



'Advanced Accreditation of Nature Based Therapy'

Created by Kit Kline © 2017

COURSE OVERVIEW

naturebasedtherapy.com.au



INTRODUCTION

Nature Based Therapy (NBT) provides professional training for people who would like to incorporate nature-based interventions into their practice or begin a career as a Nature Based Therapist.

The training draws on Indigenous knowledges, nature-based creative practices, holistic counselling, nutrition and holistic health care in its approach to nature-based therapy. It includes an exploration of emerging theory in the field of nature-based therapy and incorporates experiential learning.

Central to our work is the symbiotic relationship between the self and nature and the potential for parallel development of self-knowledge and knowledge about nature. We work with embodied and sensory understandings of nature and connection through observations and practical applications.

Our innovative one-year Advanced Accreditation training program is the first of its kind in Nature Based Therapy. The course journeys throughout the year embracing the seasons and cycles.

MODE OF DELIVERY

IN PERSON – Victoria, Australia

Our training is immersive and held in natural environments. Courses work with small groups (6 students max) within eco-retreat settings in to encourage connection with the natural world, ourselves and others.

The face to face course takes place in person over 4 weekends throughout the year at the commencement of each season.

2021 residential training dates.

<i>September 18th – 19th 2021</i>	<i>Spring</i>	<i>Planting</i>
<i>December 4th – 5th 2021</i>	<i>Summer</i>	<i>Nourishing</i>
<i>March 19th – 20th 2022</i>	<i>Autumn</i>	<i>Letting Go</i>
<i>June 25th – 26th 2022</i>	<i>Winter</i>	<i>Reflection</i>

Please note: dates may slightly change due to student/teacher/venue availability but only by 1 week.

WHAT'S INCLUDED

- Training resources: Folder, dividers, pencil case, pens, coloured pencils, sketch pad, exercise book and other resources required for learning including a nature journal, nature reflection cards & Aboriginal art colouring book.
- Workbooks for each module including theory and practical components.
- Shared accommodation and a healthy breakfast/lunch catering are included. Self-catering is available for dinners if required or local dining is an option.
- Student support and engagement through email and a private Facebook group page set up for your study group.

VENUE

Our in-person training program will be held at various locations around Geelong and the Surf Coast of South West Victoria. The setting is in a natural environment where nature connection is available to use as a learning resource.

Locations to be confirmed one month prior to the date of the training weekend however usually include; Anglesea, Aireys Inlet, Lorne, Torquay, Otways.

DISTANCE EDUCATION

Nature Based Therapy is recognised in all 39 countries including:

- **UK and Europe:** United Kingdom, Ireland, Germany, France, Spain, Portugal, Denmark, Gibraltar, Liechtenstein, Iceland, Belgium, Luxembourg, Greece, Latvia, Sweden, Channel Islands, Norway, Estonia, Austria, Malta, Isle of Man, Netherlands, Italy, Poland, Bulgaria, Czechia, Cyprus, Lithuania, Croatia, Lithuania, Croatia, Romania, Slovenia, Hungary, Slovakia, Finland
- **South Africa** (covered under the EU/UK insurer)
- **Oceania:** Australia, New Zealand
- **United States and Canada**

Distance education courses commence at the start of each season: June, September, December and March.

The required training resources will be posted to students via Australia Post and will include the same materials as In Person training.

Each module will be delivered over 1 month. You will be emailed further links to study (video's & readings) and check in during the course to see how you are going. You are also invited to email and ask any questions at any time.

You will be also be added to a Facebook study group page of current students. This will enable you to network, interact and collaborate. Discussions about the content will also take place here and students are encouraged to upload their thoughts and experiences using text and images.

LEARNING OUTCOMES

- To develop an awareness and improve connection to the natural world
- Apply nature based therapy techniques to current practices
- Competency in guiding the processes of nature based therapy
- To develop treatment plans incorporating nature based therapy
- Facilitate group therapy within nature based practices
- Development and improved knowledge of personal practice

MODULES & TOPICS

Module 1: Holistic Health

Topics:

- What is Holistic Health?
- Mental, Emotional, Physical & Spiritual Health
- Health as a response
- Human's connection to nature
- Understanding our personal 'eco-system'

Module 2: Indigenous Philosophy

Topics:

- History and colonisation
- Wellbeing and spirituality
- Identity, purpose and connection
- Connecting to community
- Ancestry

Module 3: Nature Based Mindfulness

Topics:

- What is nature-based mindfulness?
- Benefits of nature-based mindfulness?
- Working with your senses – 'Tuning in'
- Plant medicine & flower essence therapy
- Guiding nature walks

Module 4: Journaling

Topics:

- What is journaling?
- How to journal
- Journaling in nature
- Journaling for self-discovery
- Visual journals

MODULES & TOPICS Cont.

Module 5: Nature Based Diet

Topics:

- The digestive system
- Nature Based Diet
- Gut health/food-mood connection
- Chemical Maze – understanding food labels
- Growing food – community gardening
- Developing a nutrition plan

Module 6: Creative Arts

Topics:

- Photography – reflection cards
- Script writing – guided meditations
- Sand Play
- Natures art
- Vision board

Module 7: Holistic Counselling

Topics:

- Therapeutic environment
- Building rapport
- Nature Based Interventions
- Symbols and metaphors
- Assessment & support plans
- Debriefing

Module 8: Self-Care

Topics:

- What is self-care?
- Why self-care?
- How to self-care
- Developing a self-care plan
- Maintaining a self-care plan
- Mentoring

STUDY HOURS

The online training is delivered one module per month and expected to contribute the 8 hours of reading over that month just for the literature in the module.

