

Evaluation of the International Core Curriculum Forest Therapy

Dr. Dieter Kotte (ANFTA) and Gisela Immich, M.Sc. (LMU)

The following structure reflects the International Core Curriculum proposed to train Forest Therapy Guides. It is supplemented by specific national features not listed and to be validated here.

Please evaluate each individual element of the International Core Curriculum below whether you consider it 'very important', 'important' or 'not important'. Then tick the respective box in each line (✓). Do not tick more than one box per line. You have the option of providing additional comments below.

Thank you very much for your assistance!

Elements of the International Core Curriculum	very important	important	not important
1 The Public Health Concept of Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.1 Introduction to the Public health concept of Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.2 The Japanese approach of Shinrin-yoku (森林療法)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.3 The South Korean approach of Sanlimyok (산림욕)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.4 International approaches to Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.4.1 Forest Therapy in Australia and New Zealand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.4.2 Forest Bathing in the USA and Canada	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.4.3 Forest Therapy in Germany	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.4.4 Forest Therapy in other European countries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.4.5 Forest Therapy in other Asian countries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.5 Efforts and requirements for an international standard of Forest Therapy Guide training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Theoretical Foundations of Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.1 The biotope 'forest'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.1.1 Biophilia and the importance of 'green space'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.1.2 Different types and properties of forests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.2 Definition, specifics and purpose of Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.3 Overview of research on Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.3.1 Using nature and forests for social and recreational purposes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.3.2 Using nature and forests for physical activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.3.3 Using nature and forests for health and medical purposes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.4 Major health benefits of Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.4.1 The important role and function of phytoncides	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.4.2 Physiological and biochemical effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.4.3 Medical effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.4.4 Affective, cognitive and psycho-social effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.5 Information, literature and new developments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Elements of the International Core Curriculum		very important	important	not important
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 recreation skills and experience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.3	Selection criteria for suitable locations and trails for guided walks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4	Areas of application of Guided Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.1	Forest Therapy for the general Public in parks and forests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.2	Forest Therapy for tourism, spas, hotels and resorts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.3	Forest Therapy for health care facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.4.4	Forest Therapy for corporate clients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.5	Risks, aspects of security and First Aid during emergency situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6	Dealing with client and target group specifics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6.1	Group composition – homogeneity versus heterogeneity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6.2	Principles of guiding and motivating individuals and groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6.3	Guided Forest Therapy walks for children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6.4	Guided Forest Therapy walks for adults	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6.5	Guided Forest Therapy walks for elderly people or people in aged-care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.6.6	Guided Forest Therapy walks for people with specific diseases, handicaps or special mental needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.7	Planning and designing Forest Therapy sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.7.1	Types of exercises and therapeutic invitations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.7.2	Aspects of de-stressing clients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.7.3	Strengthening the sensory perception of clients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.7.4	Individual exercises and tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.7.5	Group-related exercises and tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.7.6	Closing ceremonies, feedback and evaluation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.8	Methods of evaluation and assessment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.9	Administrative and legal aspects of Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.10	Business and marketing aspects of Forest Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Supervised Guided Forest Therapy Walk 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 training 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"/>

Feel free to make additional remarks below (you can click on the lines and type in your text):
