

INSTITUTE FOR NATURE-SUPPORTED THERAPY BERLIN

INSTITUTE FOR GREEN THERAPY - INSTITUTE GREEN THERAPY

CONTINUING EDUCATION - TRAINING-CONTINUING EDUCATION, NATURE THERAPY, NATURE-BASED THERAPY, GREEN CARE, ECOTHERAPY - ECOTHERAPY, GARDEN THERAPY, FOREST THERAPY - FOREST

BATHING.

"...a really great program that stands out from the existing garden therapy market. I really appreciate that this exists and that I (also quite i.d. Close-up) learning was allowed. Thank you also for the support during this time - that often gave me a lot of nice ideas. I feel very empowered by this." (CB., November 2023)

ENGLISH VERSION

FURTHER TRAINING IN NATURAL GESTURES THERAPY

NATURE-STIMULATED METHODS

SHINRINYOKU / FOREST BATHING

THE 5 ELEMENTS

FOR FACILITIES

THE IGT

CONTACT

ADVANCED TRAINING 2025

Nature-assisted therapy



Brochure 2025

Brochure 2025.pdf

Adobe Acrobat document [388.4 KB]

Download

Nature-assisted therapy

Some changes are planned for the 2025 training period. In the future, the self-awareness modules will also be taught as so-called nature-supported methods. These modules are both at the same time, getting to know and individually experiencing the methods as self-experience. This part of the method is particularly suitable for professions the areas: educators, social work, pedagogy, teachers.

TRAINING NOW IN 3 SECTIONS:

The training can now also be attended in three sections:

Nature-assisted methods I+II and then the qualification & deepening phase: Nature-assisted therapy.

7TH - 11TH. APRIL 2025

Nature-supported methods I Indoor

Working with clay, designing a garden model at the table, sensory activation with natural materials, plant viewing, working with natural metaphors & character structure (Partial personality aspects).

2.-6. JUNI 2025

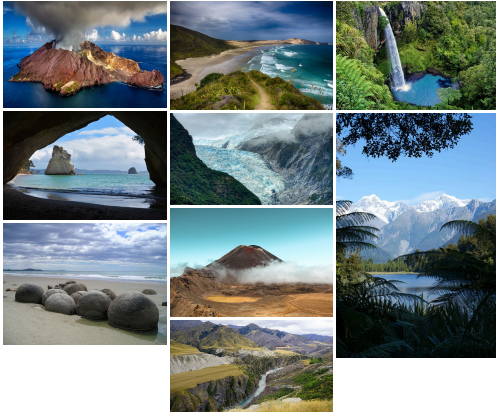
Nature-supported methods II Outdoor

Forest bathing, maze & labyrinth, land art, installations with & in nature.

OCTOBER 2025 (WEDNESDAYS, 17-20 - ONLINE))

Qualification & deepening: Nature-assisted therapy

ADVANCE NOTICE: STUDY TRIP NEW ZEALAND - MARCH 2026



This study trip with references to nature-assisted therapy is in preparation. The duration will be 4 weeks. We will examine the climate therapeutic & geopsychic effects of various Explore landscapes and also artistically express your individual experience. [more info -->here](#)

The rhythm of emergence

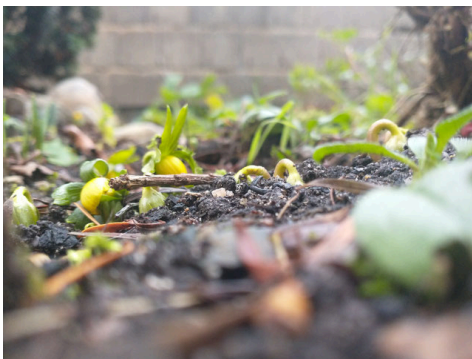
The following text is an excerpt from a book, that is:

"To Bless the space between us"

by an Irish poet, philosopher, author and priest John O'Donohue.

