

FOREST THERAPY INTRODUCTION



Enrol in the **INFTA-Certified Forest Therapy Introduction Workshop, 13-17 November 2019.**

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 physical 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



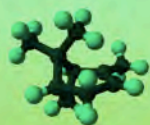
The workshop is suited for anyone interested in this innovative form of preventive medicine and Public health, incl. those who are active in clinics, spas, specialized resorts, hotels and wellness centers, in Government departments, organisations, companies or running their own practice. **INFTA's Forest 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		Pre-Workshop	Workshop	Post-Workshop
3	Planning, conduct and evaluation of Guided Forest Therapy Walks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.1	The need and prerequisites for Guided Forest Therapy Walks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.2	Personal requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.2.1	Leadership and management skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.2.2	Outdoor instruction skills and experience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.2.3	Selection criteria for suitable locations and trails for guided walks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.3	Areas of application of Guided Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.3.1	Forest Therapy for the general public in parks and forests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.3.2	Forest Therapy for tourism, sport, hotels and resorts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.3.3	Forest Therapy for health care facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.3.4	Forest Therapy for corporate clients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.3.5	Risks, aspects of security and First Aid during emergency situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4	Dealing with client and target group specifics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.1	Group composition – homogeneity versus heterogeneity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.2	Principles of guiding and motivating individuals and groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.3	Guided Forest Therapy walks for children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.4	Guided Forest Therapy walks for adults	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.5	Guided Forest Therapy walks for elderly people or people in aged care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.6	Guided Forest Therapy walks for people with specific diseases, handicaps or special needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.5	Planning and designing Forest Therapy sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.5.1	Types of activities and therapeutic intentions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.5.2	Aspects of de-stressing clients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.5.3	Strengthening the sensory perception of clients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.5.4	Individual exercises and tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.5.5	Group-related exercises and tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.5.6	Closing ceremonies, feedback and evaluation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6	Methods of evaluation and assessment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6.1	Administrative and legal aspects of Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6.2	Business and marketing aspects of Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Supervised Guided Forest Therapy Walks and Final Written Test	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.1	Preparing for a supervised Guided Forest Therapy Walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.2	Preparing for the Final Written Test	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.3	Final testing aspects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.3.1	Feedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.3.2	Employment issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.3.3	National and international memberships and networks for Certified Forest Therapy Guides	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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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