

Association of Nature and Forest Therapy Guides and Programs - Home <http://www.natureandforesttherapy.org/>



ASSOCIATION OF
Nature & Forest Therapy
GUIDES & PROGRAMS

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**The medicine of being in
the forest**

FREE FOREST THERAPY STARTER KIT

The Forest is the Therapist. The Guide Opens the Doors.



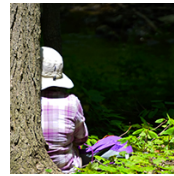
Find a Guide or Forest Therapy Program in your area



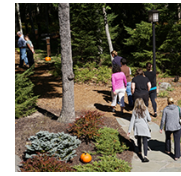
Forest Therapy Guide Training and Certification



Forest Therapy Immersion : Council of Waters and Trees



Membership in the Association



Forest bathing certification for spas and retreat centers.

We are the leading voice for forest bathing and forest therapy in North America and Europe.

Next Guide Certification Course: Northern California April 22-29

2017. [More information](#)

What is Forest Therapy?

Forest Therapy is a research-based framework for supporting healing and wellness through immersion in forests and other natural environments. In Japan it is called "shinrin yoku," which translates to "forest bathing." Studies have demonstrated a wide array of health benefits, especially in the cardiovascular and immune systems, and for stabilizing and improving mood and cognition.

The Association's Forest Therapy Guide training draws on the latest medical research, new developments in the field of nature connection, and ancient traditions of mindfulness and wellness promotion. In this training you will learn skills that are applicable in any forest ecosystem or bioregion. They can be adapted to other natural settings besides forests, and are also effective in human-built environments such as city parks and botanic gardens. They can be readily integrated with health promotion, psychotherapy, social work, recreation, nature education, employee wellness programs, conservation efforts and many other specialties.

Forest Therapy Guide Training

Certified Forest Therapy Guide Training (CFTG): This six-month training begins with a weeklong immersion, which is followed by a field practicum consisting of a series of structured assignments completed over a series of six months. During the practicum trainees are supported by mentoring via phone or skype and by monthly group conference calls with other participants in their cohort. Completion of a detailed curriculum is required for certification as a Certified Forest Therapy Guide (CFTG).

Forest Therapy Immersion: Also called "Council of the Waters and Trees," this four-day event is an immersion in Forest Therapy. We use

the group communication practice of Council to deepen our understanding of what we are experiencing in nature. A focus of the curriculum is on healing our relationships with the more-than-human world. This event is recommended for:

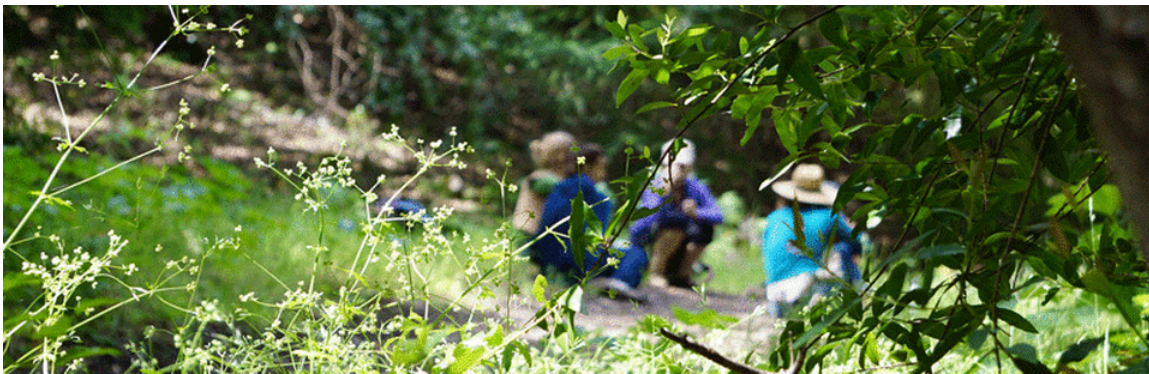
- Forest Therapy Guides
- Those who are considering becoming Forest Therapy Guides (however, this event is not a pre-requisite)
- People interested in an immersive experience of Forest Therapy and/or the Way of Council.

Space is limited to 15 persons per training; apply early to hold a place

**FOREST THERAPY GUIDE
INFO**

**FOREST THERAPY
IMMERSION INFO**

Find a Guide



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The Washington Post

The Association of Nature and Forest Therapy Guides and Programs is a Cooperating Conservation Agreement partner with Wild Foundation. Tax-deductible grants and donations to support the work of the Association may be made to WILD Foundation.



M-F: 9am - 5pm PST
01-707-636-4251

**FREE FOREST
THERAPY STARTER-
KIT**

"In every walk with nature one receives far more than he seeks." —John Muir

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