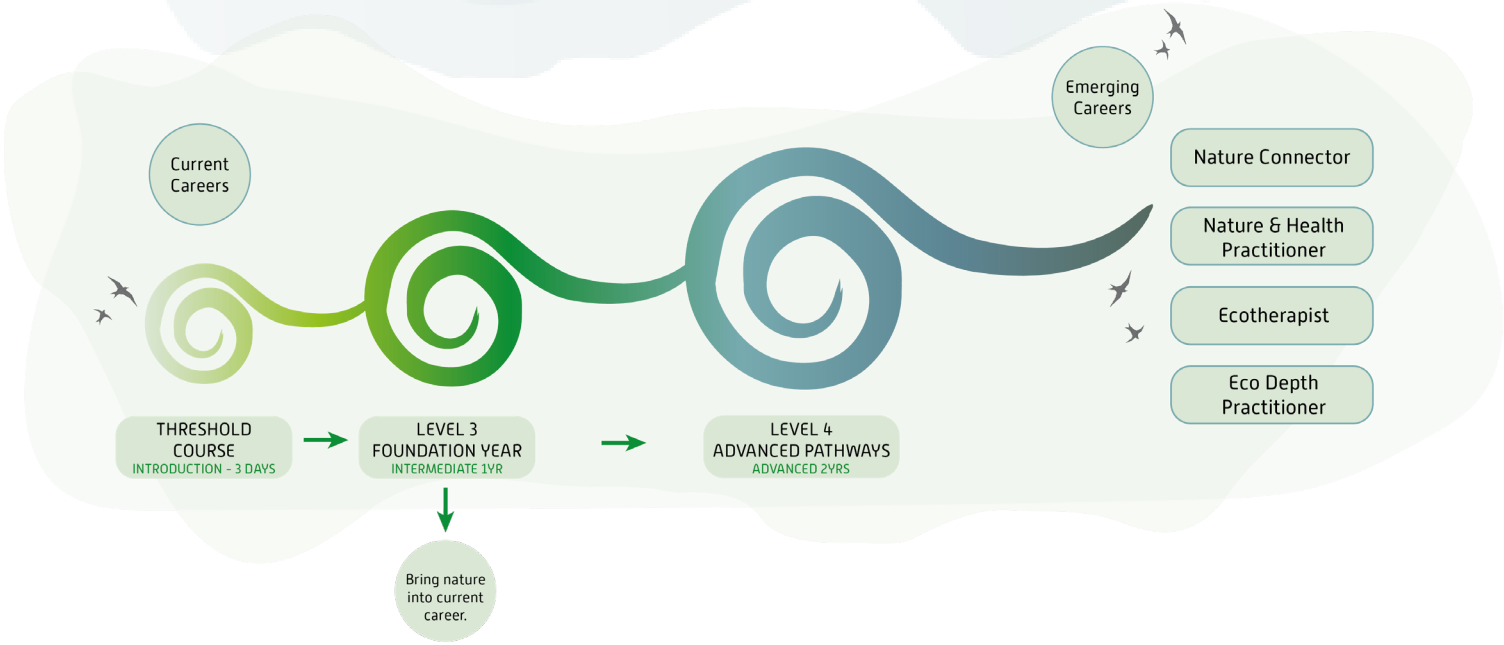
Advanced Pathway
in Ecopsychology & Nature Based Practice

Accredited by OCN London



This vocational pathway above has been designed to allow students at Natural Academy to follow a calling to work with people and nature (inner and outer). At each stage on the pathway, we deepen into the realms of practice, growing confidence and competence to bring nature into current or future career. With the foundation year you are given the skills, knowledge, and experience to integrate nature-based approaches into your current career, experience, and knowledge. With completion of the Advanced Pathway, you will be accredited to work in the three realms of practice and given models, methods, and approaches that you can apply in your practice.

Nature, Health and Wellbeing (Our Practice Model is NatureWell)
The emerging role is Nature and Health Facilitator

In this realm of practice, we help you develop your work as a Nature and Health Facilitator. Our applied model for this is NatureWell which we have been developing over the past 12 years both within our ecopsychology trainings and through partnership work with external providers. These external providers include the NHS, environmental organisations, and health charities.

Eco-therapy: Wholeness, Healing and Growth. (Our practice model is Natural Self Ecotherapy NSET)
The emerging role is Ecotherapist

In this realm of practice, we help you develop your work as an Ecotherapist. Our applied integrated model for this is NSET. This has its roots in psychotherapy and ecopsychology. These roots include Person Centred psychotherapy, Wild Mind map, Internal Family Systems, Trauma healing, Polyvagal theory, and Gestalt psychology. When you work as an Ecotherapist, applying NSET, you work with nature-based activities and therapeutic interventions to help participants cultivate wholeness, explore their personal healing and their growth journey, whilst facilitating an ongoing and ever deepening experience of 'Healing Dwelling Place' the roots of the meaning of ecotherapy.

