



# Back to Nature

*Ecotherapy*

# Inner Nature: Foundations Course

🌿 Experience a nature-based group program to support your 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
- Experience a mixture of therapeutic nature-based activities
- Location: Piney Lakes Environmental Education Centre, Winthrop
- Dates: Weekly; Wednesday afternoons; commencing 16th October 2024



To apply:

[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.





# Course Overview

## Next Course Duration, Dates and Times (October 2024 Cohort)

Week 1	Group session	16th Oct 2024	12:30pm - 4:00pm
Week 2	Group session	23rd Oct 2024	12:30pm - 4:00pm
Week 3	Group Session	30th Oct 2024	12:30pm - 4:00pm
Week 4	Group Session	6th Nov 2024	12:30pm - 4:00pm
Week 5	Group Session	13th Nov 2024	12:30pm - 4:00pm
Week 6	Group Session	20th Nov 2024	12:30pm - 4:00pm
Week 7	Group Session	27th Nov 2024	12:30pm - 4:00pm
Week 8	Group Session	4th Dec 2024	12:30pm - 4:00pm

All group sessions (except week 6) are held at Piney Lakes Environmental Education Centre, 555 Leach Highway, Winthrop, WA.

Week 6: Participants meet facilitators at Piney Lakes Environmental Center, where we will be traveling together to a natural location for our group session.

