



# Back to Nature

*Ecotherapy*



**Inner Nature: Foundations Course**  
In-depth Program Guide





## Course Overview

The Inner Nature Foundations Course empowers individuals to navigate their emotional landscape. Through a blend of experiential learning, practical skill development, and immersive outdoor activities, the program fosters self-discovery, social connection, and emotional intelligence in a supportive group environment.

This transformative program is designed for individuals seeking to improve their emotional and psychological well-being, build better relationships, and discover their full potential.

### Key Benefits:

**Improved Emotional Regulation:** Manage anxiety, overwhelm, and emotions for less stress and better coping.

**Enhanced Emotional Intelligence:** Develop self-awareness for better decisions, relationships, and self-advocacy.

**Improved Social Confidence and Connection:** Build communication skills and confidence for stronger social connections.

### Course Structure:

**8-Week Supportive Program:** Participants engage in a structured 8-week program designed for growth and skill development.


**Peer Supported Learning:** Supportive small group sessions foster a collaborative and encouraging environment.

**Therapist-Led Nature Activities:** Participants engage in therapist-facilitated activities that weave nature, experience, and learning together.





# Course Outline

-  **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.

## Completion:

A report will be provided including participant outcomes to contribute towards NDIS reporting requirements.



## Course Benefits

The Inner Nature Foundations Course equips participants with the tools to cultivate emotional well-being and build meaningful connections. This unique program fosters emotional intelligence, empowering participants to manage emotions, navigate challenges and build stronger relationships. Through practical skills development, self-exploration and nature-based activities, the course helps participants to unlock the potential for a calmer, more fulfilling life.

- 🌿 **Improved Emotional Regulation:** Learn practical skills to manage emotions effectively, leading to a calmer and more balanced emotional state.
- 🌿 **Enhanced Social Connection:** Develop communication and social skills while cultivating relationships with peers in a supportive environment.
- 🌿 **Increased Confidence and Resilience:** Through reframing techniques and coping mechanism development, navigate challenges with greater confidence and overcome setbacks with enhanced emotional resilience.
- 🌿 **Greater Self-Awareness:** Gain a deeper understanding of your emotions, thoughts, and behaviours through self-exploration, fostering emotional intelligence.
- 🌿 **Nature-Based Self-Care:** Engage in nature-based activities to reduce stress, improve mood, and promote overall emotional well-being.





## Course Outcomes

- 🌿 **Emotional Intelligence Development:** Participants learn to recognise and manage emotions effectively, fostering emotional intelligence.
- 🌿 **Coping Strategies Development:** Participants learn skills to create personalised coping strategies that empower them to manage triggers and navigate challenges more effectively.
- 🌿 **Enhanced Communication Skills:** Through exercises and interaction, participants develop communication skills for clearer expression and active listening.
- 🌿 **Stress Management Skills:** The program provides practical tools and strategies for managing emotions, leading to a reduction in stress.
- 🌿 **Well-being Action Plan:** Participants create a personalised action plan to maintain progress on their emotional well-being goals beyond the program.



The Inner Nature Foundations Course provides individuals with the tools and support needed to cultivate emotional intelligence, navigate challenges effectively, and build meaningful connections, fostering a more fulfilling and enriching life.



# Important Considerations

## 🌿 Location:

Piney Lakes Environmental Education Centre, 555 Leach Highway, Winthrop, WA

The Piney Lakes Environmental Education Centre is a centrally located and accessible community space located just off the freeway. The facilities provide participants a comfortable base to experience this nature-based course from.

## 🌿 Accessibility

We encourage inclusion and welcome all participants. A moderate level of physical ability, including being ambulatory, is suggested. However, we are committed to making our programs as accessible to as many as possible. If you have specific needs or concerns, please contact us, and we will do our best to accommodate and support your participation.



## 🌿 Transportation

Participants are encouraged to arrange transportation to and from the venue whenever possible. However, we understand that this may not always be feasible. If transportation is a concern, please indicate this on the application, and we will work with you to develop a suitable solution.

## 🌿 Refreshments

A light morning tea and a hot drink is provided, participants are welcome to bring their own additional food and water as required.



# Important Considerations

## 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 |





# Program of Support

Each Participant will be provided with an agreement specifying the Program of Support, including; its length, exit rules, course guidelines and intended outcomes.

## Price Arrangement

In line with the NDIS Pricing Arrangements & Price Limits the cost of this group course is divided by the number of participants participating.

A guide of this cost is provided here below:

| # Participants    | 6       | 7       | 8       | 9       | 10      |
|-------------------|---------|---------|---------|---------|---------|
| Cost per session  | \$383   | \$328   | \$287   | \$255   | \$230   |
| Total 8 week cost | \$3,060 | \$2,623 | \$2,295 | \$2,040 | \$1,836 |

## NDIS Plan Categories

Back to Nature Ecotherapy will work with participants and their Support Coordinator to tailor the allocation of plan categories utilised in a way which is most optimal for the participant.

Some common allocation of plan categories include:

| Core Supports                    | Capacity Building Supports                    |
|----------------------------------|-----------------------------------------------|
| 01 Core Therapy Supports         | 09 Increased Social & Community Participation |
| 04 Community Access Social & Rec | 15 Improved Daily Living                      |





# How to get started

## 1. Looking for something simple to share with your participants and their stakeholders?

Share the Basic Program Guide (download, print or share the link here):  
[www.backtonatureecotherapy.com.au/group-programs](http://www.backtonatureecotherapy.com.au/group-programs)

## 2. Contact us with any questions you require clarification on:

Complete the enquiry form at  
[www.backtonatureecotherapy.com.au/group-programs](http://www.backtonatureecotherapy.com.au/group-programs)

## 3. Have the participant or stakeholder complete the application form asap:

Complete the Application Form (complete or share the link here):  
[www.backtonatureecotherapy.com.au/group-programs](http://www.backtonatureecotherapy.com.au/group-programs)

## 4. Once the application is complete, we will contact you to:

- Confirm the application
- Discuss the participants enrollment needs
- Answer any additional questions
- Confirm the allocated NDIS plan categories
- Review and authorise the Program of Supports
- Welcome the participant to the program

This unique program offers skills based activities designed to foster a sense of belonging, promote and enhance mental, emotional and physical well-being. The participant will benefit from the opportunity to connect with nature, build social connections, and develop new skills in a supportive environment.



### Contact Information:

Back to Nature Ecotherapy  
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[www.backtonatureecotherapy.com.au](http://www.backtonatureecotherapy.com.au)



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