

# Nature-Based Training for Psychiatrists and GPs



*Integrate nature into your practice of mental health care.  
Expand your clinical perspective. Support meaningful change.*

This two-day course, tailored to Psychiatrists and GPs, has been developed in collaboration with the EcoCAMHS group within the Royal College of Psychiatrists.

It offers a clear, clinically grounded introduction to nature-based and ecotherapeutic practice - supporting you to understand how nature can be integrated into mental health care through appropriate pathways, green social prescribing, and service development.

You may be new to this field, curious about the evidence and application, or interested in expanding your therapeutic toolkit - both for your patients and your own wellbeing.



**18th & 19th June 2026**  
**9.30am - 5.00pm**



**Our woodland site near Laughton,  
East Sussex, BN8 6BP**

**£360 Group discounts available**

*Participants receive a Certificate of  
Attendance. Includes refreshments.*



Place

Direct experience in nature



People

Connection and shared experience



Practical

Hands-on, embodied learning



Practitioner

Reflection, restoration and integration

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



# Nature-Based Training for Psychiatrists and GPs

## Why take this course

Many clinicians are supporting increasing levels of anxiety, stress and complexity, often with limited options beyond medication and talking therapies. Nature-based practice is increasingly recognised as a credible, structured and evidence-informed approach that can support prevention, early intervention, and therapeutic work.

This experiential training introduces key mechanisms through which nature supports mental health, including:

- Nervous system regulation
- Embodied experience and movement
- Reduced intensity of clinical interaction
- Reflection through metaphor and environment
- Connection to place, others and community.

## NEUROBIOPHILIA

### You will:

- Understand how nature-based interventions fit within primary and secondary care pathways
- Explore Green Social Prescribing in practice
- Gain confidence in when and how to refer to, or integrate, nature-based approaches
- Experience the benefits of nature-based practice for yourself

**This is not about simply “taking therapy outdoors,” but about a shift towards a more relational way of working, which can sit alongside and extend existing clinical practice.**



Marina Robb and Jon Cree,  
course lead facilitators

### Training Content

- Nature connection, ecotherapy and mental health
- Neuroscience and nervous system regulation in natural environments
- Experiential and embodied approaches to therapeutic practice
- Sensory awareness, immersion and co-regulation
- Story, metaphor and reflection in ecotherapeutic work
- Green Social Prescribing pathways and clinical application
- Health, safety and risk-benefit in outdoor settings
- Practical outdoor skills, including fire, food and hand tools
- Restoring your own nature connection and professional wellbeing.



### Who we are

Circle of Life Rediscovery is a multi-award-winning Community Interest Company working at the intersection of nature, learning and mental health.

We have pioneered nature-based interventions across primary and secondary care, working in partnership with NHS services including CAMHS, Early Psychosis, Dementia, and Children in Care teams, with support from Natural England and a growing evidence base.

Since 2009, we have trained health professionals, educators and practitioners to deliver safe, structured and relational nature-based programmes, alongside providing therapeutic woodland programmes for young people, adults and families.

**Winner of Gold and Silver Awards in the Sussex Partnership NHS Positive Practice Awards (2024).**



Visit: [circleofliferediscovery.com/nature-based-training-for-psychiatrists/](https://circleofliferediscovery.com/nature-based-training-for-psychiatrists/)

**Circle of Life Rediscovery (CIC)**

Nature-based Learning, Connection and Wellbeing