Deeper Nature/Spiritual Ecology: Our practice model is Eco Depth Practice (EDP)
The emerging role is Eco Depth Practitioner

In this realm of practice, we help you develop your work as an Eco Depth Practitioner. Our applied integrated model for this is EDP. This has its roots in transpersonal psychotherapy, SoulCraft ©, New Universe Story, wilderness experiences, holistic science and pan cultural eco-depth practices. When you work as an Eco Depth Practitioner you may offer a broad range of interventions that help your participants access depths and expanses of the Natural Self, initiating and inhabiting our unique participation in the story of Self, Human, Earth, and Universe. You may help participants cultivate relatedness to the depths and mystery of their unique psycho-ecological niche and how this is in a wild interrelationship to the Earth and Universal Nature.

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The Three Realms

Ecopsychology and Nature Based Practice



Nature, Health & Wellbeing / Green Care

Deeper Nature / Spiritual Ecology

Wholeness, Healing and Growth/Ecotherapy

The Advanced Pathway in Ecopsychology and Nature Based Practice is a 2 year, Level 4 accredited, nature based course which will help you develop the skills, theoretical grounding, professional knowledge and the personal growth to enable you to effectively work as an Ecopsychological Practitioner.

- **We define an Ecopsychological Practitioner as someone with the necessary qualifications and experience to begin to facilitate nature based activities and interventions across the 3 realms of ecopsychological practice. We then encourage and support an ongoing commitment to lifelong learning and reflective practice across the 3 realms.**
- **Nature, Health and Wellbeing/Green Care**
- **Wholeness, Healing and Growth/Ecotherapy**
- **Deeper Nature/Spiritual Ecology**

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Teaching, Learning, Nature Based & Community

- OCN who accredit the course are a National awarding body founded on the values of life long learning and access for all. The level is equivalent to first year Degree level. The course is strongly vocational as we are seeking to help students further discover, explore and initiate their vocation (calling) in ecopsychology and find their way to develop their practice in light of this. We apply a nature-based and student-centred approach to our teaching and learning. This is within the integration of experiential learning, ecopsychological participative outdoor learning and (natural) selfactualisation.

  There is more detail on our website under Resources, Educational model. See the assessment and unit outlines. Each student has a course tutor. The course is in outdoor settings/classrooms, it follows the natural cycles across the year and also the intensives are focussed into the four cardinal directions. The three realms will be explored in various ways throughout the course and vocational studies will be included through a number of focussed practices and deeper immersions in wilder spaces. There is also ongoing mentoring and support with a tutor and support groups and discussions and exercises that build a course community of practice.

- Through these nature-based teaching, facilitation, participation and learning we co-generate a community that incorporates diversity and inclusivity both in the human sphere and within the ecological collective and Earth community. We will have intensive training sessions in wilder spaces in the four directions and a 10 day vision quest as part of these intensive times. This allows the student to deepen into their calling/vocation and be given the opportunity and time to access their deepest purpose and meaning.

- The design and development of them as an ecopsychological practitioner will be informed and infused by this vocation and will therefore be a unique and novel integrated model that the student is supported to develop.

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Some of our Main Study Areas

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Skills & Qualities in nature-based practice	Ecopsychology Study
• Mirroring • Tracking • Guilding • Facets of Wholeness	Andy Fisher: · Bill Plotkin · Brian Swimme and Mary Evelyn Tucker · Thomas Berry · Indigenous writers · Nature-based writers, artists and poets · Evidence and research
Eco-social mental health	**Applied Ecopsychology Models and Theories**
• Eco anxiety and climate despair • Trauma healing and recovery, polyvagal theory • Nature-based approaches to mental health, illness and recovery • Earth emotions and human nature	The Natural Self: · Nature and Health Certification · Wild Mind · Soulcraft · NatureWell · Internal systems and ecosystemic psychology · Natural Self Eco Therapy · Wholeness and ecopsychology
Professional Practice	**Personal development**
• Risk management and positive risk taking • Professional Practice Tree • Branches of learning • Reflective practice • Personal development • S.P.A.C.E. guide for organisations • Nature and Health Practitioners Network • Professional community of practice	Nature Based Practice that encourages growing self awareness and embodiment: · Health and Wellbeing · Wholeness, healing and growth/ecotherapy · Transpersonal/deeper nature
Nature-Based Vocational studies	**Ecopsychology in context**
• Calling • Vision • Professing • Qualification • Manifestation	· Reciprocal and participative action · Climate change and nature connection · Regenerative studies · New Story and new paradigm · Holism and complex systems · Trauma healing and recovery
Systems and new economics/business	**Study skills explored**
• Holistic science • Holonic and integral theory processes • Eco-social-psychological processes • Teal organisation, Eco-Social Enterprise, regenerative business • Support to set up practice	· Self Reflective skills · Referencing · Efficient reading · Research · Note taking · Writing assignments

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