



INFTA

International Nature and Forest Therapy Alliance



INFTA Accredited Training Provider

Join the April 2026 cohort to become an INFTA-Certified Forest Therapy Guide

Now is the time to realize your dreams to become an **INFTA-Certified Forest Therapy Guide**: Join the April 2026 training cohort – an international group of like-minded professionals who all want to obtain the additional qualification in the area of Allied Health!

Sign up now to our new training cohort which resumes on 1 April 2026. Enjoy live mentoring sessions and the user-friendly and innovative INFTA Learning Management System. Reap the full benefits of the world-class training based on the International Core Curriculum of Forest Therapy. Becoming an INFTA-Certified Forest Therapy Guide has never been easier and more affordable.

Sign up now to the next [Forest Therapy Guide Training cohort in April 2026](#).



Exclusive INFTA-Certified Forest Therapy Guide Training in Germany/EU

Are you based in Europe, Canada or the USA? Then enrol in our [next exclusive INFTA-Certified Forest Therapy Guide training workshop at the picturesque town of Wernigerode](#), a highly sought after retreat and holiday area in the Harz mountains. Shortly, Wernigerode will become the focus of health & wellbeing tourism in the EU, when **Germany's first Forest Therapy Center** will open as part of a newly established medical clinic.

This introductory workshop is the precursor for the six-months, online-based, mentored and supervised practicum and constitutes an ideal start into the profession of becoming a Forest Therapy Guide as participants have the opportunity to guide their first Forest Therapy sessions for the Public right at the training location.

[Click here for more information and how to enrol in the training](#) which is delivered in German and in English.



Forest Therapy & EcoStar Accreditation

[Silent Tours](#) – run by our Forest Therapy Guide Stephen – has recently attained EcoStar accreditation. EcoTourism is based on the ethos of discovering nature in a way that actively conserves it, promoting environmental responsibility and supporting local communities. Silent Tours offers relaxing tours along Kununurra's Ord River using electric propulsion while implementing the philosophy of Nature Therapy to engage passengers with the environment.



Forest Therapy research and news from around the world

Our Grandparents were right!

A recent [scientific study conducted by researchers in Taiwan](#) demonstrated that *Linalool*, a naturally occurring phytoncide/terpene, bears significant therapeutic potential. Due to its antioxidant and anti-inflammatory effects, Linalool seems to be especially beneficial in neuroprotection – limiting the effects of diseases like Parkinson’s or Alzheimer’s. Linalool improved the motor and nonmotor behavioral deficits and muscle strength. The findings suggest that linalool potentially protects dopamine neurons and improves the impairment symptoms of neurodegenerative diseases.

Thus, take a good whiff of woody plants (like Rosewood and Cinnamomum camphora) and common herbs (like Lavender, Sweet Basil, Mentha, Sage, Thyme, Rosemary, and Oregano) which all contain high amounts of Linalool. These plants are crucial for strengthening our olfactory sense. But, as we know now, they also appear vital for protecting our brain. Instinctively, our grandparents and forefathers must have felt the health benefits of these plants – and *Linalool*!

Making nature more accessible to marginalized communities

On World Mental Health Day, INFTA’s President Susan Joachim joined a panel at RMIT University’s showcase of the global [RECETAS Project](#), which explores nature-based social prescribing as a pathway to mental health and community connection.

As an INFTA Forest Therapy Guide, Dr Nerkez Opacin noted that nature-based connection fosters calm, optimism, and dignity, particularly for those who have lacked these experiences in their daily lives.

"Our research found that the prescribed program decreased loneliness and increased feelings of connectedness to nature, while also improving overall well-being, cultural recognition, belonging, and confidence in forming new social connections."

Susan also reinforced the need for sustained investment to strengthen the evidence base and ensure nature-based wellbeing programs remain accessible to all communities.

‘Shinrin-yoku NW’

Elspeth Brock, Tasmania



"We are pleased to welcome Elspeth Brock to INFTA’s mentoring team. Elspeth has been a certified and accredited Forest Therapy Guide for six years and brings a depth of experience, professionalism, and heartfelt commitment to mentoring trainees.

In her new role as mentor, Elspeth will support guides-in-training as they progress through INFTA’s internationally recognised certification pathway. Our mentoring program is central to ensuring that every trainee receives the guidance, encouragement, and professional oversight needed to successfully complete their training. Elspeth’s calm leadership, practical wisdom, and genuine care for people make her an invaluable addition to this commitment."

Elspeth operates "Shinrin Yoku NW" in Tasmania, a respected practice grounded in integrity, presence, and a deep understanding of nature-based wellbeing.

‘The Forest Connection’

Josefine Greaterix, New South Wales



"Becoming a Forest Therapy Guide with INFTA has been one of the best decisions of my life. Through the training, I learned not only how to guide others but also how to listen deeply ... to the forest, to silence, and to myself. INFTA’s evidence-based approach beautifully combines science with the soul of nature connection. It has given me the tools to hold space for others to slow down, heal, and rediscover their innate belonging to the natural world. Today, I feel grounded, inspired, and deeply grateful to guide others on their own journey of connection and restoration."

Fine has set up her own company, Forest Connection, in New South Wales and regularly offers Forest Therapy sessions across the Greater Sydney area.

