



# Back to Nature

*Ecotherapy*

# Inner Nature Youth: Foundations Course

🌿 Experience a nature-based group program to support emotional wellbeing:

**Immerse & Connect:** Connect with yourself, others, and the world around you.

**Hands on Learning:** Develop essential skills like emotional regulation, communication, and body-mind awareness.

**Supportive Community:** Build lasting connections with peers facing similar challenges.

**Personalised Growth:** A tailored program for ongoing well-being.

🌿 Providing evidence-based results naturally:

**Improved Emotional Regulation & Expression:** Equip yourself with tools to better manage stress, anxiety, and difficult emotions.

**Enhanced Social Skills & Connection:** Foster a sense of belonging and support, aiding you in building healthy relationships.

**Increased Self-Awareness & Confidence:** Develop introspective skills allowing deeper self-understanding and inner confidence.



🌿 Course Details:

- Therapist facilitated small group program for youth aged 13 to 17 years
- Experience a mixture of therapeutic nature-based activities
- Location: 1399 Mandurah Rd, Baldvis WA 6171. Baldvis Children's Forest
- Dates: Weekly; Wednesday evenings; commencing 16th October 2024



Enquiries and applications:

[www.backtonatureecotherapy.com.au/group-programs](http://www.backtonatureecotherapy.com.au/group-programs)

# Course Overview

- Week 1: Identifying and locating emotions**  
Our first group session gently sets the stage for our journey together, connecting with nature, and fostering a deeper connection with ourselves and each other.
- Week 2: Understanding emotions**  
We'll explore our inner world, fostering greater self-awareness for improved emotional regulation, expression, and overall well-being.
- Week 3: Where has the emotion come from?**  
Together we'll discover how to recognise triggers, thoughts, action patterns and behaviours, helping to develop healthier responses and improve emotional regulation.
- Week 4: Healthy expression and response**  
We delve into healthy, conscious expression of emotions, leading to improved relationships, greater emotional resilience, and empowering participants to navigate challenges with clarity and intention.
- Week 5: Reframing and reappraising**  
We'll learn how to cope with triggers and challenges, fostering greater resilience and equipping participants to face life's difficulties with improved clarity and strength.
- Week 6: Lifestyle habits to support healthy emotions**  
We will explore the impacts of lifestyle habits on emotional experience, reflect on our progress, and create a plan for ongoing personal growth.
- Week 7: Building Emotional Support Networks**  
We explore the importance of supportive relationships and learn practical ways to build and maintain a strong emotional support network.
- Week 8: Reflection and future planning**  
To complete the course experience, participants the reflect on their personal journey, and look at where to from here.

