

# CERTIFICATE IN NATURE-BASED PRACTICE

CIRCLE OF LIFE  
REDISCOVERY



## WHEN:

Part 1 in the woods: October 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> 2024  
Part 2 in the woods: February 14<sup>th</sup> 2025 with four webinars in between



## WHERE:

Our stunning woodland setting - Mill Woods, off Park Lane, near Laughton, East Sussex, BN8 6BP

## 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?

The course is suited to professionals who support children, young people and adults, including:

- 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’d foreseen many practical difficulties in taking my NHS practice outside. This Course has made outdoor therapy seem really doable.”*

*- Quote from previous student*

### Key dates

Part 1 in the woods:	October 16 <sup>th</sup> , 17 <sup>th</sup> , 18 <sup>th</sup> 2024, 9.00am – 5.00pm
Webinar 1:	28 <sup>th</sup> October 2024, 5.30pm – 7.30pm
Webinar 2:	11 <sup>th</sup> November 2024, 5.30pm – 7.30pm
Webinar 3:	13 <sup>th</sup> January 2025, 5.30pm – 7.30pm
Webinar 4:	27 <sup>th</sup> January 2025, 5.30pm – 7.30pm
Part 2 in the woods:	February 14 <sup>th</sup> 2025, 9.00am – 4.00pm

### 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	£980

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

Four or more places: £720 each, individual place: £980

Price includes refreshments on our woodland days.

[Bursary: click here for application form](#)



## 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.



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