



# INFTA

International Nature and Forest Therapy Alliance



INFTA Accredited Training Provider

## Just a few slots left for the next Forest Therapy Guide Training

INFTA has just a couple of exclusive training slots vacant at the next in-person training cohort:

- [Australia/VIC, 6-10 March 2024](#)



This five-day, experiential workshop forms the start to the supervised and mentored six-months practicum which qualifies you as an [INFTA-Certified Forest Therapy Guide](#).

**Please apply soon! (only three slots left)**

## Forest Therapy Guide Training online: start anytime, anywhere!

Obtain your international qualification as an INFTA-Certified and Accredited Forest Therapy Guide and enrol right now online:

- [Forest Therapy Guide Training \(English\)](#)
- [Forest Therapy Guide Training \(German\)](#)

### INTRODUCTION & OVERVIEW

- I. Welcome to your INFTA-Certified Forest Therapy Guide Training
- II. Welcome to the INFTA Learning Management System
- III. Introduction to the INFTA-Certified Forest Therapy Guide Training
- IV. What is Forest Therapy?
- V. Important Information for Assignments 1-10 - PLEASE READ CAREFULLY
- VI. Abbreviations
- VII. INFTA Forest Therapy Guiding Sequence
- VIII. INFTA Language of Connection
- IX. Health Benefits & Research
- X. Forest Therapy as a Public Health Practice

### ASSIGNMENT 1

- Welcome to Assignment 1

If you are interested in evidence-based, comprehensive and affordable training in Forest Therapy look no further: begin your **INFTA-Certified Forest Therapy Guide** training anytime, anywhere!

With a down-payment of only **USD 1,600**, you can start and become qualified as an INFTA-Certified Forest Therapy Guide **in just six months**. Payment plans are available!

## INFTA supports the American College of Lifestyle Medicine

It has been a great pleasure for INFTA's Secretary & International Strategic Advisor, A/Prof Dr Dieter Kotte, to give a guest lecture to interested medical professionals from the [American College of Lifestyle Medicine \(ACLM\)](#) in January 2024. The guest lecture outlined the most important health benefits of Forest Therapy as an evidence-based Public health practice. This allows the ACLM to instate "Nature as Medicine" as its 7<sup>th</sup> pillar of lifestyle medicine.



## 100 Years Kyoto Botanical Gardens - INFTA Forest Therapy Guide Training happens right at this pristine venue in June!

It will be a unique opportunity for all participants who join us at the **Kyoto Botanical Gardens**, Kyoto/Japan for the INFTA Forest Therapy Guide Training workshop, scheduled **12-16 June 2024**. Come and do not miss this once-in-a-life-time experience! INFTA has been invited to conduct several Public Forest Therapy sessions as part of the centennial celebrations of the Kyoto Botanical Garden.

Kyoto has been the old capital of Japan and this botanical garden is one of the most impressive of its kind in Japan. This workshop is not only ideal for Forest Therapy Guides who are already qualified and who wish to gain more practical, international experience. It is equally suited for new trainees who wish to be part of this exceptional opportunity to learn how to guide Public Forest Therapy sessions at the highest professional levels.

[Register your participation right here as there are limited places only.](#)



## Dr Kathleen Bagot – Reflections of a Forest Therapy Guide

*My first year of Forest Therapy guiding experiences in Naarm/Melbourne (Australia) has been startling. It began with completing my training to become a certified guide, accredited with the International Nature and Forest Therapy Alliance (INFTA). Soon after, I launched my nature-based business, complete with website and advertising adult and family-friendly forest therapy sessions.*

*During 2023, I have had the privilege to guide 106 participants (ONE HUNDRED AND SIX!!) through 12 Forest Therapy and Family Friendly sessions on Bunurong, Boonwurrung and Wurundjeri country. Many were held at Braeside Park, amongst the deep wisdom of river red gums and light heartedness of native orchids. Through INFTA, and alongside other INFTA-certified guides, I have also been able to guide at the Royal Botanic Gardens Victoria – under ancient oaks and towering ferns at Melbourne Gardens and beside rich red sands and the living fossil Wollemi pine at Cranbourne Gardens.*

*Participants have been just as diverse – those wanting to slow down, those celebrating or grieving, and families wanting to connect with nature and with each other. It is beyond words how special it is to hold space for them, offer immersive evidence-based practices, and witness nature's magic so closely. My forest therapy community includes many fabulous others – my training cohort peers, other local and international guides, those still in training, and many generous experts – sharing experiences, ponderings, insights and knowledge.*

*Guiding has brought countless special interactions. Heartfelt gratitude to 2023. I'm now looking forward to deepening my guiding connections and noticing what 2024 brings.*

Dr Kathleen Bagot, [Nothing Like Nature](#)

## Klinische Waldtherapie = Forest Therapy

There is an increasing demand for professionally-trained INFTA-Certified Forest Therapy Guides in Germany and the EU following the first major research project in Forest Therapy conducted by [INFTA Germany](#) in collaboration with Charité Medical University Berlin. As a result, the next Forest Therapy Guide training takes place in the mountain resort of [Wernigerode, 6-10 May, 2024](#). Forest Therapy is referred to as **Klinische Waldtherapie in Germany** which underscores its clinical effectiveness. [Please apply now](#) as there are only 12 training slots available. The language of instructions are English and German.



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