australia
2022-present	Adventure Therapy Latvia, Riga, Latvia
2020-present	Adventure Specialties Trust, New Zealand
2020-2022	Baptist Care SA's Tumbelin Farm, Mount Barker, South Australia
2019-present	Gippsland Adventure Therapy, Australia
2019-present	Converging Currents Counselling, Kelowna, British Columbia
2018-present	Walk of Life Program, Brisbane, Queensland
2018-2021	Wild and Wonderful Life Counseling, Golden, Colorado
2016-present	Human Nature Adventure Therapy, Byron Bay, New South Wales
2016-present	Youth Flourish Outdoors, Brisbane, Queensland
2016-present	King's Baptist Grammar School, Golden Grove, South Australia
2015-2023	Sørlandet Hospital, Kristiansand, Norway
2017-2018	Victor Harbor High School, Victor Harbor, South Australia
2010-2013	Operation Flinders, Adelaide, Australia

Other Media

Moorhead, B. & **Dobud, W. W.** (2024). *Wilderness therapy: Does social work have a wild side?* Social Work Café.

Dobud, W. W. & Peterson, B. (2023). *All bodies outside: #48: Outdoor/adventure therapy and improving wellbeing with Will Dobud*. All Bodies Outside Podcast.

Moorhead, B. & **Dobud, W. W.** (2023). *Feedback-informed treatment*. Social Work Café.

MacDonald, J. B. (2022). *Exploring outdoor therapies with Dr Will Dobud*. Psych Attack Podcast.

Hill, R. & Dahlitz, M. (2022). *Will Dobud talks adventure therapy*. The Science of Psychotherapy Podcast.

Fineman, B. & Wiita, C. (2022). *Is good therapy just the absence of bad therapy? (with Dr Will Dobud)*. The Very Bad Therapy Podcast.

Gilbert, E. (2021, September). *The promise of outdoor therapies: Interview with Dr Will Dobud*. ABC Breakfast Radio with Ewan Gilbert. Retrieved from: <https://www.abc.net.au/radio/centralwest/programs/breakfast/breakfast/13531556>

SYN Panorama. (2021, September). *Taking therapy outdoors: Interview with Dr Will Dobud*. SYN Media. Retrieved from: <http://syn.org.au/taking-therapy-outdoors/>

White, W. (2021, July). *Dr Will Dobud, secure transport research*. Stories from the Field: Demystifying Wilderness Therapy.

White, W. (2021, January). *Dr. Will Dobud, teacher and researcher at Charles Sturt University, author, outpatient practitioner*. Stories from the Field: Demystifying Wilderness Therapy. Retrieved from: <https://podcasts.apple.com/us/podcast/dr-will-dobud-teacher-researcher-at-charles-sturt-university/id1440862416?i=1000504342580>

Dobud, W. W. & Cavanaugh, D. L. (2020). *The Adventure Therapy Collective Podcast* [Audio Podcast]. Retrieved from: <https://anchor.fm/adventuretherapy>

Fineman, B. & Wiita, C. (2019, October 28). *Misadventure therapy (with Will Dobud, MSW)* [Audio Podcast]. The Very Bad Therapy Podcast. Retrieved from: <https://www.verybadtherapy.com/episodes/episode-24-misadventure-therapy-with-will-dobud-msw>

Organising/Leading Workshops or Conferences

2015-2022 Conference Committee, Australian Association for Bush Adventure Therapy
2016-2018 Chair of Marketing Committee, International Adventure Therapy Conference

TEACHING

Subjects Coordinated and Taught Charles Sturt University (since 2018)

HCS102 – Communication and human services

WEL118 – Human service organisations

HCS200 – Social work theory and practice 1 (foundations)

HCS202 – Social work theory and practice 2 (micro practice)

HCS204 – Research methods

SPE211 – Foundations in social policy

WEL218 – Developing cross cultural competencies
WEL229 – Introduction to addiction studies
HCS300 – Social work theory and practice 3 (meso level practice)
WEL325 – Counselling skills for human services
HCS400 – Social work theory and practice 4 (macro level practice)
HCS406 – Social work and human rights
SWK423 – Ethics and social work practice
SWK500 – Social work and human services dissertation
SPE502 – Social work and social policy
SWK504 – Human service research methods
HCS507 – Social work theory and practice 1
HCS508 – Social work theory and practice 2 (micro practice)
HCS509 – Social work theory and practice 3 (meso level practice)
HCS511 – Social work theory and practice 4 (macro level practice)
HCS531 – Leading service development in human service organisations
HCS532 – Law for human services

SERVICE

Charles Sturt University's (CSU) Committees

2023-present	Standing Committee to the School Board
2021-present	Chair of CSU's Social work Theory and Practice Committee
2020-present	CSU's Social Work Learning and Teaching Committee
2020-present	CSU's Social Work Theory and Practice Committee
2020-present	CSU's School of Social Work and Arts Board
2020-present	CSU's Social Work Human Services Discipline Committee
2020-present	CSU's Social Work Research Committee

Field Supervision

HCS506 – Social Work Field Education 2	<i>ongoing</i>
HCS505 – Social Work Field 1	<i>ongoing</i>

References

Professor Nevin J. Harper

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Dr. Scott D. Miller

Co-founder, Center for Clinical Excellence

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