I want to share his thoughts with you about what it means to end something and start something different and trust that every transition includes a new possibility, new Possibilities included.

He reminds us that development has its own rhythm and happens even when we don't see it. And a change can also be sudden and absolute.



The beauty of nature has its own time, everything is prepared, nothing rushes.

(...) The beauty of nature has its own time, everything is prepared, nothing rushes. The rhythm of the appearance is like a slow beat that drives forward.

Because nothing happens abruptly, we often don't notice the beginning of spring. He is there before we see Him and then we can't look anywhere without seeing Him.

Developing is one of the big dreams of everyone, every heart, changing the boundaries, always the same sequences, the banality of life, the pain.

+++ CURRENT +++

ADVANCED TRAINING 2025

NEW BROCHURE AVAILABLE



Further training in nature-supported therapy 2025

Brochure 2025.pdf

Adobe Acrobat document [388.4 KB]

Download

here is the preliminary version of the 2025 training course: nature-assisted therapy with all significant changes. The training is now available in the two modules I + II, Monday to Friday Further vocational training carried out WITHOUT entry requirements.

NEW ACCOUNT SET UP

And it doesn't seem that easy. Often we choose the old patterns, to keep the old patterns, rather than risking the risk of change. (...)

Great changes are fermented beneath the surface of our lives.

You can ask yourself at any time:

at what point, threshold am I standing at this time in my life?

What am I about to leave? Where am I about to enter? What's stopping me from breaking the next threshold? Which gift would help me do it?

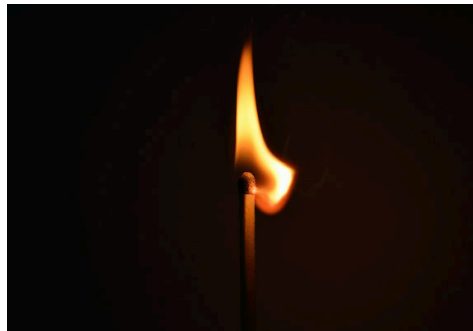
A threshold is not just a simple boundary, it is a boundary that separates two different spaces, rhythms and atmospheres.

translated from English, by Petra Kammerer



THE 5 ELEMENTS - ONLINE COURSE

10.11.-8.12.24 SUNDAYS 17-20



The practice of the 5 elements can be practiced anywhere in nature and also as an "internal practice" at home.

The elemental practice involves body, breathing, and imagination exercises. In practice, it is about remembering the basic qualities of the elements and healing balance of the elemental energy to promote.

Please log in --> [here](#), a zoom link will be sent (required: participation with camera).

The weekly online group **starts on 10.11.2024**

Post: 5 dates, 17-20, total. 150€

the course ends on 8.12. after 5 dates.

more [Info --> here](#)



"IF YOU CARE FOR GREEN, YOU CARE

FOR GREEN"

(Patrick Urban)

INTRODUCTION

NATURE-ASSISTED THERAPY - GREEN CARE



The term green care refers to all those activities related to physical, psychological, educational, or social preservation or Support measures that use nature, animals or plants in terms of content.

GARDEN THERAPY

The term originally comes from English and is derived from the local horticultural therapy. Whereby im English between horticultural therapy, therapeutic horticulture, and social and therapeutic horticulture is differentiated.

horticultural therapy

In the former, therapy with plants is offered – usually as part of a garden.

therapeutic horticulture

At therapeutic horticulture, the focus is on garden activities and there is no therapeutic one Construction.

social and therapeutic horticulture

In social and therapeutic horticulture gardening activity is also central, although there is also social exchange is emphasized.

The IGT:BERLIN uses the term "Gardening Experience", which refers to all activities and interactions that occur alone, in a group, in the interior Terrace, green area or garden related to plants whose cultivation, care and harvesting take place.

Why nature-based methods?

