

# Case study

## Nádúr, Centre for Integrative Forest Therapy, Ireland

Nádúr was established to evolve, evaluate, and enhance the credibility of nature-based interventions and well-being practices in mental health, health promotion, and ecotourism.

Nádúr means 'nature' in the Irish language. Nádúr Centre for Integrative Forest Therapy is a profit-for-purpose nature-based enterprise, with a strong social and environmental focus, driven by impact. We are leaders in our field, using business as a source of good. We are based in Dublin, Ireland but our reach is international. We adhere to the highest ethical principles in working with people and nature.

<https://nadurforesttherapy.com/>



**Forest Bathing  
Guide Certificate  
Training**



**Integrative Forest  
Therapy  
Practitioner  
Certificate**



**Three-Day Nature  
Immersion  
Training**



**Research and  
Practice**

## Why Forest Bathing and Nature?



## Benefits of Nature to Humans and the Natural World



## Overview of Training Provided

### Nadur Aim and Purpose



Throughout the world, people of all age groups are spending less time outdoors. This has drastic implications for human and planetary health.

**Nature contact is vital to mental health and well-being and, without a strong connection to the natural world, people will not fight to protect it.**

Enhancing nature connectedness can reduce psychological distress, support mental health recovery, and inspire action to address the climate crisis. Belonging and life significance can be experienced through nature, by recognising our place in the interconnectedness of the natural world. With increasing inequality due to the global pandemic, we advocate for nature in all policies and ‘epigenesis’ (equal opportunities for access and exposure to nature for everyone). The rights of nature underpin everything we do.

**Nádúr are nature and mental health experts. We develop cutting-edge nature-based interventions, underpinned by science, and train practitioners in the competencies necessary to deliver them.**

**Our aim is to instigate meaningful change by having societal, environmental, and economic impact and integrating nature-based solutions into the health system.**

We resource community mental health initiatives, advocate for new green jobs, and create a diverse, ethical, and sustainable community of practitioners around the world. We challenge inequality, promote inclusion and diversity, and foster community.

## Need for More Engagement with Nature



## Training & Certification for Health Promotion, Eco Wellness and Disease Prevention



## Guides Eco-tourism and Business Development



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Co-funded by the European Union

Less people are engaging in nature-based recreation (e.g. park visitation, fishing, camping, and outdoor play) (Clements, 2004; Frost, 2010; Pergams & Zaradic, 2008).

Both older people and younger people and people living in developed and developing countries have shown this pattern (Chopik, 2016; Sigmund et al., 2015).

### Forest Bathing Guide Certificate

This training covers the areas of nature-based health promotion, eco wellness, and disease prevention.

### Integrative Forest Therapy Practitioner Certificate

This practitioner level works with individuals experiencing psychological distress, mild, or moderate mental health difficulties.

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### Wicklow Forest Bathing Eco Tourism Training Project, Ireland

This joint initiative with Entrepreneurs Academy, County Wicklow Partnership, and the LEADER Programme trains Forest Bathing Guides for ecotourism and business development.

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# Forest Bathing Blended Online Training



## Blended Online Training with Nature Immersion Option

This training is suitable for anyone who has a strong connection to nature and wants to offer Forest Bathing in their communities, organisations, or wellness resorts.

Typical backgrounds of individuals who attend this training include allied health and social care professionals, mental health practitioners, environmental professionals, eco-tourism guides, foresters, creative practitioners, academics, wellness practitioners, and people seeking to enhance their own nature connectedness.

This training covers the areas of nature-based health promotion, eco wellness, and disease prevention. Forest Bathing comes under the umbrella of 'Green Prescriptions and Social Prescribing'. This is a two-week intensive online training programme followed by three months of mentored practice. Guides must also undertake outdoor first-aid training.

### **This training addresses the following areas:**

- Integrative health and wellbeing
- Personal nature connection and nature connectedness
- The Nádúr Process Model
- Nature-based well-being plans
- Nature-based expressive arts (introduction)
- Forest medicine and site selection
- Adapting for urban nature
- Circle work
- Sensory awareness and embodiment practices
- Eco-literacy
- Eco-linguistics
- Environmental ethics and reciprocity
- Safety and risk management