

NATURE AND FOREST THERAPY GUIDE TRAINING PROGRAM

Learning Methods

- Online Course Curriculum
- Online Discussion Forum
- Monthly Training Sessions with Guest Speakers
- One-on-One Mentoring
- Co-Facilitation Practice
- Optional Drop-in Sessions
- Group Sharing

Topic Areas

- Forest Bathing
- Nature Connection
- ANWP Program Design
- Indigenous Philosophy
- Ecology
- Forest Medicine Research
- Citizen Science
- Definitions of Self-care & Wellbeing
- Community Capacity Building
- Reciprocal Care
- Diversity, Equity, Inclusion & Accessibility
- Mindfulness Meditation & Neuroscience
- Mindful Self-Compassion
- Spirituality & Ritual Embodiment
- Art & Poetry

The EcoWisdom Nature and Forest Therapy Guide Certification Training Program is a small and unique training program, designed to be inclusive of people living with disability/chronic illness, or people who have other life circumstances requiring flexibility and/or an understanding of equity. The majority of our trainers live with disability/chronic illness. We are interested in equity and inclusion issues more broadly as related to race or sexual/gender identity for example.

Our intimate cohort approach enables trainees to guide group discussions, to include their unique interests, concerns, and bioregions as well as the desired personal and/or professional applications of their nature guide training. For example, we support trainees wishing to incorporate mindful nature connection into an existing profession such as psychotherapy and outdoor education or to support self-care during volunteer activities including community gardening.

We model and teach collaborative leadership to promote partnership building. Co-facilitation is an effective way to accommodate disability that also enriches the experience of those attending a nature connection group program.



Contemplative communication is consistently described and used within EcoWisdom programming and training. This approach, which emphasizes a mindful witnessing of one another's direct lived experience, allows people to share without feeling judged and without people offering a "fix".



Learning about nature connection is grounded in the trainee's regular practices and is linked to neuroscience as well as biomedical research. This wisdom is then applied to program design, implementation and evaluation. While this is primarily an experiential learning program, resources are made available to

Training Team

You will benefit from being trained by a team of people with personal and professional expertise relevant to Nature & Forest Therapy Guiding. For more information, please see website:

<https://ecowisdom.ca/ourteam/>

Research

Our training is based on EcoWisdom's Accessible Nature and Wellbeing Program model which has been used online and in-person. Informal evaluations have documented a multitude of physical, social, emotional and creative/spiritual benefits. It is now being studied by a team of forest medicine researchers at Derby University in the UK.

Scholarships

Diversity enriches our learning environment. Scholarships may be available to participants who belong to groups that have been historically marginalized due to, for example: disability, race, and/or sexual/gender identity, and who are committed to using mindful nature connection programs to advance social or environmental justice.

Interviews

We are currently conducting information interviews so that you can learn more. Please email us to book a chat or ask questions:

info@ecowisdom.ca

those wishing to take any element further whether that is related to, for example, forest medicine or ecological sciences.

Together, we endeavour to adopt the Indigenous approach of “two eyed seeing” as articulated by Indigenous Biologist Robin Wall Kimmerer, making room for both the science and mystery in our growing relationship with our kin in the natural world.



The founders live at the EcoWisdom Forest Preserve, on the traditional territory of the Algonquin Peoples, sharing 300 acres of forest and wetlands with moose, wolves, salamanders, ferns, trilliums, cedars, maples, and white pines. They live lightly upon the earth, collecting rainwater in summer, melting snow in winter, and shifting their solar panels throughout the day to capture the renewable resources of the sun. Personal anecdotes are used to illustrate their approach to living within a relationship of reciprocal care with the earth, inspiring trainees to form their own deep and meaningful relationship with the land upon which they live, work, and play.

This six-month training program utilizes a variety of effective pedagogical approaches to support experiential learning. The use of a variety of online platforms enables participation by people connecting to geographically diverse landscapes and offers accessibility options to those living with disability. We emphasize the use of mindful nature connection practices to promote individual resiliency and build community capacity in order to foster physical, socio-emotional, and spiritual/creative wellbeing as well as active engagement in activities that support care for the earth.

In addition to developing a regular practice of mindful nature connection, self-compassion and skills in contemplative communication, you will graduate with your own unique mindful

nature connection program that you can use with confidence. You will have the skills to lead in-person and online programs with a solid understanding of how and why nature connection promotes wellbeing in those you guide.



For more information, visit:
ecowisdom.ca/training/