

WHAT DOES WILD HEARTS DO AND NOT DO?

Scope of Practice

What we do, what we do not do, and why that matters.

Wild Hearts exists to support people in reconnecting with themselves, their bodies, their relationships, their communities, and the natural world.

We work through a combination of coaching, facilitation, therapeutic approaches, nature-based experiences, outdoor challenge, education, embodiment practices, retreats, circles, and personal development programs.

This document exists to clarify the scope and limits of our work.

Clear boundaries support safety.

They protect participants, facilitators, and the integrity of the work itself.

01 What Wild Hearts offers

Wild Hearts supports personal growth, emotional development, self-awareness, embodiment, relational capacity, resilience, and meaningful engagement with life.

Depending on the specific program, this may include:

- Somatic and body-based awareness
- Emotional literacy and emotional stabilization
- Nature-based learning and development
- Personal reflection and self-discovery
- Coaching and mentoring
- Group facilitation
- Retreat experiences
- Outdoor challenge and adventure-based learning
- Relationship and communication skills
- Community and belonging
- Integration and personal responsibility

The intention of these offerings is not to fix people.

The intention is to support greater awareness, capacity, choice, and connection.

02 What Wild Hearts does not provide

Wild Hearts is not a medical service.

Wild Hearts does not provide:

- Medical diagnosis
- Medical treatment
- Psychiatric care
- Emergency mental health services
- Crisis intervention
- Medication management
- Psychological assessment
- Legal advice
- Financial advice

Participation in Wild Hearts programs should never be understood as a substitute for appropriate medical, psychological, psychiatric, or professional care.

03 Therapy, coaching, facilitation, and education are different

Wild Hearts may offer services that include therapeutic, coaching, educational, and facilitative elements.

These are not identical activities.

Different programs may have different objectives, methodologies, and levels of support.

Participants are encouraged to understand the nature of the specific program in which they are participating.

Not every Wild Hearts offering is therapy.

Not every Wild Hearts offering is coaching.

Not every Wild Hearts offering is education.

Clear descriptions are provided wherever possible.

04 Outdoor challenge is not therapy

Nature and outdoor experiences can be deeply transformative.

However, an outdoor challenge, expedition, adventure, climb, hike, solo experience, or nature immersion is not automatically therapy.

While meaningful insights and healing experiences may emerge through these activities, they should not be confused with clinical treatment.

Outdoor challenge is used as a context for learning, awareness, self-discovery, responsibility, and development.

It is not presented as a cure or treatment for psychological conditions.

05 We do not promise outcomes

Every person arrives with a unique history, nervous system, personality, and life situation.

For this reason, Wild Hearts does not guarantee specific outcomes, results, breakthroughs, healing experiences, relationship changes, or personal transformations.

Growth happens differently for different people.

Our commitment is to the quality and integrity of the process.

Not to guaranteed results.

06 Participants remain responsible for their own decisions

Participants are responsible for the choices they make before, during, and after their involvement with Wild Hearts.

Facilitators may offer reflections, perspectives, challenges, practices, and invitations.

They do not make decisions on behalf of participants.

Major life decisions, relationship decisions, medical decisions, financial decisions, and professional decisions remain the responsibility of the individual.

07 Referral is a strength, not a failure

There are situations in which additional support may be more appropriate than participation in a Wild Hearts program.

There are also situations where collaboration with other professionals may be beneficial.

When appropriate, Wild Hearts may encourage participants to seek support from:

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

Referring someone to appropriate support is not a limitation of the work.

It is part of responsible practice.

08 We work within our competence

Facilitators, coaches, therapists, guides, and guest teachers are expected to work within the limits of their training, qualifications, experience, and capacity.

No individual is expected to hold every situation.

No facilitator is expected to be an expert in every domain.

Wild Hearts values humility, collaboration, and appropriate consultation.

09 Participation may not be appropriate for everyone

Certain programs may involve emotional intensity, physical challenge, solitude, group processes, nature immersion, or demanding environmental conditions.

Participation may not be appropriate for everyone at every moment of life.

Applicants may occasionally be encouraged to postpone participation, seek additional support, or choose a different program if this appears to be in their best interest.

This is not exclusion.

It is an expression of care and responsibility.

10 The role of Wild Hearts

Wild Hearts is not here to tell people who they should become.

We are not interested in creating dependency.

We are not interested in creating followers.

We are not interested in becoming authorities over people's lives.

Our role is to create environments where people can encounter themselves, reality, community, challenge, nature, and life more honestly.

What participants do with those encounters remains their own responsibility.

Boundaries do not diminish the depth of this work.

They make depth possible.

Knowing what we do and what we do not do allows trust to grow.

Wild Hearts is committed to offering meaningful experiences, honest relationships, responsible guidance, and clear limits.

Both matter.

Depth and boundaries. Challenge and care. Freedom and responsibility.
