



Forest Therapy Guide Certification Training



April 19 – 26, 2020 at the Big Chico Creek Ecological Reserve



What: The North Valley Community Foundation and the Butte Strong Fund have awarded a grant to the CSU, Chico Ecological Reserves to facilitate the training of 15 professionals in Butte County to become certified forest therapy guides through The Forest Therapy for Community Recovery project. This certification (valued at \$3,410) will be offered free of cost, providing participants training to support healing and wellness through immersion in forests and other natural environments. Find out more about the Forest Therapy for Community Recovery project [here](#). To apply, click link at bottom of flyer. **Deadline to apply is February 21, 2020.**

What is a certified Forest Therapy Guide?

A Forest Therapy Guide facilitates safe gentle walks, providing instructions — referred to as “invitations” — for sensory opening activities along the way. On Forest Therapy walks, people have a wide range of experiences, some of which they feel are significant, even profound. Guides are trained in the skills and perspectives needed to be supportive witnesses of these experiences.

Why Create the Forest Therapy for Community Recovery Project?

We are pioneering this project to help those directly affected by the Camp Fire recover from trauma, and to be part in creating a trained support network of local professionals. This will not only help those directly impacted by the Camp Fire, but has the potential to impact tens of thousands of residents in Butte County as our forest therapy guides implement these practices throughout the rest of their careers

Steps for Certification ([Click here to learn more](#)):

- 1.) Weeklong Intensive Training (4/19 – 4/26) at the Big Chico Creek Ecological Reserve (Forest Ranch, CA).
- 2.) The Mentored Practicum
- 3.) First Aid Certification Requirement
- 4.) Approval for Certification

Apply Here: [Chico 2020 Forest Therapy Guide Training](#) (Type, “Chico 2020” in the first question box)



Questions? Contact bccer@csuchico.edu or call (530)898-5010