

# FOREST THERAPY INTRODUCTION



Enrol in the **INFTA-Certified Forest Therapy Introduction Workshop, 28 November - 2 December 2018.**

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

## 5-DAY EXCLUSIVE WORKSHOP 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. Science and research have proven that time in nature makes you happier, healthier and smarter! In Japan, the practice is called *"Shinrin-yoku"* or "forest immersion". During the workshop 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 **INFTA-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 the nearby Redwood Forest offer an ideal space for your own path of learning, healing and well-being through nature.



## CERTIFIED FOREST THERAPY GUIDE TRAINING



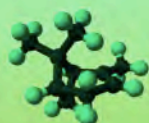
The workshop is suited for anyone interested in this innovative form of preventive medicine and Public health, incl. those who are active in clinics, spas, specialized resorts, hotels and wellness centers, in Government departments, organisations, companies or running their own practice. **INFTA's Forest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

Elements of the International Core Curriculum		by theme	by country	by gender
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			
3.2.3	Selection criteria for suitable locations and trails for guided walks			
3.3	Areas of application of Guided Forest Therapy			
3.3.1	Forest Therapy for the general public in parks and forests			
3.3.2	Forest Therapy for tourists, spas, hotels and resorts			
3.3.3	Forest Therapy for health care facilities			
3.3.4	Forest Therapy for corporate clients			
3.3.5	Risks, aspects of security and First Aid during emergency situations			
3.4	Dealing with client and legal group specifics			
3.4.1	Group composition – heterogeneity versus homogeneity			
3.4.2	Principles of guiding and motivating individuals and groups			
3.4.3	Guided Forest Therapy walks for children			
3.4.4	Guided Forest Therapy walks for adults			
3.4.5	Guided Forest Therapy walks for elderly people or people in aged-care			
3.4.6	Guided Forest Therapy walks for people with specific diseases, handicaps or special needs			
3.5	Planning and designing Forest Therapy sessions			
3.5.1	Types of exercises and therapeutic intentions			
3.5.2	Aspects of addressing clients			
3.5.3	Strengthening the sensory perception of plants			
3.5.4	Individual exercises and tasks			
3.5.5	Group-related exercises and tasks			
3.5.6	Closing ceremonies, feedback and evaluation			
3.6	Methods of evaluation and assessment			
3.6.1	Administrative and legal aspects of Forest Therapy			
3.6.2	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			

**INFTA's Forest Therapy Introduction** comprises:

- compact introductory workshop (40 lessons over five days)
- theoretical and practical training and assessment
- full-board, single-room accommodation
- INFTA Certificate of Participation

INFTA is the international peak body setting standards for and organizing the training of Certified Forest Therapy Guides. This is done in close collaboration with established research institutes, organizations and companies as part of an international framework. *In My Nature* has been endorsed officially as INFTA-Accredited Forest Therapy Training provider in Victoria.



# INFTA

International Nature and Forest Therapy Alliance

represented by *In My Nature* Melbourne



infta.net

book online or call 0425-495684

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