The term "nature-supported" sets a framework in which a wide variety of disciplines find an umbrella.

e.g. garden therapy is a targeted, therapeutic process that can fill you up in the garden and/or greenhouse.

Waldbaden is no longer necessarily therapeutic, but has a healing effect on the body and emotionality, which has been scientifically proven. Both procedures work with and in the Nature, that is to say, are based on conditions and what exists of the corresponding designed (garden) or undesignated nature (landscape, forest).

Nature-based interventions - a definition

an intervention is always a targeted, planned, conscious "activity" towards a "goal". So I need further information about what conditions exist (without always attributing the cause know) and "What" to do. A nature-based intervention has different forms and can activate, promote, maintain or be therapeutic.

Nature-based interventions are based on targeted action and use nature in the broadest sense, applying and referring to the within things included.

[more-->here](#)

THE IGT APPROACH: BERLIN

AWARENESS BASED & SOCIAL THERAPEUTIC HORTICULTURE, LANDSCAPE THERAPY

The spectrum of nature-based interventions

A training module is dedicated to mindfulness-based forest stays. Art and creativity and thus designing with natural materials, land art, labyrinth and maze walkable places in landscapes or parks are also content. Life-historical reflection and personality structure (with a depth psychological connection) is discussed in another Module addressed by designing a garden model. Sensorimotor support along with participation related to occupational therapy represents another training unit. Central all modules include repeated exercises from the spectrum of mindfulness procedures and sharing what you have experienced in so-called sharing. In the Gardening Experience module we work in a nurturing manner & creative in a community garden and will also make references to physiotherapy. The IGT:BERLIN bases activities and content on scientific principles found in studies are documented --> [Example of international studies](#)

Method of mindfulness and sharing

The IGT Berlin focuses on the approach of experiences in the garden and nature, which are experienced as in self-awareness and mindfulness exercises become. In so-called sharing I share my experiences, show myself and **become visible as the person I am**. Here can Body sensations, thoughts or even emotions are communicated.

Working with metaphors

the exercises and methods of further training are always about researching your own personality structure, how am I as a person World: "What speaks to me? Where do I build resistance? Which behaviors, communication and values are immanent to me?" Metaphors help us to reflect on our own humanity and also to perceive depth psychological aspects of our personality structure more consciously.

Gardening experience

Movement mobilization by working & working in the garden using garden tools.

Meaningful experience through participation in the annual cycle of nature.

[Studies --> here](#)

Forest Therapy - Healing stays in forests and nature / Shinrin-yoku

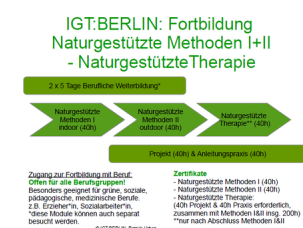
The **Multisensory stimulation and movement mobilization** with their positive effects on the body and psyche through their stay in the Nature. Even a short stay in the forest has a positive effect on people's physical and mental state. Forest doesn't impose itself, doesn't reject. We can freely pursue our needs for movement and sensory experience - focused or open. If we do some perceptual exercises at the beginning of a forest period in order to address and activate body perception, breathing, cardiovascular system, balance, emotions, "forest time" succeeds in its effectiveness more consciously Experience. ...[read more](#)

[Studies --> here](#)

Advanced training 2025

NATURE-ASSISTED THERAPY

[further information here](#)



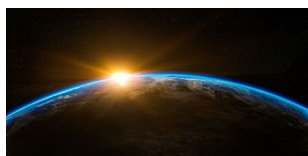
Brochure 2025.pdf

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NEWS

THE 5 ELEMENTS: ONLINE COURSE

STARTED ON 10.11.24



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The elemental practice involves body, breathing, and imagination exercises. In practice, it is about remembering the basic qualities of the elements and

DATES



2024 OCTOBER

2.10., 11 Clock: Forest Open Group
4-6.10 **Advanced training module P**

5.10. Workshop:
Gardening experience

Download

TRAINING NOW IN 3 SECTIONS:

Dates 2025

7-11.4.2025

Part 1 - Nature-based methods - indoor

2.-6.6.2025

Part 2- Nature-based methods - outdoor

OCTOBER 2025 ONLINE

WEDNESDAYS 17-20 AM

Part 3 - Qualification & in-depth: Nature-assisted therapy

Advanced training 2024



IGT Brochure 2024.pdf

Adobe Acrobat document

[911.4 KB]

Download



WHO AM I?

