

Certificate in Nature-Based Practice



Get the skills and confidence you need to take your practice outdoors

Are you thinking about taking groups of people, young and old, outdoors?

Then the Certificate in Nature-Based Practice is the best place to start your training.

The Certificate In Nature-Based Practice

Enables you to take your first steps and equip you with the tools to go outdoors.

Green interventions:

- Free clients from the constraints of eye contact
- Facilitate conversations
- Build self-esteem by giving clients a sense of achievement
- Improve mental health for participants and staff

How nature-based practice works

Being outside releases people from worries and concerns. And is known to relieve common health conditions such as anxiety and depression.

You'll learn a therapeutic nature-based model that meets your clients' whole health: mind, body, social and environmental relationships.

And practical skills to minimise risks associated with taking groups in your care outdoors.

Learn from experienced tutors

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

Key benefits for practitioners at a glance

- **Experiential teaching:** You'll learn through experience, reflection and doing
- **Confidence:** You'll learn how to host a session that is health and safety and insurance compliant
- **Adaptability:** You'll learn how to tailor activities to accommodate clients' individual needs and preferences

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



What you'll learn

- The role of nature in mental health
- Practical outdoor nature-based skills and activities
- Effective nature based therapeutic interventions for a range of issues
- How to be a reflective practitioner
- Safety in practice

FAQs

Who is the Certificate In Nature-Based Practice Training for?

The course is ideally suited to professionals that support children, young people and adults in their care, such as:

- Psychiatrists
- Psychotherapists or psychologists
- Health professionals
- Mental health, social or youth workers
- Teachers
- Occupational therapists
- Art, drama or play therapists
- Creative practitioners
- Family, support, time & recovery workers

I don't have access to woodland. Can I do these activities elsewhere?

Yes, you can. You can adapt all activities to different circumstances.

Is this a recognised qualification?

No. Experienced practitioners developed this course to provide comprehensive theoretical and practical training. We're a recommended training provider of Nature-based Practice by the Royal College of Psychiatrists.

Course outline

Number of units	4
How long will it take?	37.5 hours guided learning
Includes:	23 hours private study/work experience 12 hours online webinars

Course features

- Four days direct training: (2 parts: 3 days; 1 day (post-delivery))
- Plan and deliver three sessions in a green space
- Comprehensive nature-based practitioner manual
- Six webinars
- Access to an online portal for additional resources
- Group supervision for delivery of sessions and your specific field of practice
- Reflective diary: showing evidence of reflections during the course and home-based study
- Access to The Outdoor Teacher's Forest School Activities Online Training Course. Includes:
 - 100 videos and resources and step by step instructions
 - A bumper pack of additional inspiring activities and ideas to use in your forest school sessions
 - Core nature and forest skills underpinned by safe and person-led practice

Find out more

Learn more about how the Certificate in Nature-Based Training gives you the skills you need to take your practice outdoors.

Read course details:

<https://rb.gy/bngsrf>

Circle of Life Rediscovery CIC, 29 Mill Mead, Ringmer, Lewes, East Sussex BN8 5JG
Telephone: 01273 814226 Email: info@circleofliferediscovery.com
Website: www.circleofliferediscovery.com

