



## **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:** \$100.00

### **Overview:**

We all have experienced the calming power of nature—whether it's walking through a forest, strolling by the sea, or hiking in the mountains, these moments can often bring a deep sense of peace.

Recent research suggests that individuals who feel connected to nature often show greater resilience. In response, a growing number of nature-based practices are emerging to help ease the anxious mind and support emotional regulation.

Rather than introducing a completely new form of psychotherapy, these approaches draw on nature's influence to enhance established therapeutic techniques.

This workshop, led by Dr. Schreiber-Pan, Executive Director of the Center for Nature-Informed Therapy, explores how nature can be a powerful resource for reducing anxiety and promoting healing. Dr. Schreiber-Pan will share evidence-based findings on nature's effects on the nervous system, including its ability to lower cortisol levels and slow heart rates.

You will discover how natural environments can reshape neural pathways to decrease stress and cultivate mindfulness. You will also learn practical strategies such as "forest bathing," mindful walking, and sensory grounding exercises that can be used both in therapy sessions and independently, whether indoors or outdoors.

Designed to expand your anxiety-treatment toolbox, this workshop demonstrates how nature can foster mental well-being. Whether working in a traditional therapy setting or leading nature-based interventions, you

will gain techniques to help clients reconnect with their bodies, slow down, and find moments of calm amidst life's pressures.

By the end of the workshop, you will have practical, nature-informed tools for helping clients reduce anxiety, enhance resilience, and pursue a more holistic path to emotional well-being.

**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**

Dr. Heidi Schreiber-Pan is the founder of Chesapeake Mental Health in Maryland and the executive director of the Center for Nature-Informed Therapy. Dr. Schreiber-Pan, a licensed professional counselor with a doctorate in counseling psychology, is internationally recognized for her expertise in nature-based mental health, resilience promotion, and addressing anxiety and stress disorders. She began her professional career in hospice, specializing in death, dying, and bereavement counseling. She currently collaborates with multiple universities on research projects exploring the effectiveness of eco-centered therapies.

**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

Bibliography