The first modules of the training are self-research. Through nature-supported activities and exercises, we explore individual experiences and personality structures. Reflection & sharing (sharing experience content in the group) leads to a deeper understanding: That's how I am.

INTERVENTIONS

The nature-supported therapy training relates to content, methods and interventions in the areas of:

Biography work, art therapy, land art, gardening, psychotherapy, depth psychology, sensory training, forest therapy, metaphor work, sharing,

healing balance of the elemental energy to promote.

Please log in --> [here](#), a zoom link will be sent (required: participation with camera).

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Post: 5 dates, 17-20, total. 150€
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more [Info -->here](#)

BOOK ANNOUNCEMENT

Germann-Tillmann | Roos Steiger |
Vroomen-Marell (Hrsg.)

Naturgestützte Interventionen

Grüne Therapien, naturnahe Aktivitäten,
nachhaltige Prävention

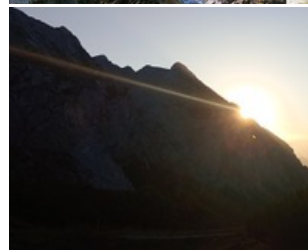
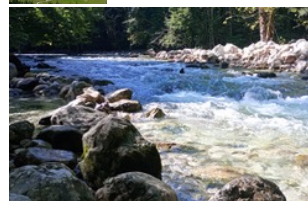
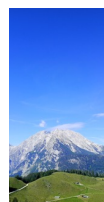
Mit einem Geleitwort von Prof. Dr. h. c. Pierre Blich



Nature-based interventions
Green therapies, nature-based activities,
sustainable prevention.
With a foreword by Prof. Dr. Dr. h. c. Pierre Blich
16,5 × 24 cm | approx. 360 pages | bound
ca. 36,- € (DE) | approx. €32.90 (AT)
ISBN 978-3-608-40179-0
Published on the 16th. november 2024
WGS 1534 (Psychology/Applied
Psychology)

THE 5 ELEMENTS 2025

4-10.8.2025



The theory of elements is used in many traditions and healing methods, for

(engl. Group, as part of further training 24)

november

1-3.11. **Advanced training module R&S**

6.11., 11 Clock: Forest Open Group

10.11. 5 ELEMENTS: ONLINE COURSE

2025

FURTHER TRAINING 2025

NATURE-ASSISTED THERAPY

THREE TRAINING PHASES

IGT:BERLIN: Fortbildung
Naturgestützte Methoden I+II
- Naturgestützte Therapie



7-11. APRIL 2025

Part 1 - Nature-based methods - indoor

2.-6. June 2025

Part 2-Nature-supported methods -
outdoor

OCTOBER 2025, Wednesdays 17-20

Part 3 - Qualification & deepening:
Nature-supported therapy

EXPERIENCE NATURE 2025 MAY

NATURE EXPERIENCE MADEIRA

important note:

the times are always Monday to Friday
all day. It is possible to plan with the
weekend before and after with a total of
9 days in Madeira.

12-16.5.2025 &

19-23.5.2025

DECEMBER

NATURE EXPERIENCE
MADEIRA 23.12.-2.1.26

JANUARY 2026

mindfulness procedures, anamnesis.

[...more](#)

It's always about working with materials, places, objects or metaphors - with and in nature.



