



## **'Advanced Accreditation of Nature Based Therapy'**

Created by Kit Kline © 2017

### **CANADA COURSE OVERVIEW**

[naturebasedtherapy.com.au](http://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** – Courtenay, British Columbia, Canada

Our training is immersive and held in a natural environment. Courses work with small groups (6-12 students max) 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.

### **2022 residential training dates.**

*July 16-17 - summer*

*October 1-2 - fall*

*January 7-8 2023 - winter*

*April 15-16 2023 - spring*

**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 and nature reflection cards.
- Workbooks for each module including theory and practical components.
- Chef prepared, healthy, plant based breakfast and lunch.
- Student support and engagement through email and a private Facebook group page set up for your study group.

## VENUE

Innisfree is a nature oasis with a mission, where we teach Botanical Medicine, nutrition, health, Shinrin yoku ... with a view to heal and reconnect people to Nature. We have been helping people seek Wellness in Nature for over 10 years. We showcase medicinal and food plants and educate about native plants and conservation with an array of classes and workshops, and other programs.

<https://www.innisfreefarm.ca>

## 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

There will be a Facebook group page set up where other reading materials and links to related topics for further education will be posted.

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/>



## YOUR CANADIAN FACILITATOR - SHERYL HANULA

As a descendant of both Ukrainian and Irish peoples' the effects of epigenetic trauma were quietly marked on Sheryl's life, from before birth. Growing up proudly embodying both of these cultural traditions she was taught self sufficient food production through gardening, by both parents' who also normalized time spent in nature as a way to relax, unwind and connect - the path to Nature Based Therapy was born. Along the way Sheryl's natural curiosity about the human animal – how cultures are unique yet ultimately similar - led to her academic background in Anthropology. After earning her degree (BA) in Anthropology from The University of British Columbia (UBC), she spent a number of year travelling the world exploring and meeting these cultures first hand. During these years she discovered her love of melding the narrative of ethnography with the visual medium of photography, and returned to Vancouver to undertake her Diploma in Photography (Focal Point Photography School). Sheryl's deep, natural curiosity about human lives, nature and the representation of quiet moments of reflection in nature through photography have culminated in her desire to help to heal trauma in all its forms, using nature as both the container and catalyst. Combining the two seeming disparate modalities of photo and Nature Based Therapy, Sheryl has been able to recover from her own lived experience of trauma and understands the efficacy of approaching self discovery through the lens of nature. She is also currently working with the Canadian Horticultural Therapy Association (CHTA) as the Administration Manager, and the Psychedelic Association of Canada (PAC) as their Community Manager.

### **Qualifications**

BA (Anthropology), UBC

Diploma Photography (Dip. Ph.) Focal Point, Vancouver, BC

Nature Based Therapy Diploma (NBT AU)

Sheryl is currently completing her Embodied Meditation Teaching Certification, and will combine this training with her NBT programs to assist trauma survivors to once again feel comfortable in their bodies.

### **Conferences/Lectures**

CHTA Annual Conference 2020

CHTA Annual Conference 2021

AABAT Conference 2021

Horticultural Therapy Professional Development Program - Guest Teacher 2022

Gardens That Heal (Non-Profit) Guest Lecturer 2022

Board of Directors – Membership Committee Coordinator CHTA (2020)

Board of Directors – Nature Based Therapy Foundation - Australia

## 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](http://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](mailto: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 \$5,500 / AUD\* (inc gst), payable in full or 4 instalments of \$1,375 / AUD\* (inc gst).

The first instalment of \$1,375 / AUD\* (inc gst) is to be paid upon acceptance into the course to secure your spot (non-refundable).

Other arrangements can be made if required.

(\*AUD is Australian Dollars)

## 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**

