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: $96.00

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.

This evidence-based workshop will equip you with nature-informed techniques grounded in contemporary neuroscience, trauma theory, and the Decolonial, Humble, Culturally Responsive (DHCR) Model.

Led by Dr. Cheryl Fisher—a certified trauma specialist and ecopsychologist with over 25 years of clinical experience—you will integrate bottom-up, somatic interventions that complement your existing practice while addressing the embodied nature of childhood trauma.

Throughout this workshop, you will learn to :

• Implement the DHCR framework in trauma assessment and treatment planning. You will learn to conduct eco-cultural assessments using validated tools to understand each client's relationship with the natural world and identify accessibility barriers.
• Integrate current neuroscience of childhood trauma into clinical formulation and connect these neurobiological changes to observable symptoms.
• Apply specific nature-based interventions across clinical and educational settings. You will discover how to adapt evidence-based practices—shown to reduce cortisol, improve attention in ADHD, and promote

calm-alert states—to diverse populations and settings, including urban environments with limited green space access.
• Strengthen somatic and embodied therapeutic competencies, addressing beliefs, affect, social functioning, imagination, cognition, and physiology through multisensory engagement.

These nature-informed techniques provide concrete alternatives when language-based processing proves insufficient or premature, particularly with pre-verbal trauma, dissociative presentations, or culturally diverse populations where traditional therapeutic frameworks may not align. The somatic, sensory-rich interventions you will implement offer pathways to regulation, empowerment, and resilience that honor both neurobiological realities and cultural contexts. By the end of this workshop, you will have immediately applicable assessment protocols, specific techniques illustrated through clinical examples, and a framework for ethically integrating nature-based work regardless of your practice setting or the communities you serve.

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, clinical professional counselor, is a 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 Adaptative 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

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*