



# Back to Nature

## *Ecotherapy*



**Outer Nature: Integration Course**  
In-depth Program Guide





## Course Overview

The Outer Nature Integration Course cultivates wellbeing, relationship skills, and a sense of purpose through a therapeutic connection with nature and others.

This impactful small group program is designed for individuals with well-being and social goals who are seeking connection with others, therapeutic support and improvements in their emotional and physical wellness.

### Key Outcomes:

**Deepened Connection with Nature:** Through nature interaction, participants develop a genuine and lasting connection that supports their physical, emotional and psychological wellbeing.

**Calming Presence and Physical Benefits:** Participants experience the grounding, calming effects of being attuned to the natural elements, and many scientifically-backed physical benefits, such as nervous system regulation.

**Exploration of Purpose and Potential:** Participants engage in meaningful activities that expand their awareness of potential and purpose, in line with their interests.

**Alignment with Personal Values:** Participants explore personal values, gain insights into life ambitions, and achieve congruence with their authentic self.

**Unified Group Experience:** Participants engage in a group dynamic that fosters unity, belonging, and camaraderie, as they journey together through shared experiences and exploration.

**Enhanced Relationship Skills:** In a supportive, hands-on environment, participants develop, practice, and refine relationship skills in real-time, including forming connections and establishing healthy boundaries.



# Course Overview

## Course Structure:

**10-Week Supportive Program:** Participants engage in a 10-week program designed for growth and skill development.

**Professional Facilitation of Growth and Skill Integration:** Through therapeutic guidance, participants integrate learning so it becomes practical and embodied.

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

**Engaging Activities:** Therapeutically guided and research-based activities ensure participants effectively work towards achieving their NDIS goals.

**Untamed Natural Locations:** Sessions are held in various natural locations, weaving nature, experience, and learning together.





# Important Considerations

## Session Details

Weekly group sessions in nature for 10 weeks  
9:30am to 1pm on Wednesdays  
Commences Wednesday 9th of October 2024  
Concludes 11th December 2024

## Session Rhythm

Participants arrive at meeting point  
Bus departs at 9:30am for the natural location (20 to 40 minutes away)  
2 to 2.5 hours activity time at location  
A healthy morning tea will be provided  
Bus arrives back at meeting point at 1pm

## Meeting Point

The Rowing Pavilion carpark Mount Pleasant (10 minute walk from Canning Bridge Train station).

## 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 to and from the meeting point

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

## Transportation within the session

Participants and facilitators will travel together, with facilitators from the meeting point to the session location in nature and return, in a mini bus.





# Important Considerations

## Participant preparation and essentials

We encourage participants to wear suitable clothing to enjoy their time in the natural environment. Weather appropriate clothing, layers to remain comfortable, suitable footwear, hats or rain jackets may be appropriate.

Some session locations will not have drinking water available. Participants will be required to bring adequate water, and extra food (if required).

## Weather

Sessions will proceed in most weather, but if conditions are deemed unsafe, and an alternative solution is not available, they will be canceled or rescheduled for another week.

## Completion

A therapy report will be provided outlining the participants outcomes obtained through the course; these reports are tailored to align with their individual therapeutic and NDIS Plan goals.





# Program of Supports

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   | \$385   | \$330   | \$289   | \$257   | \$231   |
| Total 10 week cost | \$3,855 | \$3,304 | \$2,891 | \$2,579 | \$2,313 |

## 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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