

## Natural Academy Applied Models from the Natural Self Approach.

### On Completion of the Advanced Pathway



#### Certified NatureWell: Nature and Health Facilitator Natural Academy Practice Model is NatureWell

Our applied model NatureWell has its roots in nature connectedness, ecopsychology and health condition self-management. We have been developing this for the past 14 years and lean into the developing literature and evidence. We also have our own research and evidence base that is expanding as the approach grows and develops. Over the past 14 years of training and delivery of services we have worked with many organisations from the environmental and health sector, and this has informed the development of the approach. What a participant can expect from a NatureWell course is increasing nature connection, social connections, enhanced wellbeing, a rucksack of useful nature-based ways to support health and wellbeing. It is a gentle, simple but profound way to help people manage stress, isolation, and health conditions.



#### Certified Natural Self Ecotherapist Natural Academy Practice Model Natural Self Ecotherapy (NSET)

Our applied model for this is NSET an integrative and evidence informed approach to supporting people's healing and growth. The model has its roots in psychotherapy and ecopsychology, and is trauma informed. The approach emerges from 30 years of experience in psychology, psychotherapy, and nature-based interventions. The deep influences include Person Centred Psychotherapy, Wild Mind by Bill Plotkin, Internal Family Systems, Polyvagal Theory, and the Natural Self Approach. When you work as an Ecotherapist, applying NSET, you work with nature-based activities, a relational field that includes nature and therapeutic interventions that help participants cultivate wholeness, explore their personal healing and growth journey, and facilitate an ongoing and ever deepening of their 'Healing Dwelling Place'. What you can expect as a participant is a caring and professional space, accessing the wonders and beauty of nature, with a supportive and compassionate fellow human being alongside them. The Natural Self Ecotherapist will gently guide and facilitate your healing, growth and encourage experiences of your innate wholeness. You will access the natural healing, trauma regulation and wisdom that being facilitated in natural spaces offers.



#### Certified Eco Depth Practitioner Natural Academy Practice model is Eco Depth Practice (EDP)

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 and ceremonies. This approach at Natural Academy emerges from 30 years of working with the roots above. 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 a 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. What a participant can expect is a deep and profound experiences in natural spaces that offer the potential to meet the depths and breadths of what it means to be human and from this awakening into deepest purpose and largest meanings. You will be guided on this journey by your Eco Depth Practitioner and offered techniques, practices, ceremonies, ideas, and experiences that will open you to the unique depths of who you are and the universal truth that we all share.