

WHO SUPPORTS THE SUPPORTERS?

Professional Network & Collaboration

Meaningful work is rarely held alone.

Wild Hearts is built upon a simple understanding:

Human beings grow through relationship.

This is true for participants.

It is equally true for facilitators, coaches, therapists, guides, and leaders.

No individual sees everything.

No individual carries every answer.

No individual is free from blind spots.

For this reason, Wild Hearts values collaboration, consultation, supervision, professional relationships, and ongoing dialogue with trusted colleagues and professionals.

This document explains how those relationships support the quality, safety, and integrity of our work.

01 **We do not work alone**

While participants may work directly with a particular facilitator, therapist, coach, guide, or program leader, the work itself is supported by a broader network of relationships.

Wild Hearts is intentionally collaborative.

Depending on the nature of a situation, this may include consultation with:

- Therapists
- Coaches
- Psychologists
- Physicians
- Medical specialists
- Outdoor professionals
- Educators
- Facilitators
- Supervisors
- Mentors
- Peer practitioners

The purpose is not to dilute responsibility.

The purpose is to strengthen it.

02 **Collaboration is a sign of responsibility**

Seeking support is not a sign of weakness.

Referring to another professional is not a sign of failure.

Consultation is not an admission of inadequacy.

In complex human work, collaboration is often one of the strongest expressions of professional responsibility.

Wild Hearts encourages facilitators and practitioners to seek guidance whenever additional perspective, expertise, or support may be beneficial.

03 Different professionals hold different expertise

No single person can competently fulfil every role.

Therapy is different from coaching.

Medicine is different from facilitation.

Psychiatry is different from outdoor leadership.

Education is different from emotional support.

Wild Hearts recognizes and respects these distinctions.

When participant needs exceed the scope of a facilitator's competence, appropriate referral, collaboration, or consultation may be recommended.

This is part of ethical practice.

04 **We value interdisciplinary thinking**

Human beings are complex.

For this reason, Wild Hearts values learning across disciplines.

Our work is informed by perspectives including:

- Somatic and body-based approaches
- Trauma-informed practice
- Psychology
- Neuroscience
- Nature-based learning
- Outdoor leadership
- Education
- Community development
- Relational work
- Traditional therapeutic approaches
- Experiential learning

No single framework is treated as the ultimate answer.

The aim is integration rather than ideology.

05 Referral is part of care

There are situations where another professional may be better positioned to provide support than Wild Hearts.

In such situations, participants may be encouraged to seek support from:

- Physicians
- Psychologists
- Psychiatrists
- Licensed therapists
- Medical specialists
- Crisis services
- Emergency services
- Other qualified professionals

Referral is not rejection.

It is an expression of care.

Sometimes the most responsible action is helping someone find the support that best matches their needs.

06 Supervision and reflection matter

Human work involves complexity.

It involves uncertainty.

It involves influence.

It involves responsibility.

For this reason, Wild Hearts values ongoing reflection, supervision, consultation, and professional development.

Facilitators are encouraged to continuously examine:

- Their motivations
- Their assumptions
- Their blind spots
- Their boundaries
- Their decision-making
- Their impact on participants

Self-awareness is part of professional responsibility.

07 Participants remain free to seek additional support

Wild Hearts encourages participants to maintain supportive relationships beyond the organization itself.

This may include:

- Therapists
- Physicians
- Coaches
- Mentors
- Spiritual advisors
- Trusted friends
- Family members
- Community networks

Wild Hearts is not intended to become the sole source of support in a participant's life.

Healthy support systems are often diverse.

08 Community strengthens resilience

One of the reasons Wild Hearts values community is because human beings rarely thrive in isolation.

Meaningful relationships, healthy feedback, mutual support, and shared experiences often contribute significantly to growth and wellbeing.

Community is not viewed as a replacement for professional support.

Nor is professional support viewed as a replacement for community.

Both have value.

Both matter.

09 Integrity is more important than certainty

Wild Hearts does not claim to have every answer.

We do not claim to possess a unique solution to human suffering.

We do not claim to be the only path.

What we do commit to is honesty about our limitations, openness to learning, and willingness to collaborate when collaboration serves participants and the work itself.

Integrity matters more than certainty.

10 The work is larger than any individual

Wild Hearts was founded through a belief in the power of nature, relationship, embodiment, community, and honest human encounter.

Those values are not dependent upon a single facilitator, teacher, therapist, guide, or leader.

The work becomes stronger when responsibility is shared.

The work becomes safer when support is shared.

The work becomes more sustainable when wisdom is shared.

Meaningful work is rarely created by isolated individuals.

It emerges through relationship.

Through dialogue.

Through accountability.

Through learning.

Through community.

Wild Hearts is committed to building and maintaining a network of relationships that supports both participants and practitioners.

Not because anyone can hold everything alone.

But because nobody should have to.

Together, we see more.

Together, we learn more.

Together, we hold more.