



# INFTA

International Nature and Forest Therapy Alliance



INFTA Accredited Training Provider

## International Forest Therapy Guide Training 2022

INFTA is currently accepting applications for the [international online blended learning option 28-30 January 2022](#). The three-day training will be held in the Australian Eastern Standard Time (AEST).

Two further in-person training options are open for applications:

- [Germany/EU • 14-18 March 2022](#)
- [Australia • 30 March – 3 April 2022](#)
- [for additional training dates click here](#)



Participants from around the world attended several *blended online training workshops* to become **INFTA-Certified Forest Therapy Guides**. This was not always an easy feat keeping in mind the different time zones of countries far apart like Costa Rica, Australia, Israel, the Netherlands and Lithuania.



In November 2021 another **INFTA Forest Therapy Guide Training** was successfully completed at the tranquil setting of Pallotti College, Victoria/Australia. It was the first face-to-face Forest Therapy training workshop after the long COVID-19 lockdown for people in Australia.

## INFTA and Charité Berlin embarked on training Clinical Forest Therapists

[INFTA Germany](#) – INFTA's non-for-profit daughter organization based in Hamburg – has designed a special Forest Therapy training sequence for interested medical personal and psychotherapists working at the [Charité Medical University Berlin](#).

The first batch of some 25 highly skilled participants began their training to become qualified as *Klinische Waldtherapeuten (Clinical Forest Therapists)* in October 2021. This training is part of a wider research project in Forest Therapy funded by the [Federal Ministry of Food and Agriculture](#). It offers participants additional valuable possibilities to treat their clients successfully.



## Podcast on Nature-deficit Disorder

In one of her latest [podcasts](#), Liz Cook chats with Susan Joachim, President of the [International Forest Therapy Alliance \(INFTA\)](#).

In this enlightening and inspiring discussion, it is explored how Forest Therapy can combat loneliness, enhance our immune health, improve our mental health and so much more.

25% off the [International Handbook of Forest Therapy](#)

Obtain your own copy of the [International Handbook of Forest Therapy](#).

Courtesy of our publisher, [Cambridge Scholars Publishing](#), you will receive an incredible 25% rebate if you check the [Book in Focus](#) review.



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## Forest Therapy for community health and wellbeing



In 2021, INFTA secured a number of local government grants to implement Forest Therapy as a Public health practice. These grants are vital in supporting community health and wellbeing.

Whether for councils or private organisations Forest Therapy walks and workshops support communities, making urban green spaces available to people and foster Public health by changing people's lifestyles to the better.

The photo shows participants after the Forest Therapy session offered to the community of Hobsons Bay by the [Louis Joel Arts and Community Centre Altona](#). This program is supported by the Hobsons Bay City Council through its *Make it Happen* grants.

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## PUBLIC HEALTH FOCUS – RESEARCH

There are a number of interesting publications out which are worth reading. Here are three of them:

1. [Naomi AS \(2020\) Access to Nature Has Always Been Important; With COVID-19, It Is Essential.](#)
2. [Kim JG & Shin WS \(2021\) Forest Therapy Alone or with a Guide: Is There a Difference between Self-Guided Forest Therapy and Guided Forest Therapy Programs?](#)
3. [Song C, Ikei, H, & Miyazaki, Y \(2021\) Effects of forest-derived visual, auditory, and combined stimuli.](#)

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## Free Community Guided Forest Therapy Walks – Summer/Autumn 2022

*Brimbank City Council – Kororoit Creek Neighbourhood House*

Free guided Forest Therapy sessions will recommence in February! Click [here](#) to register.

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**We wish all our trainees, workshop participants, newsletter readers and friends a Happy and Safe 2022**



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