

# What is Nature Based Therapy?

Nature-based therapy takes psychology into the (suburban) wild, expanding a client's therapeutic environment and resources to include interaction with nature, the elements and movement which has been proven to aid in the overall benefits of therapy.

Nature-based therapy encourages clients to connect with nature which has a number of benefits for common mental health conditions. It provides additional ways to interact with a therapist in non-traditional settings that are more commonly accessible to the client to continue their self care practices.

## Benefits of Nature-based therapy?

- Promotes nature-based self-care practices
- Processing of emotions through gentle movement
- An organic setting for meaningful self-connection
- Invites exploration and creative thinking
- Increases mindfulness and awareness

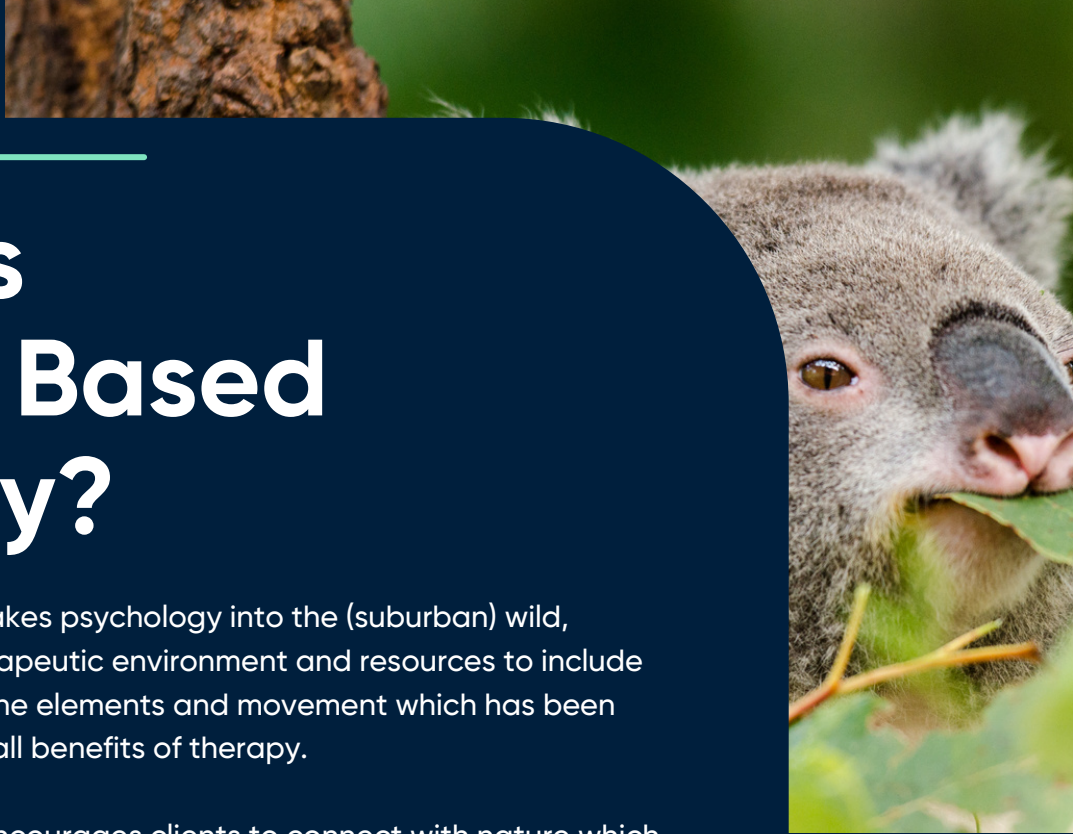
## Q & A

### Where will we meet?

The Blackbutt Reserve meeting point is the first shelter on your left as you enter the park area from the main Carnley Avenue car park. If there's any issues making contact after the first 10 minutes of your scheduled session, we will give you a call on your mobile phone. Please see map below for reference.

