



INFTA

International Nature and Forest Therapy Alliance



INFTA Accredited Training Provider

Join the October 2026 cohort and become a Forest Therapy Guide

Spring is in the air in Australia. This is the ideal time to become an **INFTA-Certified Forest Therapy Guide**: Join the October 2026 training cohort – our next group of professional trainees who wish to expand their career path and get actively engaged in Allied Health!

Sign up now to our new training cohort which resumes on 1 October 2026. Enjoy your personal mentor, live mentoring sessions and the user-friendly and our innovative INFTA Learning Management System during your six-months training. 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 here for the October 2026 Forest Therapy Guide Training cohort.](#)



Exclusive in-person Forest Therapy Introduction in Melbourne

You are already an INFTA-Certified Forest Therapy Guide and seek additional practical skills? You start your training to become an INFTA-Certified Forest Therapy Guide and want to conduct a Public Forest Therapy session? In both cases we strongly recommend to sign up for our **exclusive, four-day in-person Forest Therapy Introduction in Melbourne, 28-31 October 2026**.

Learning about conducting Public or corporate Forest Therapy sessions right at the Royal Botanic Gardens Melbourne offers you the ideal training ground. Here, 500+ Forest Therapy sessions have been conducted successfully since 2019!

[Register here for your exclusive training slot. But hurry: first come, first serve.](#)



Green Time is better than Screen Time

It is with great pleasure to announce that INFTA has been selected the winner of the 2026 Moving Melbourne Community Grant. Receiving the first prize of an advertising grant allows INFTA to promote Forest Therapy at the Royal Botanic Gardens Melbourne and Cranbourne to stressed commuters travelling with Metro Melbourne.



INFTA Forest Therapy Guides - Graduation Ceremony 2026

This year's **Graduation Ceremony for INFTA-Certified Forest Therapy Guides** who completed their training recently was held at the [Seasons Botanic Gardens Hotel](#) in Melbourne.

The Guest of Honour, Émer Harrington, Director Experience Melbourne at City of Melbourne, awarded the Certificates to the new batch of INFTA-Certified Forest Therapy Guides. Émer was instrumental to implementing Forest Therapy as an evidence-based Public health practice at the [Royal Botanic Gardens Victoria](#) in 2019.

Jeff Cranston, one of INFTA's Founding Board Members, as well as David Belli, Lead Trainer at the Institute of Forest Therapy, also spoke at the event.

The Graduation Ceremony provided an excellent opportunity for INFTA's Guide to network and extend their communication and dialogue with external stakeholders who were also present at the event.



'Nature's Lead'

Luke Humphries, Queensland



"I enrolled in the International Nature and Forest Therapy Alliance (INFTA) guide certification program, driven by a desire to go deeper, not just for myself, but to hold space for others to experience this too. What followed wasn't just a course. It was a process of unlearning, noticing, and reconnecting. The training wasn't rushed. It required practice, reflection, and patience. There were frameworks to learn, the guiding sequence, the art of invitation, the importance of language, but equally, there was a strong emphasis on embodiment."

Luke Humphries is the founder of "Nature's Lead", which offers guided Southern Highlands Forest Therapy Walk Spring Series events in New South Wales.

'Restored in Nature'

Dr. Alexa Bishop, Victoria



"I began my online training in December, attended the in-person training in March, and completed my practicum walks between April and July. The journey was transformative, from meeting a community of like-minded guides to witnessing the positive impact this practice has on others. I've also assisted walks with INFTA in Geelong and Melbourne, gaining valuable insights from other Guides. Continuing to refine my guiding style and explore new trails, it's been deeply rewarding to see how Forest Therapy restores balance and inspires people to care for the natural world."

Alexa has since developed her business, "Restored in Nature", offering guided nature connection experiences around the Bellarine Peninsula in Victoria.



© 2026 International Nature and Forest Therapy Alliance (INFTA)

infta.net

