

FOREST THERAPY INTRODUCTION

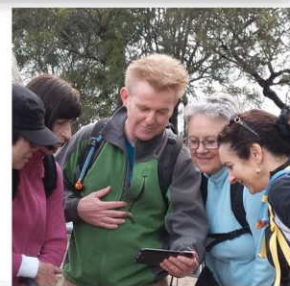


Enrol in the **ANFTA-Certified Forest Therapy Introduction Workshop, 12 to 16 September 2018.**

Experience a first comprehensive overview and insight into the healing practice of Forest Therapy. Participate in a comprehensive five-day, all-inclusive retreat at the salubrious and tranquil setting of the Yarra Ranges National Park in Victoria.

5-DAY EXCLUSIVE RETREAT ONLY A\$ 2,500

Forest Therapy is an evidence-based framework to reduce stress and blood pressure, strengthen the immune and cardiovascular systems, boost energy, mood, creativity and concentration. That's right, science has proven that time in nature makes you happier, healthier and smarter! In Japan, the practice is called "*Shinrin-yoku*" or "forest immersion". During the retreat you will be invited to connect with and experience the psychological, emotional and spiritual healing of nature in beautiful, lush forested trails in the Yarra Ranges. Participants will be guided by professionally trained **ANFTA-Certified Forest Therapy Guides** through a plethora of mindfulness practices and mentoring techniques. Do not miss this unique experience of sensory and nature connection best-practice which supports healing and wellness in nature. *Pallotti College* with its 200 hectares of spectacular landscape and natural forest offers an ideal space for your own path of learning, healing and well-being through nature.



CERTIFIED FOREST THERAPY GUIDE TRAINING



The workshop is suited for anyone interested in this innovative form of preventive medicine and Public health, incl. those who are active in clinics, spas, specialized resorts, hotels and wellness centers, in Government departments, organisations, companies or running their own practice. **ANFTA's Forest Therapy Introduction** adheres strictly to the **International Core Curriculum for Forest Therapy** validated by experts from over 20 countries in Europe, America, Asia and Australia in 2017.

Elements of the International Core Curriculum		Yes	No	Not Applicable
3	Planning, conduct and evaluation of Guided Forest Therapy Walks			
3.1	The need and prerequisites for Guided Forest Therapy Walks			
3.2	Personal requirements			
3.2.1	Leadership and management skills			
3.2.2	Outdoor recreation skills and experience			
3.3	Selection criteria for suitable locations and trails for guided walks			
3.4	Areas of application of Guided Forest Therapy			
3.4.1	Forest Therapy for the general Public in parks and forests			
3.4.2	Forest Therapy for tourism, sport, hikers and resorts			
3.4.3	Forest Therapy for health care facilities			
3.4.4	Forest Therapy for corporate clients			
3.5	Risks, aspects of security and First Aid during emergency situations			
3.6	Dealing with client and target group specifics			
3.6.1	Group composition - homogeneity versus heterogeneity			
3.6.2	Principles of guiding and including individuals and groups			
3.6.3	Guided Forest Therapy walks for children			
3.6.4	Guided Forest Therapy walks for adults			
3.6.5	Guided Forest Therapy walks for elderly people or people in special care			
3.6.6	Guided Forest Therapy walks for people with specific disabilities, handicaps or special mental needs			
3.7	Planning and designing Forest Therapy sessions			
3.7.1	Types of exercises and therapeutic activities			
3.7.2	Aspects of de-stressing clients			
3.7.3	Diversifying the sensory perception of clients			
3.7.4	Individual exercises and tasks			
3.7.5	Group-related exercises and tasks			
3.7.6	Clearly awareness, feedback and evaluation			
3.8	Methods of evaluation and assessment			
3.9	Administrative and legal aspects of Forest Therapy			
3.10	Business and marketing aspects of Forest Therapy			
4	Supervised Guided Forest Therapy Walk and Final Written Test			
4.1	Preparing for a supervised Guided Forest Therapy Walk			
4.2	Preparing for the Final Written Test			
4.3	Final training aspects			
4.3.1	Feedback			
4.3.2	Employment issues			
4.3.3	National and international memberships and networks for Certified Forest Therapy Guides			

ANFTA's Forest Therapy Introduction comprises:

- compact introductory workshop (40 hrs over five days)
- theoretical and practical training
- brief theoretical and practical examination
- ANFTA Certificate of Participation

ANFTA is the Australasian authority setting standards for and organizing the training of Forest Therapy Guides in the region. This is done in close collaboration with established research institutes, organizations and companies as part of an international framework. ANFTA has selected *In My Nature* as the Melbourne-based professional training provider.



ANFTA

Australasian Nature and Forest Therapy Alliance

represented by *In My Nature* Melbourne



anfta.org

call and book now at 0425-495684

inmynature.life



ANFTA-ICFT-HE-1FTG43218