



Intro to Nature Based Therapy - Learn about how to incorporate the nature based perspective into overall treatment as a way to normalize without invalidating the human experience. This intro workshop is intended to challenge the 'standard way' of doing things and encourage a more holistic perspective.

Objectives include: defining what is and is not nature based therapy, how nature can be incorporated into the treatment process, and how nature can help to amplify professional strengths.

How to do Nature Based Therapy (In Office/Telehealth and Outside) - Further refine how to therapeutically collaborate with Nature as your co-therapist, and build awareness around the challenges that may arise. This workshop will go over ways to assess goodness of fit for using Nature Based Therapy with clients, as well as provide resources for developing policies and procedures for getting outside with your clients.

Objectives include: practicing using Nature as a co-therapist, reviewing examples of assessments for incorporating Nature Based Therapy, and reviewing example policies and procedures to consider.

Ethical and Legal Considerations of Doing Nature Based Therapy - Begin to think about different legal and ethical challenges that may arise doing Nature Based Therapy, and ways to navigate how to manage these challenges. This workshop will provide a variety of scenarios as a way to practice developing awareness and assessment skills.

Objectives include: build upon skills to assess legal and ethical challenges specific to Nature Based Therapy, and suggested tools/resources for developing a general guide to navigate these challenges.

Diversity, Equity, and Inclusion within Nature Based Therapy - Learn ways to normalize topics of diversity, equity, and inclusion through the Nature Based lens. This workshop will also include a brief history related to oppression in the United States to hypothesize as to why Nature Based Therapy has yet to be normalized and incorporated into mental health therapy; conversation will also highlight how to build awareness on assessing client's safety within outside spaces.

Objectives include: normalizing more complex conversations through the Nature Based lens, awareness as to why Nature Based Therapy may have yet to be normalized into mental health therapy, conversations around keeping all clients safe when outside, and resources for learning more about these topics.

Nature Based Therapy Interventions - Participate in and create a variety of interventions that can be used with clients in a variety of settings (e.g. in office, virtual, or outside). This workshop is intended to promote participation in activities and build upon personal creative process.

Objectives will include: defining what is a nature based therapy intervention, exploring and participating in a variety of different nature based therapy interventions, and identifying building blocks for how to create your own unique nature based therapy interventions.

Self-Care Practices Utilizing Nature - Explore various ways to think about self-care, and normalize the importance of this regular practice. This workshop will utilize the Nature Based lens to include a variety of tools, techniques, and strategies for how to better manage self-care to help prevent burnout.

Objectives include: defining what is self-care, ways to measure the level of effective self-care practices, and exploring the difference between surviving versus thriving in the workplace.