

Why partner with a Therapeutic Forest School Leader?

Therapeutic Forest School Leaders are qualified Forest School Leaders who have received training from a multidisciplinary team on therapeutic skills in the outdoors. Ongoing support is provided to Therapeutic Forest School Leaders by a team of Clinical Psychologists, Speech and Language Therapists, Occupational Therapists, Play Therapists, Researchers, advocates with Lived Experience and Wellbeing Practitioners.

What is an Approved Practitioner?



Approved Practitioners have completed The Certificate in Therapeutic Skills for Outdoor Leaders and/or The Certificate in Adult Mental Health and Wellbeing for Outdoor Leaders delivered by The Therapeutic Forest CIC.

Approved Practitioners receive monthly CPD from a multidisciplinary team including webinars, online CPD modules, sign of the week programmes, therapeutic resources, Clinical Discussion sessions and Peer-to-Peer Supervision. Approved Practitioners have ongoing access to a specialist therapeutic team for support.

What are the benefits of working with a Therapeutic Forest School Leader?

Therapeutic Forest School Leaders are able to support children with a wide range of needs. Therapeutic Forest School Leaders have received modules on supporting children with additional needs in the forest, support children with attachment difficulties and developmental trauma and understand child development.

On completion of the Certificate in Adult Mental Health and Wellbeing for Outdoor Leaders, Therapeutic Forest School Leaders are able to understand adult mental health and wellbeing, understanding trauma and developed a therapeutic toolbox for supporting adult mental health.

Therapeutic Forest School Leaders can provide you with social impact data to show the impact of Therapeutic Forest sessions and enable you to see clear outcomes.

What are the benefits of the outdoors?

The outdoors provides a therapeutic experience for children and young people. Children, young people and adults develop confidence, social skills, improve communication skills, are given the opportunity to enhance fine motor skills, develop an interest in nature, learning to naturally assess risk and become familiar to unpredictable and unfamiliar situations alongside many more benefits.