

# Certificate in Nature-Based Practice

circleofliferediscovery.com

ITC LEVEL 3  
ACCREDITATION  
AVAILABLE

CIRCLE  
OF LIFE  
REDISCOVERY



## WHEN:

**2025 DATES** Part 1: 30<sup>th</sup> June – 2<sup>nd</sup> July Part 2: 19<sup>th</sup> September with webinars in between

**2026 DATES** Part 1: 3<sup>rd</sup> June – 5<sup>th</sup> June, Part 2: 7<sup>h</sup> September with webinars in between



## WHERE:

Our stunning woodland setting - Mill Woods, off Park Lane, near Loughton, East Sussex, BN8 6BP

## Gain the skills and confidence you need to take your practice outdoors

### Why take this course

Nature connection is a powerful therapeutic tool for supporting people living with a wide range of mental and physical health conditions. If you are thinking about taking people, young and old, outdoors, either on a one to one basis or in groups, then this course is the best place to start.

This training brings together best practice and theory from nature connection, eco-psychology, embodiment, resilience, mental health and neuroscience to enable working with individuals and groups of all ages.

### How you will learn

Through a combination of experiential learning, webinars and online resources, you'll gain the confidence and competence to work with people in a range of outdoor settings.

### You'll learn:

- A therapeutic nature-based model that meets your clients' whole health: mind, body, social and environmental relationships
- Nature connection, neuroscience and supporting mental health
- Practical outdoor nature-based skills and activities
- Adapting activities to a range of green spaces
- How to be a reflective practitioner
- Practical skills to minimise risks associated with taking groups in your care outdoors
- Ways of embodying your own nature based relationships in order to stimulate and balance clients brain body relationships



*This course has been brilliant. Really informative and fulfilling. It has helped me to reconnect with the therapeutic component of nature and how to use it with my service users.*

- Certificate in Nature Based Practice attendee

## Who is the course for?

The course is suited to professionals who support children, young people and adults, including:

- Psychiatrists
- Psychotherapists or psychologists
- Health professionals
- Mental health, social or youth workers
- Teachers
- Occupational therapists
- Art, drama or play therapists
- Creative practitioners
- Family, support, time & recovery workers

*It inspires a thoughtful process of confidence and greater understanding of nature-based practice. Giving me the skills and confidence to deliver my own groups to a professional level.*

- Certificate in Nature Based Practice attendee

### 2025 Dates

Part 1 in the woods: 30<sup>th</sup> June – 2<sup>nd</sup> July 2025  
9.00am – 5.00pm

With four webinars in between

Part 2 in the woods: 19<sup>th</sup> September 2025  
9.00am – 5.00pm

### 2026 Dates

Part 1 in the woods: 3<sup>rd</sup> June – 5<sup>th</sup> June 2026  
9.00am – 5.00pm

With four webinars in between

Part 2 in the woods: 7<sup>th</sup> September 2026  
9.00am – 5.00pm

### Course summary

Number of units 4

How long will it take? 31 hours guided face to face learning

18 hours private study/work experience

8 hours online webinars

Cost £980 +£58 for Level 3 ITC accreditation (optional)  
Bursary places available

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### To find out more and to book scan the QR code:

Four or more places: £720 each, individual place: £980.

Bursary places available. Price includes refreshments on our woodland days.

Visit: [circleofliferediscovery.com/certificate-in-nature-based-practice/](https://circleofliferediscovery.com/certificate-in-nature-based-practice/)



## Who we are

**Winner of Gold and Silver Award in the Sussex Partnership NHS Positive Practice Awards (2024).**

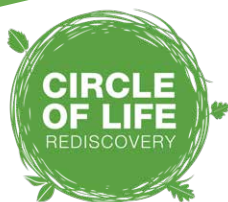
Circle of Life Rediscovery is a multi-award-winning Community Interest Company, transforming education, health and family and supporting people to reach their potential through nature. This course is run by recognised experienced practitioners. We have pioneered green interventions while working with NHS

departments – CAMHS, FISS CAMHS, Early Psychosis, Dementia, LACAMHS and more.

Since 2009 CLR has taught teachers, health professionals and outdoor practitioners skills to take educational and therapeutic programmes outdoors. At the same time, we provide nature-centred learning and therapeutic experiences for young people, adults and families in our stunning Sussex woodland site.



Marina Robb and Jon Cree,  
course lead facilitators



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