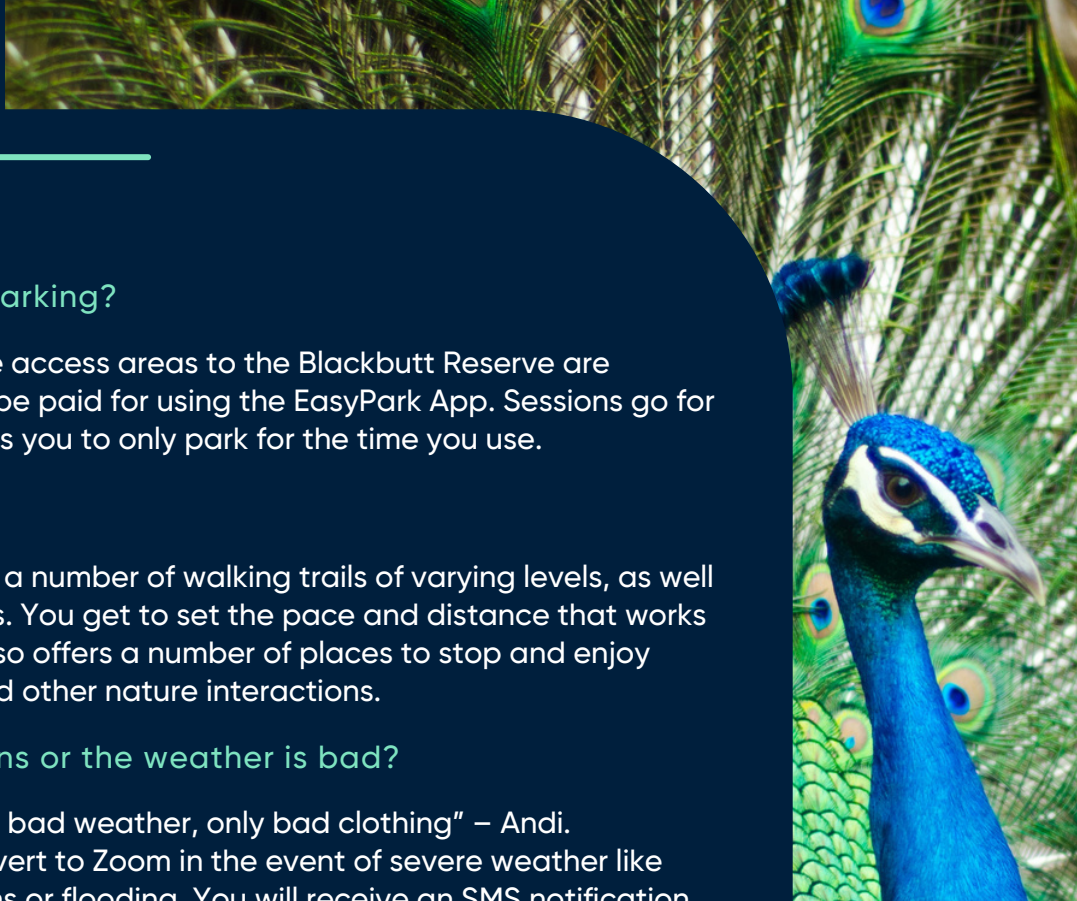
### Are there facilities?

Yes, Blackbutt has toilet facilities and the main areas of the park are wheelchair accessible.



## BLACKBUTT NATURE RESERVE





## Q & A

### Do I have to pay for parking?

Parking in the immediate access areas to the Blackbutt Reserve are metered and can easily be paid for using the EasyPark App. Sessions go for 1 hour and the app allows you to only park for the time you use.

### Do I have to walk far?

Blackbutt Reserve offers a number of walking trails of varying levels, as well as covered seated areas. You get to set the pace and distance that works best for you. The park also offers a number of places to stop and enjoy observing the wildlife and other nature interactions.

### What happens if it rains or the weather is bad?

"There's no such thing as bad weather, only bad clothing" – Andi. However, sessions will revert to Zoom in the event of severe weather like thunder/lightening storms or flooding. You will receive an SMS notification either the day prior or the morning of the scheduled session if this change occurs.

### What should I bring/wear?

Warm Weather	Cold Weather
<ul style="list-style-type: none"><li>• Sun hat</li><li>• Sunscreen</li><li>• Sunglasses</li><li>• Water bottle</li><li>• Layers for sun protection/cooler areas</li></ul>	<ul style="list-style-type: none"><li>• Warm clothes and layers</li><li>• Waterproof boots/shoes</li><li>• Water bottle</li><li>• Raincoat or umbrella</li><li>• Hot drink (tea, coffee etc) in safe carry cup</li></ul>

### What happens if I bump into someone I know?

As part of the nature therapy program, client privacy is important and considered in how the sessions are delivered. Your psychologist will discuss with you how you'd like to proceed in the event of meeting someone you know and what is comfortable for you. For example, they can go to another area of the park and wait for you, you can say you are in a meeting, or introduce them as your friend – it's good to think about how this will work best so we can support your nature therapy experience.