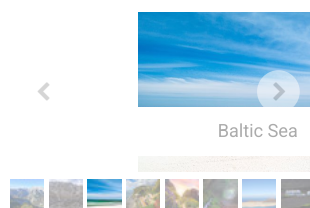
TERMS

some notes on terms used in vocational education:

Training, vocational training, advanced training, continuing training, additional qualification [here...](#)



LANDSCAPE THERAPY / CLIMATE THERAPY



In landscape and climate therapy, the natural climatic environmental stimuli of special areas are used naturally to accelerate healing. Particularly healing are stays on the sea, in the middle and high mountains. The appearance, one's own experience in the landscape, is also mentally effective (geopsychic effect) Whether lush, barren, harsh or lovely, depending on the geological shape/climate zone, the peculiarities of flora and fauna, landscapes have very different effects on the mental mood. Some image examples (so) from Research stays and future offers are planned to also hold courses on site.

example in traditional Chinese. Medicine, the 5 elements with corresponding phases of change. In Tibetan practice the elements earth, air, fire & space are also used as meditation content for imagination exercises in order to gain a deeper understanding of the connections in nature and space to achieve humanity.

Representational exercises, such as researching different qualities of standing or flowing water (or other elements), are also practiced. Each element corresponds to one Aggregate state and also a sensory perception (earth --> feeling).

Through experiences with the elements, the sensory areas are addressed and material can be obtained at the metaphor level in order to further research and exchange ideas. Neuroscience confirms the effect of imagination exercises that have been used in the Tibetan tradition for centuries, for example.

In this course we will explore the qualities of the 5 elements in nature. Through the exercises we come into contact with the elemental qualities within us. With the help of imagination exercises let's research our "inner elements" on the levels of body, emotion and mind (cognition). We gain knowledge about our individual elemental aspects and practice exercises Balancing the elements can also be very practical exercises with the elements. [here -->](#)

NATURE EXPERIENCE MADEIRA

MAY 2025

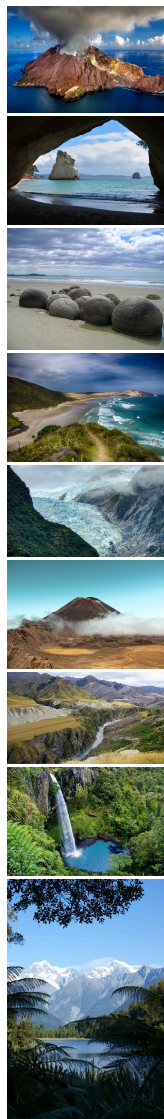


NATURE EXPERIENCE MADEIRA

5-9.1.2026

MARCH 2026

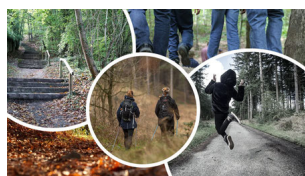
STUDY TRIP NEW ZEALAND



This study trip with references to nature-assisted therapy is in preparation. The duration will be 4 weeks. We will examine the climate therapeutic & geopsychic effects of various Explore landscapes and also artistically express your individual experience. [more info -->here](#)

ARCHIVE

Activities



Lectures

Nature-assisted therapy

Metaphor work & experiencing nature

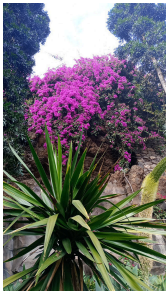
FURTHER TRAINING

EXAMPLES FROM PROJECT
AND GUIDANCE PRACTICE



- Building and maintaining a worm box
- The medicine wheel
- Plants and Place - Biography work with families
- Climate breakfast with saved food
- Exploring the Barefoot Trail
- Experience herbs & tea tasting
- Fermentation & Tasting (Kombucha/Kefir)
- Tree slices in the city – research and classification
- Garden design of my allotment garden
- City gardening on a tree slice
- Garden models with vegetables
- Success gallery as a collage with natural materials
- Nature Writing

"...The findings benefit me privately in my garden as well as professionally as an educational specialist in a daycare center. The IGT:BERLIN team gave me new perspectives Types of activity and artistic engagement with nature in the forest and garden. The training is well thought out, practical and was carried out with a lot of commitment and Empathy done!..."
(BL., Oct 2020)



Location: Funchal with daily excursions to various places on the island.
Program and further information will follow.

