

After attending this training, participants will be able to:

1. Describe at least three accessible ways to incorporate nature-based interventions into therapy sessions across various settings, including urban and virtual environments.
2. Explain how trauma-informed principles apply to nature-based therapy, including awareness of historical and cultural factors that may influence a client's relationship with natural environments.
3. Identify at least two common barriers to outdoor engagement for clients from marginalized or historically excluded groups, and describe strategies to promote inclusivity and psychological safety.
4. Evaluate the impact of overprotective parenting on children's autonomy, and apply language-based strategies that support confidence, resilience, and risk-taking in therapeutic and camp-based environments.
5. Demonstrate increased understanding of how to adapt nature-based approaches to meet the unique needs of children with medical or psychological concerns in group and individual settings.
6. Apply practical tools and examples from nature-based therapy to support client connection, regulation, and self-awareness, regardless of the therapist's prior training or geographic location.