

# The Associate Healing Nature Guide Degree Program

## Prerequisites

- A four-year degree or license in one of the healing arts.
- Degree equivalents and/or work experience will be considered.
- Successful completion of the application process.

*Work experience considered in Nature Education, Healing Arts, Self-Development, Community Healing or the like.*

## Associate HNG Course Outline

The course is comprised of three modules, beginning with Module I – consisting of eight weeks at-home study which includes discussion within an egroup format and at least 4 video calls followed by Module II consisting of a 1-day online workshop and four days of on-Trail training. The training concludes with Module III consisting of four days of on-Trail training with six supervised Trail Walks.

### Module I: At-Home Study

An eight-week at-home unit, it is comprised of sixty hours of reading, research, and dialogue. Here is the unit framework:

1. A study of selected material from *The Healing Nature Trail* book and other sources.
2. Naturalist training, for in-depth understanding of Nature's healing attributes, and for examples from Nature to use as healing metaphors and to help personalize the Trail experience.
3. Training in ethical guidelines and grievance procedures.
4. Suicide-prevention training.
5. Conscious Breathing training.
6. A survey of Nature-based healing programs and practices from around the world.

### Module II: Foundational Guide Training

This five day hybrid unit consists of a one day online workshop and four days on-site training at a Healing Nature Trail. It consists of:

1. A review of the at-home study.
2. A presentation of Trail development, use, and management.
3. A guided tour of the Trail, detailing each of the Trail's design and healing features, the science behind them, and how they can be best utilized.

4. Training in Conscious Walking and Blindfold Trail Walking.
5. Shadowing two guided trail tours conducted by a certified guide.
6. Students team up to take each other on a total of three guided Trail Walks, each time with a different partner. The Walks are supervised by a Healing Nature Guide, who will provide feedback and facilitate a self assessment.
7. In-group assessments of the Trail Walks.

### **Module III: Guiding Trail Walks Training**

This module consists of conducting 4 Trail Walks over a four-day period on a certified Healing Nature Trail, supervised by an Instructor-approved Healing Nature Guide. The Trail Walks are to be conducted in this fashion:

1. The series of Walks is to include a minimum of two solo client Walks and two group client Walks.
2. After each walk there will be a feed back meeting between guide and student

Assuming the successful completion of all three Modules, the student receives an Associate Healing Nature Guide diploma from the Healing Nature Center, which grants the graduate the full rights and privileges of the title Associate Healing Nature Guide, as specified above.

#### **Associate graduates are authorized to:**

- Display the diplomas they are awarded.
- Use the title *Certified Healing Nature Guide*, and the acronym AHNG after their names.
- Guide clients independently on Healing Nature Trails.
- Guide clients on noncertified trails, provided:
  1. The trails meet or nearly meet the minimum requirements for a Healing Nature Trail.
  2. The trails are scouted out immediately prior to the guided Walk to ensure that there is nothing that would disrupt the client's experience.
- Assist Senior HNGs and healthcare professionals on Trail Walks.
- Mentor Associate students in Module III of their course.

An Associate Healing Nature Guide degree alone does **not** qualify a Guide to diagnose conditions or prescribe treatments for clients. AHNGs **can** practice on clients the healing systems for which they are trained and licensed.