

Nature-Based Training for Psychiatrists and GPs

circleofliferediscovery.com



WHEN:

20th & 21st September 2025
9.30am – 5.00pm



WHERE:

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

This two-day course, tailored to Psychiatrists and GPs, has been developed in collaboration with the EcoCAMHS group within the Royal College of Psychiatrists.

It will provide you with core skills to take your practice into the natural environment. You may be new to the field of nature-based practice, interested in exploring your own nature connection and/or looking to influence psychiatry's service provision.

Why take this course

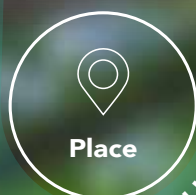
Nature connection is a powerful therapeutic tool for helping with a wide range of mental health conditions. This experiential training brings together best practice and theory from nature connection, eco-psychology,

embodiment, resilience, mental health and neuroscience to enable working with individuals and groups of all ages.

You'll learn through experience, reflexive practice and doing and gain the skills to minimise risks

associated with taking groups in your care outdoors.

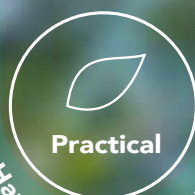
You will learn a therapeutic nature-based model that meets your clients' whole health: their mind, body, social and environmental relationships.



Experiential learning



Webinars & online resources



Hands on solo & group activities



Reflect & restore



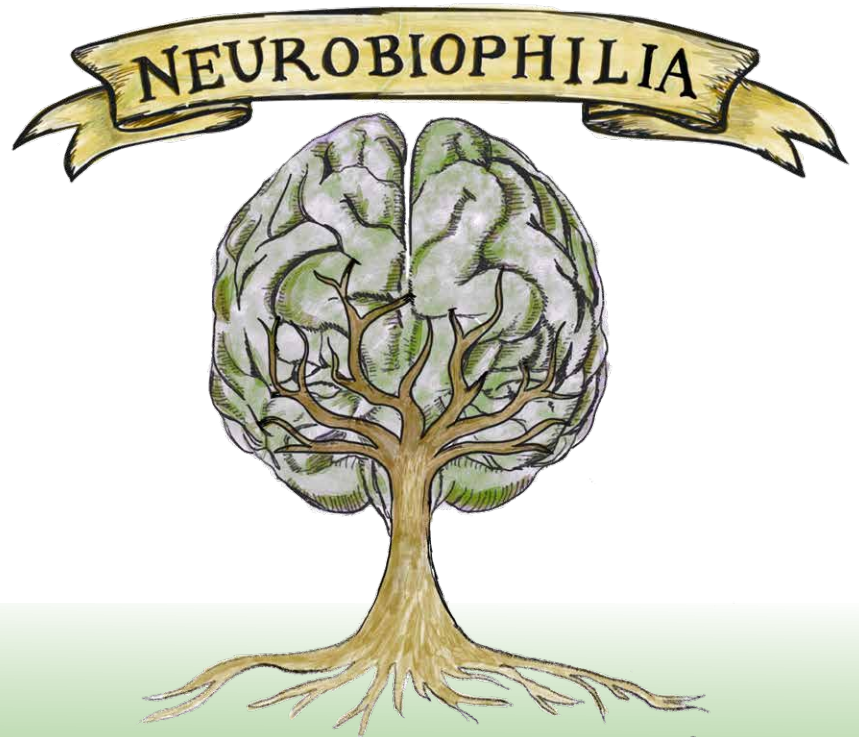
Amazing, a great introduction into nature-based practice in a beautiful setting with lovely, gracious and experienced course leaders.

- Course attendee, Dr Kristina Antonova, Consultant Psychiatrist at Sussex Partnership NHS Foundation Trust



Training content

- Nature connection and neuroscience
- Crafting & working with hand tools
- Storying with nature
- Health and Safety outdoors - working with risk benefit
- Sensory experience and nature immersion
- Green Social Prescribing
- Cooking outdoors and wild food
- Restore and rekindle your nature connection



Neurobiophilia is the study of how nature engages brain function.

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

Four or more places: £320 each

Individual place: £360

Price includes refreshments

All participants receive a Certificate of Attendance



Visit: circleofliferediscovery.com/nature-based-training-for-psychiatrists/

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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