Both online and face to face have Facebook group pages set up where I post other reading materials and links to related topics for further education.

It is expected that students commit to at least 10 hours per week over the course of 12 months doing practical applications of each module. This promotes and encourages experiential learning. Both personal and professional applications are encouraged where relevant. Students are encouraged to upload written text and/or photos of their work to share their experience via the Facebook group page.

ASSESSMENT REQUIREMENTS

Each student must complete the following in order to receive certification:

- Students must complete required contact hours relating to course work.
- Students must have engaged in and contributed to discussion around course content.
- Students must have paid course tuition fees in full prior to receiving certification.
- Students are required to complete relevant assessments as set out in the module manuals. This includes;
 - Research essay: 1500 – 2000 words
 - Visual-written journal – 12 entries in nature journal (min)
 - Facilitation of a group therapy
 - Counselling role-play
 - Aboriginal community profile research

PROGRAM FOUNDER / TRAINER

Kit Kline is the founder of internationally recognised modality Nature Based Therapy.

Born in Canada, she is a decedent of the Wampanoag people on her paternal side and is a member of the Sou'West Nova Metis Council. Kit has always felt a strong connection to her Native American ancestry and believes her philosophy on health and wellness derives from this connection. She has worked extensively in the social and community services sector for the past 20 years specialising in mental health and addictions. In her practice Kit has always used symbols and metaphors from nature to assist people in understanding themselves and their presenting issues better. Kit has used these methods both professionally and personally and has seen and experienced the benefits first hand. Her experience includes working in crisis accommodation, drug and alcohol treatment facilities and within mainstream community health, private health and Aboriginal community health services as a Counsellor. As well as delivering this training she is currently employed part-time in a youth detox facility.

Kit's qualifications include;

- M.A. Degree of Indigenous Studies
- B. A. Degree of Indigenous Studies
- Diploma of Alcohol & Other Drugs
- Diploma of Welfare Studies
- Diploma of Holistic Healing
- Cert IV in Assessment & Training
- Post Graduate Certificate in Mental Health
- Compassionate Inquiry – Dr Gabor Mate (trauma informed psychotherapy)
- Certificate IV in Youth Work

Kit is currently completing a Master of Social Work with Deakin University. She will bring in her education and experience and align it with Nature Based Therapy.

Kit is a Full Member and an Approved Training Provider with the International Institute of Complimentary therapies (IICT).

Kit is a student member of the Australian Association of Social Workers (MAASW)

Nature Based Therapy is a member of the Australian Association for Bush Adventure Therapy Inc.

Nature Based Therapy is a member of the Child and Nature Network.



<https://aabat.org.au/aabat-membership/>



IICT (International Institute of Complimentary Therapies) STUDENT MEMBERSHIP DETAILS

Upon acceptance in to the course you will be encouraged to become a student member of IICT and a full/executive member upon completion. Membership will entitle you to receive practitioner's insurance through BMS and other benefits. Follow the link for membership information.

<https://myiict.com/how-to-join/>

For United Kingdom and Europe students please visit www.iict.co.uk.

For United States students please visit <https://www.iictinsurance.com/about-us/about>

APPLICATION PROCESS

Candidates will need to complete an application form and email it to info@naturebasedtherapy.com.au. Upon acceptance into the course, applicants will need to pay the first instalment or upfront payment if requesting a discount.

TUITION FEES

In Person:

The course fee is \$4,950 (inc gst), payable in full or 4 instalments of \$1,237.50 (inc gst).

The first instalment of \$1,237.50 (inc gst) is to be paid upon acceptance into the course to secure your spot (non-refundable).

Other arrangements can be made if required.

Distance Education:

The course fee is \$3,520 (inc gst), payable in 4 instalments (quarterly) of \$880.00 (inc gst) OR 8 instalments (monthly) of \$440 (inc gst).

*** International students pay an additional \$88 (inc gst) fee for postage and handling.

The first instalment of \$880.00 (inc gst) or \$440 (inc gst) is to be paid upon acceptance into the course.

Upfront full payment is discounted at \$3080 (inc gst) for the course (only for full paying students).

*** Concessions (20% discount) are available for students, mothers, unemployed & pensioners
- ID required.

COURSE CONTACT DETAILS

For further information or to request an application form please contact;
info@naturebasedtherapy.com.au

TERMS & CONDITIONS

Refunds Policy

There is no refund once the applicant has been accepted into the course and has paid in full. However, if the student would like to transfer the fees into another person's name (upon acceptance of application from that person) then this is acceptable.

A full refund will be provided if the course has been cancelled by the organiser.

STUDENT ISSUES/ GRIEVANCES

As a student you may find that you need help to resolve problems that arise during your studies. These may be minor issues with administrative matters, your subjects and classes, or the conduct of another student or staff member.

If at any time during your studies with Nature Based Therapy, you experience any of these issues you are encouraged to contact the Principal in writing. The Principal will acknowledge that they have received your complaint and will contact you within three days to provide you with information about support services that may help.

If you are still not happy with the outcomes of your issue, then you can appeal to the Ombudsman in your local state, territory or country.

TESTIMONIAL FROM A PAST STUDENT

The NBT course was a beautiful personal journey and full of inspirations and awakenings. It highlighted the healing power of nature and the need to reconnect with our roots. The content was thorough, and the hands-on learning kept it beneficial and current.

Kit is a wonderful facilitator. Her knowledge is endless, and she created a warm and safe learning space.

I loved every minute of this course. My only regret is that it had to end.

Molly, Victorian Advanced Accreditation Course 2018

