

COURSE OVERVIEW



"Nature itself is the best physician" - Hippocrates



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.

Modules & topics

Module 1: Holistic Health

Topics:

- What is Holistic Health?
- Mental, Emotional, Physical and 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 and 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

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

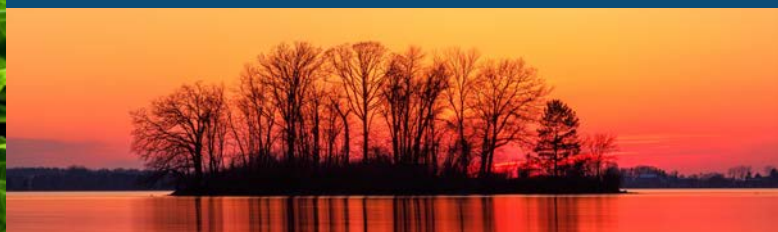
Topics:

- Therapeutic environment
- Nature Based Interventions
- Symbols and metaphors
- Assessment and support plans
- NBT as a therapy
- Mental Health First Aid
- Complimentary counselling interventions for NBT

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
- Clinical supervision



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
- Develop assessment and care plans
- Facilitate group therapy within nature based practices
- Development and improved knowledge of personal practice



Mode of delivery

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

Commencement

The distance education option is offered twice per year commencing in the months of March and September.

Duration

The course goes for a duration of 12 months.

Each month you will email a new module which is an interactive PDF and resource if required for that module.

You may opt for a print version if you would like to print it out and write on it.

Each student is required to work through an activity which will be posted on a closed Facebook group page every Monday. You have one week to complete the activity in your own time and in your own environment and comment on the post to share your experiences with the group for further learning.

You will attend 8 x 1 hour monthly zoom calls that relate to each module. This will be on the 2nd Monday of every month unless it lands on a public holiday then it will be pushed to the following week. If you can't attend the zoom meeting, it will be recorded for you to view in your own time.

Pre-requisite

This course is open to all students who would like to implement nature-based therapy into either their personal or professional practice.

Cost

The cost of this course is \$5,200 which includes all materials including postage. You will receive a study pack that includes a folder, dividers, pencil case, pens, colouring pencils, sketchpad, and study resources including an Indigenous colouring book, nature journal and a pack of nature reflection cards.

Upfront Discount

An upfront payment is discounted at \$4,160 (20% discount) for full fee-paying students.

Payment Plan

Payment plans can be organised at \$650 per month over 8 months, due on the first of every month.

Concession

A 20% concession applies to concession card holders at \$520 per month over 8 months.

Places

This course is limited to 12 places.

Commencement

The in-person option will be offered in June and October 2024.

Duration

The in-person option will be delivered over 5 days from 10am – 4pm.

The following 6 months will include 6 monthly zoom calls held on the second Monday of each month unless it lands on a public holiday then it will be pushed to the following week. You must attend all zoom meetings as a requirement to complete the course.

You will be added to a closed Facebook group page where you will engage in further activities and have access to online resources for further learning. You will share your experiences of implementing your theory into practice and complete 30 case studies which will be reviewed in clinical supervision sessions. The in-person option also includes 6 clinical supervision sessions which will be conducted over the course of the 6-month period to be organised at a time that suits you and the clinical supervisor.

Pre-requisite

This course is only offered to healthcare professionals trained in Psychology, Social Work, Mindfulness or Meditation, Yoga, Coaching or Teaching/Education. You must submit your qualification along with your application.

Cost

The cost of the course is \$7,300 which includes all materials including a study pack consisting of a folder, dividers, pencil case, pens, colouring pencils, sketchpad, and study resources including an Indigenous colouring book, nature journal and a pack of nature reflection cards.

In person training also includes facility hire for the 5 days, morning tea, lunch, afternoon tea and tea and coffee for the duration of the training. If you require accommodation, a list of local venues can be supplied.

You will also receive 6 x 1 hour supervision sessions with a clinical supervisor.

Upfront Discount

Not applicable.

Payment Plan

You may opt to pay \$6,550 due 1 month prior to commencement and then \$275 per month over the next 6 months.

Concession

Not applicable.

Places

This course is limited to 8 students.

Option 2 – Professional 5 day Intensive – Online

Commencement

TBA – this course will be offered by demand.

The online course will be delivered via zoom over 5 days from 10am – 4pm.

The structure of the course will be the same as the in-person option except it will be delivered live via zoom for those who cannot attend the in-person option.

Cost

\$6,850

Study hours

The minimum study hours for the 12-month distance education option are 400 hours. This will include the application of both theoretical and practical applications related to the activities set out over the 8 modules and 8 x 1 hour zoom sessions.

The minimum study hours for the in person 6-month option is 200 hours. This will include the application of both theoretical and practical applications related to the activities set out of the 8 modules (5 days in person) as well as the 30 case studies, 8 x 1 hour zoom sessions and 6 x clinical supervision sessions.





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
- In person option: Completion of 30 case studies and 6 clinical supervision sessions.



Program Founder/Trainer

Kit Kline

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 Nova Social Wampanoag 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 and has over 20 years' experience 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 Kit is currently employed part time as a therapeutic counsellor within a health organisation and has her own private practice as a clinical supervisor.

Kit's qualifications include:

- Masters Degree in Social Work
- Masters Degree of Indigenous Studies
- B. A. Degree of Indigenous Studies
- Diploma of Alcohol and Other Drugs
- Diploma of Welfare Studies
- Diploma of Holistic Healing
- Cert IV in Assessment and Training
- Post Graduate Certificate in Mental Health
- Certification Compassionate Inquiry
Dr Gabor Mate (trauma informed psychotherapy)
- Certification in Clinical Supervision
- Certificate IV in Youth Work
- Mental Health First Aid Certified.

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

She is a member of the Australian Association of Social Workers (AASW).

Nature Based Therapy is a member of:

- Outdoor Health Australia
- Child and Nature Network
- Therapeutic Horticulture Australia.





IICT

(International Institute of Complimentary Therapies)

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/>

Code of Ethics

<https://www.myiict.com/code-of-ethics/>

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.

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 Deferral

If a student is unable to keep up with the weekly activities and wishes to defer the course to the following intake, this is possible and can be discussed with the Trainer.

If a student has completed all the modules and does not submit their assessment within the 12-month period since commencing the course, the student can request the assistance of mentorship for further guided support after this time at a cost of \$150 per hour.

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.

Clinical supervision

If students would like to engage in clinical supervision after they have completed their course and have received certification, they can do this at a cost of \$150 per hour. Students will sign a supervision agreement and complete a supervisee intake form for ongoing professional development. Please email Kit at info@naturebasedtherapy.com.au for further information.

Mentorship program

An 8-week online mentorship program is available for students who have graduated from the Advanced Accreditation of Nature Based Therapy. The mentorship program has been developed to assist students to establish their own private practice as a Nature Based Therapist. This program will be facilitated via an online training platform of self-study and includes 6 x individual sessions of mentorship via zoom. Topics include finding your niche area of expertise, visions/ideas, registration of business/ABN, logos, insurances, NDIS, networking, marketing, collaborations.

COST: \$1150

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

