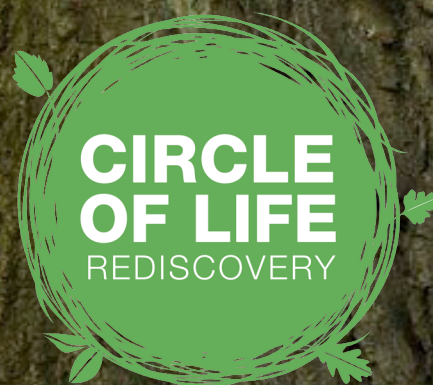


# Fully funded Training for NHS staff



Take part in researching the implementation of nature-based training in NHS Mental Health services

## Gain the skills and confidence you need to take your practice outdoors

### Why take this course

Nature connection is a powerful therapeutic tool for supporting people living with a wide range of mental and physical health conditions. If you are thinking about taking people, young and old, outdoors, either on a one to one basis or in groups, then this course is the best place to start.

This training brings together best practice and theory from nature connection, eco-psychology, embodiment, resilience, mental health and neuroscience to enable working with individuals and groups of all ages.

### How you will learn

Through a combination of experiential learning, webinars and online resources, you'll gain the confidence and competence to work with people in a range of outdoor settings.

### You'll learn:

- ✓ A therapeutic nature-based model that meets your clients' whole health: mind, body, social and environmental relationships
- ✓ Nature connection, neuroscience and supporting mental health
- ✓ Practical outdoor nature-based skills and activities
- ✓ Adapting activities to a range of green spaces
- ✓ How to be a reflective practitioner
- ✓ Practical skills to minimise risks associated with taking groups in your care outdoors
- ✓ Ways of embodying your own nature based relationships in order to stimulate and balance clients brain body relationships



*"Stepping out into nature from our traditional indoor setting, frees my clients from the constraints of eye contact helping them relax, and facilitates trust and conversations."*

- Quote from previous student

## Who is the course for?

Priority will be given to NHS staff who work with young people with severe mental ill-health and complex needs.

- Psychiatrists
- Psychotherapists or psychologists
- Health professionals

- Mental health workers
- Occupational therapists
- Art, drama or play therapists

*"I'd foreseen many practical difficulties in taking my NHS practice outside. This Course has made outdoor therapy seem really doable."*

### Key dates

Part 1 in the woods:	18th – 20th October 2023, 9.00am – 5.00pm
Webinar 1:	Monday 6th November 2023: 5.30pm to 7.30pm
Webinar 2:	Monday 27th November 2023: 5.30pm to 7.30pm
Webinar 3:	Monday 15th January 2024: 5.30pm to 7.30pm
Webinar 4:	Monday 5th February 2024: 5.30pm to 7.30pm
Part 2 in the woods:	Friday 9th February 2024, 9.00am – 4.00pm

*Refreshments included on our woodland days.*

### Course summary

Number of units	4
How long will it take?	31 hours guided face to face learning 18 hours private study/ work experience 8 hours online webinars

**Cost:** Free but participants should be willing to participate in up to 2 interviews and complete questionnaires.

To find out more and book [click here](#) or scan QR code:



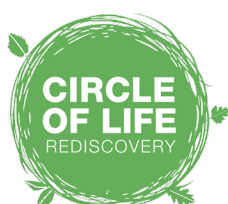
## Who we are

Winner of Therapeutic Services Provider of the Year 2022/3 - Corporate LiveWire Global Awards

Circle of Life Rediscovery is a multi-award-winning Community Interest Company, transforming education, health and family and supporting people to reach their potential through nature. This course is run by recognised experienced practitioners. We have pioneered green

interventions while working with NHS departments – CAMHS, FISS CAMHS, Early Psychosis, Dementia, LACAMHS and more.

Since 2009 CLR has taught teachers, health professionals and outdoor practitioners skills to take educational and therapeutic programmes outdoors. At the same time, we provide nature-centred learning and therapeutic experiences for young people, adults and families in our stunning Sussex woodland site.



[circleofliferediscovery.com](https://circleofliferediscovery.com)

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