



Course: nature informed techniques for childhood trauma healing

Address: <https://asadis.net/en/course/nature-informed-techniques-for-childhood-trauma-healing/>

Duration: 2h30

Type of course: continuing education

Location: online course

Individual price: \$100.00

Overview:

Adverse childhood experiences can have profound and lasting effects on a child's development. Children affected by trauma often exhibit dissociative symptoms, emotional dysregulation, and intrusive thoughts or images. Without the language to express their fears and emotions, they may manifest distress through somatic complaints such as stomachaches, headaches, or nonspecific body pain.

In this context, nature therapy is particularly helpful. It offers a holistic approach, providing intentional experiences that allow children to safely process emotions and bodily sensations. As an embodied, trauma-informed practice, it serves as both a restorative and preventative intervention. This workshop, led by renowned expert Dr. Fisher, a specialist in dissociative disorders and certified in ecopsychology, introduces the Decolonial, Humble, Culturally Responsive (DHCR) Model.

This framework recognizes the complex neurobiological and psychological responses to trauma, advocating for a compassionate and comprehensive healing approach. It also promotes systemic and cultural change, acknowledging the diverse ways trauma manifests and the limitations of traditional top-down treatment. By engaging the body and all the senses, this bottom-up approach fosters empowerment, strength, and confidence, ultimately restoring agency and resilience.

Participants in this workshop will learn to:

- Assess clients' eco-culture (their relationship and experience with nature).
- Address accessibility concerns related to nature-informed therapy.
- Integrate nature-based interventions into clinical and academic settings

across diverse populations.- Implement trauma-informed nature therapy in clinical practice.

By blending neuroscience with somatic awareness and ecopsychology, this workshop equips practitioners with innovative tools to support healing in a way that is deeply attuned to both mind and body.

Learning objectives:

1. Implement Decolonial, Culturally Humble Model (DCHM) to trauma exposure and trauma healing
2. Understand three specific ways trauma impacts childhood neurology
3. Understand the benefits of engaging in and with nature
4. Implement trauma-informed nature therapy in clinical practice

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. Cheryl Fisher

Dr. Cheryl Fisher, Director and Associate Professor in the MA in Clinical Counseling at Alliant International University-California School for Professional Psychology, is licensed as a clinician in three states with over 25 years of experience. An International Certified Trauma Professional, she specializes in dissociative disorders and is certified in Ecopsychology. Her research focuses on the intersection between human and more-than-human experiences. As an international speaker, she presents at various conferences and summits, including the Association for Creativity in Counseling and the Kids Nature Summit in the UK. Dr. Fisher also conducts workshops on nature therapy and has authored numerous articles and books on the subject.

Syllabus

PowerPoint

Introduction

The Roots of Trauma and Brain Adaptation

Trauma Across Time and Cultures

Understanding the Adaptive Brain Networks

Childhood Trauma

Body, Sensory Processing, and Resilience

Somatic and Embodied Approach

Sensory Exercise

Human-Nature History

Eco-cultural Assessment

BASIC PH Resiliency Model

Understand the Benefits of Engaging In and With Nature

Biopsychosocialspiritual Experience

Benefits of Nature Informed Therapy

Greenspace and Research Findings

Attention, Mindfulness and Engaging in Nature

Implement Trauma-Informed Nature Therapy in Clinical Practice

Nature Informed Interventions

Nature as a Metaphor

Human-Animal Connection

Nature-Informed Indoor Alternatives

Creating Green Space

Research, Nature and Technology

Clinical Implications

Treatment Plan and Case Study

Nature-Informed Endings...and New Beginnings

Conclusion

Bibliography