## BLACKBUTT NATURE RESERVE

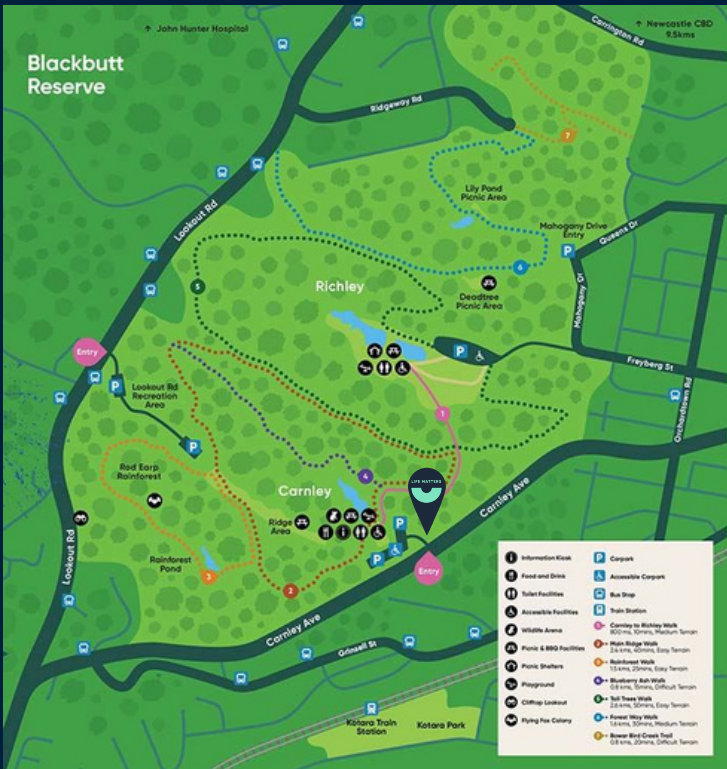
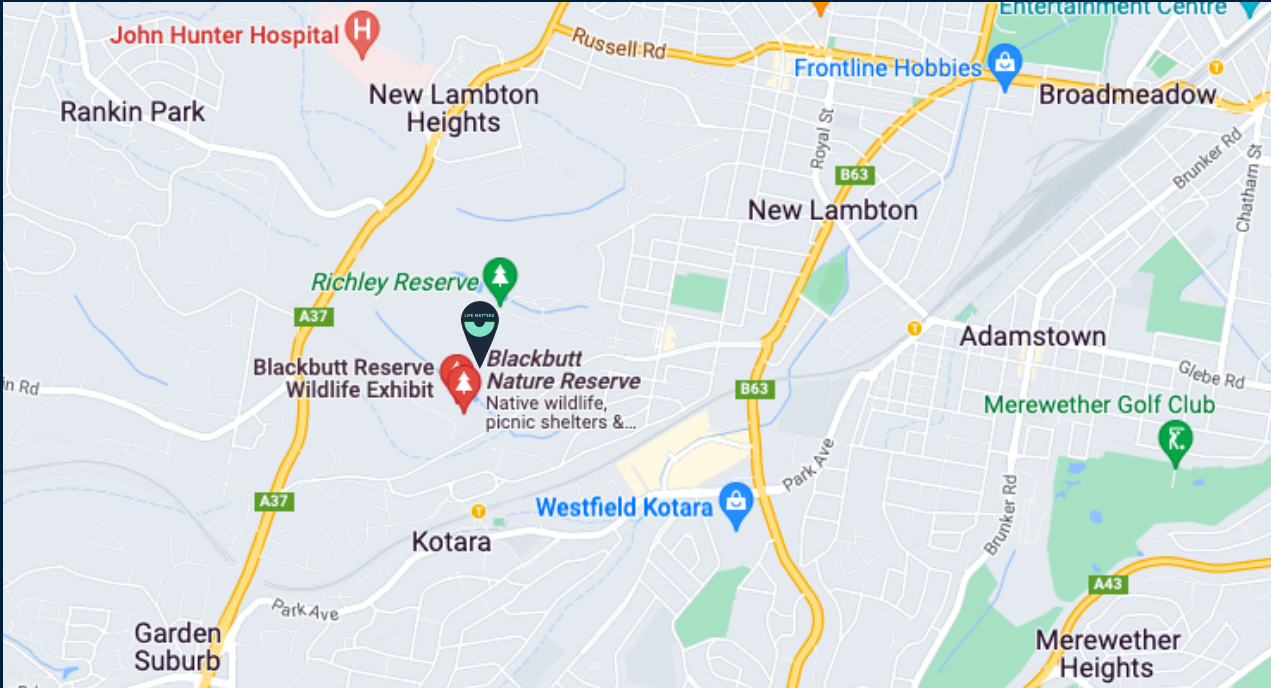




Q & A

Where am I going?

Blackbutt Nature Reserve is located in Carnley Ave, Kotara.



**BLACKBUTT NATURE RESERVE**

