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**The Training Academy of the Eschwege Institute**

## **Nature based tools for modern day youth mentors**

**Change Process and Vision Quest Guides and their work with youth**

**Why do we need these tools?**

Many of the problems in today's work with young people arise during the transition period from adolescence to adulthood. The difficulties involved in this life changing experience are often not recognized or are misunderstood.

From an archetypal point of view, young people are heading out on their own personal journey to become a "hero". And of course, they all have the wish to return transformed and crowned with success.

When such journeys end in disorientation, crime, drug addiction or other kinds of stagnation, this is often the result of there being no adults available who have been trained to be modern day mentors and who can guide young people through that journey in an appropriate and helpful way.

Our research into this topic has shown us for example that young people in life transition crises are following archetypal patterns. There are ancient strategies of coping with such crises which can be studied in order to better understand what young people are doing and why.

We have also become aware that without the guidance and companionship of an adult mentor, young people will almost always fail in their so called "self initiation attempts".

In order to "pass the tests" on their journey to becoming a "hero", young people are forced to face up to their own shadows. They have to deal with all impressions /experiences/teachings made during childhood (the good and the bad) and to learn to stomach them – only what they are able to integrate will remain and form the new adult.

So many young people today have good reasons for not opening their own Pandora's Box and they often try to put it off until a later date. They need a modern mentor beside them, someone who can encourage them to open the box and to hold them whilst doing so.