



## Certification in Forest Bathing+ (Module Two)

### Course Overview

This course is designed for anyone interested in learning more about forest bathing with a view to becoming a Forest Bathing+ Guide. The central aim of the course is to help participants deepen their connection with nature and improve sensitivity to natural environments. This course should reveal much about the student's connection with nature, as well as how to help others connect with the natural environment.

### Minimum requirements for the Course

- Current participation in or completion of TFBI Module One - Mindfulness and Meditation Course (Mindfulness and meditation teachers - see section below)
- The minimum requirement for the course is, being comfortable with the process of inner enquiry i.e. being able to reflect on emotions and thoughts without attachment (this is why we require students to undertake mindfulness and meditation training).
- Enthusiasm and a desire to learn new processes, methods and techniques.

### Duration

Training takes 6-8 months starting with 2 x 4 full days training and then 6 months self-study/case studies, assessments and exam.

## **Module Two Course Syllabus**

This is a brief overview of the topics the course covers in depth.

### **Part one - Theory and science of forest bathing, students will learn:**

- The origins of nature therapy and forest bathing
- The science behind forest bathing, and research into forest ecology
- The effects of forest bathing, including:
- The different ways in which body and mind can benefit
- Theories that help to explain these effects
- Understanding the nervous system
- TFBI's approach to the practice of forest bathing

### **Part two – Everything students need to know to run Forest Bathing+ sessions:**

- Forest Bathing+ Elements – the components of TFBI Forest Bathing sessions.
- Developing the skills needed to run sessions including leadership, holding space, adapting to challenges, conditions and environments, building personal resilience.
- Planning a Forest Bathing+ session (including scouting sites, logistics, paperwork, equipment, and potential risks)
- Ongoing nature and environmental awareness for guides and participants.

This syllabus alongside 6 months of case studies, feedback and mentoring will provide all the necessary tools required to start running Forest Bathing+ events.

## **Training format**

**Part one** - 4 day online training environment (Zoom) covering all the theory. These days run consecutively and are usually 9am-5pm with plenty of breaks.

**Part two** - 4-day intensive practical. In effect this is a total immersion in Forest Bathing+ combined with yoga and meditation. Although students will be learning throughout, with the theory already covered we aim for this to feel almost like a 4-day mini-retreat.

## **Details**

During the 2 x 4 days training we will cover the science and mechanisms behind forest bathing, as well as teaching how to confidently lead Forest Bathing+ sessions.

The following 6-month period will be dedicated to self-tuition and case studies. This phase is critical and we encourage all our students to run more than the minimum 6 case studies where possible as they are essential for building confidence and experience.

During the self-study period students are required to attend monthly group meetings with tutors (in- person or virtual), a recording is available if a student is unable to attend and there will be activities to check they have acquired the relevant knowledge.

Whether you are local or distant you will be fully supported by our trainers and other FB+ Guides.

## **Assessment and Exam**

**Case Studies** - Students must submit a written analysis for 6 of their case study sessions which will be reviewed by a tutor. Risk assessments for each venue used for case studies must also be submitted.

**Quizzes** - Students will also complete a few self-assessed quizzes throughout the course. These will help trainees recognise areas of strength and weakness in understanding the theory and science behind forest bathing, as well as the practical aspects of running sessions.

**Practical Assessment** - A tutor will attend one of the 6 case study sessions at a mutually agreed location, to assess the student's ability to lead Forest Bathing+ sessions and review the risk assessment prepared for that session.

**Theory Exam** - a 2-hour online exam towards the end of the 6-month training period.

## **Certification**

Participants will be issued with a certificate in Forest Bathing+ upon successful completion of all the 4 assessment elements above.

Qualified students will then be able to get insurance and be able to charge for Forest Bathing+ events.

## **Costs and Payment Terms - FB+ Module Two**

The cost of the course is listed on the TFBI website under the page Training costs. The full amount should be paid at least four weeks before the start of the course.

The price includes manuals, training and assessments. Snacks and refreshments will also be provided during the 4-day practical session.

The fee does not include travel expenses, accommodation costs, meals, insurances or any additional outlay.

## **Exceptional Financial Circumstances**

If you are unable to pay the full course fee upfront you can apply for our longer payment options, up to 18 month from the very start of training (module one). This is only available to suitably experienced people who find it impossible to pay for the course on the standard payment terms and who can commit to running events for TFBI.

## **Training Dates**

Please see the website for the next scheduled dates <https://tfb.institute/course-dates/>

## **Mindfulness and meditation teachers**

- The general feedback from mindfulness teachers regarding Module One is, our course covers a lot of new ground and helps expand their understanding.
- Our mindfulness and meditation course is centred on meditation, and our framework is Patanjali's eight limbs of yoga. The course explores the process of inner enquiry and connection to our nature and develops skills that can directly transfer to the forest.
- Please speak to us about skipping Module One if you are already an experienced mindfulness/meditation teacher with relevant teacher training and have a thorough knowledge of Patanjali's eight limbs of yoga and its relation to meditation practice.