WHY NATURE-BASED
METHODS?

wissen
physiologisch
psychologisch
sozial
pädagogisch

Naturgestützte Interventionen

weitere Verfahren

Aktivieren-->
Fördern-->
Erhalten-->
Therapie-->

<--Physiotherapie
<--Ergotherapie
<--Psychotherapie
<--Kunsttherapie

BEZÜGE ICD* & ICF*

Aktivitäten
Akutieren
Diagnose
Therapieplan
Evaluation

BEZÜGE ZU BERUFEN
Gartenarbeiten
Waldzeiten
Kräuterwanderung
Pflanzenbetrachtung
Verkostung von Gemüse
Landschaftsaufenthalte
andere

*ICD: Internationale Klassifikation der Krankheiten
*ICF: Internationale Klassifikation der Funktionsfähigkeit, Behinderung und Gesundheit

Grafik: Bodo Kopp / Handwerk (1)

Pädagogik
Sozialwissenschaften
Medizinische

more -> [here](#)

INTERVIEW WALDBADEN



Advice to institutions

Design & work in community gardens

Workshops

- Making a forest scent
- Making tea blends & Tea Tastings
- The garden as a mirror of the soul
Working on the garden model
- The 5 elements
- Landart
- Poetry with & in nature
- Artistic design with natural materials
- Working with clay

Shinrin Yoku / Forest bathing

LITERATURE
RECOMMENDATION

Germann-Tillmann | Roos Steiger |
Vroomen-Marell (Hrsg.)

Naturgestützte Interventionen

Grüne Therapien, naturnahe Aktivitäten,
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Schattauer

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Hilarion G. Petzold Bettina Ellerbrock
Ralf Hönberg (Hgg.)

Die Neuen Naturtherapien

Handbuch der Garten-, Landschafts-,
Wald- und Tiergestützten Therapie

Band 1: Grundlagen
Garten- und Landschaftstherapie

Studententexte Integrativer Therapie
ANTHROPUS psychologie

a helpful handbook to provide an overview of the various developments and methods in nature-assisted therapy
ISBN-10: 3849813185

In conversation with Jordis Dony from
Benediktushof Holzkirchen: about the
Waldbaden interview [here](#) -->

ALUMNI Meeting

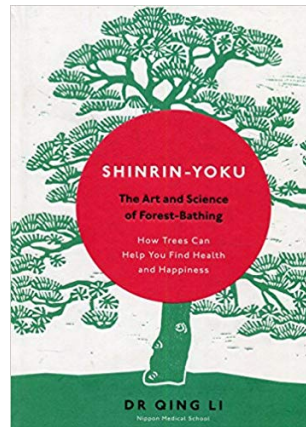


A forum for graduates*: As a college, we
remain here in exchange about activities
and technical matters. We'll meet via
Zoom on the 2nd. Wednesday of the
month at 19 o'clock. -->[ALUMNI](#)
the next meeting after the summer break
is 9.10.24



Basic work on classic garden therapy
with therapy garden/greenhouse.

with CD templates for therapy
plan/anamnesis, among other things
ISBN 978-3-456-84784-9



ISBN-10: 9780241346952

FURTHER EDUCATION

[Nature-assisted therapy.](#)
[5 elements](#)

PARTICIPATE

[Forest bathing - Shinrin Yoku](#)
[The 5 elements](#)

ADVICE

[For facilities](#)
[Accompaniment](#)

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IGT:BERLIN • Patrick Urban • Dipl. BPäd/Dipl.-Ing. • Psychotherapist HPG • Garden consultant

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