Course: nature based intervention for reducing anxiety

Address: https://asadis.net/en/course/nature-based-intervention-for-reducing-anxiety/

Duration: 2h30

Type of course: Continuing education

Location: Online course

Individual price: $96.00

Overview:
Recent research suggests that individuals who feel connected to nature show notably lower anxiety levels and higher resilience skills.

In this course, you will explore how nature-based interventions can enhance your anxiety treatment protocols. You will learn to integrate evidence-based nature-informed techniques into your existing therapeutic framework, whether you practice in traditional office settings, outdoor environments, or via telehealth.

Dr. Heidi Schreiber-Pan will guide you through the neurological foundations of nature's impact on the stress response system. You will discover how natural environments influence cortisol levels, heart rate variability, and neural pathway restructuring. The course grounds these mechanisms in Attention Restoration Theory, neuroplasticity research, and the Biophilia Hypothesis.

You will learn to assess clients' ecological identity and identify barriers to nature connection. You will explore practical interventions that can be implemented immediately, including:

• Awe walks for cultivating wonder and reducing rumination
• Sensory grounding exercises using natural elements
• Distress tolerance building through "human rewilding" principles
• Gratitude practices that counter negativity bias
• Attention restoration techniques for mental fatigue recovery

The course will demonstrate how to adapt nature-informed interventions across multiple formats. You will see

applications for walk-and-talk therapy, seated outdoor sessions, office-based nature integration, and telehealth delivery. You will learn to balance distress tolerance development with self-compassion practices in natural contexts.

You will examine the concept of eco-separation and its three dimensions: species loneliness, place blindness, and sensory amnesia. This framework will help you understand how modern disconnection from nature contributes to anxiety symptomatology in your client population.

The training emphasizes reciprocity between humans and the natural world. You will develop strategies that not only reduce client anxiety but also foster environmental engagement and ecological consciousness. This approach aligns with contemporary needs for conservation involvement while addressing individual mental health concerns.

By the end of this course, you will have expanded your anxiety treatment repertoire with nature-informed tools. You will be able to implement these interventions immediately, adapting them to your specific practice context and client needs. These evidence-based techniques will complement your existing therapeutic approaches, offering clients additional pathways to emotional regulation and psychological resilience.

Learning objectives:

1. Understand the relationship between anxiety and the brain’s stress response, and how nature can influence emotional regulation
2. Understand the neurological and physiological benefits of nature-based interventions for reducing anxiety
3. Implement nature-informed techniques, such as mindful walking and sensory grounding, in therapeutic sessions to help clients manage anxiety
4. Implement practical strategies for integrating nature-based practices into both traditional therapy settings and outdoor environments

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This course is intended for mental health professionals.

The expert

Dr. Heidi Schreiber-Pan is a licensed psychologist and professional counselor with a doctorate in counseling psychology. She is the founder of Chesapeake Mental Health Collaborative in Maryland and serves as executive director of the Center for Nature-Informed Therapy, where she advances the integration of ecopsychology principles into clinical practice.

Dr. Schreiber-Pan is internationally recognized for her specialized expertise in nature-based mental health interventions, particularly in treating anxiety and stress-related disorders. Her clinical approach integrates attention restoration theory, neuroplasticity research, and the biophilia hypothesis into evidence-based therapeutic frameworks.

She collaborates with multiple universities on research examining the efficacy of eco-centered therapeutic interventions. Her clinical career began in hospice settings, where she specialized in death and bereavement counseling, experience that informs her holistic approach to psychological resilience and human connection to the natural world.

Dr. Schreiber-Pan has developed practical protocols for implementing nature-informed interventions across diverse therapeutic contexts, including traditional office settings, walk-and-talk therapy, outdoor sessions, and telehealth delivery.

Syllabus

PowerPoint
Introduction
Understanding Mental Health and Nature's Role
Land Orientation & Acknowledgment
The State of Mental Health in the U.S
Why Integrate Nature
What does Nature Informed Therapy (NIT) look like
The Anxiety Experience
What is Happening
Neuroplasticity
Why Is Anxiety on the Rise
Reconnecting with Nature to Address Anxiety
The Consequences of Eco Separation
The Domestication Process and Human Rewilding
Distress Tolerance and Anxiety
Two Forces Working Together
Attention Restoration Theory (ART)
Therapy tools
Positive Neuroplasticity
The Good, The Bad & The Ugly
Negativity Bias & Gratitude Practice
The Effects of Awe
Sit Spot Practice
Conclusion

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*