

## LEVEL 1

### Adventure & Nature Therapy Practitioner (ATI)

#### Level 1 (150 hrs)

##### Practical course in person | Variations

Module 1: Nature as a co-Therapist

Module 2: Development of ANT programs

**We do not offer all variants every year. Please check our [website](#) for more information.**

##### Classic

☐ Module (1) 5 days = 50 hrs

☐ Module (2) 5 days = 50 hrs

##### Compact

☐ Module (1&2) 9-10 days = 100 hrs

##### Edition

☐ Module (1&2) 3x3 days (weekends) = 100 hrs

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##### Theory lessons Basic

☐ Theory lessons Basics online (4x2 hrs) | 8 hrs

##### Self-organized learning (SOL) | groups & individual

☐ Proof of peer counselling, reading, prepare your own therapy sessions, structured self-awareness with mentoring

34 hrs | online and/or in person | during/ after the practical course

##### Supervision/ Coaching (accompanying practical modules)

☐ Confirmation of attendance

4 hrs | online and/or in person | accompanying the practical course

##### Open book exam (72 hrs term paper)

☐ Term paper, which must be written and submitted digitally within 72 hours after the topic has been assigned between M1 and M2

4 hrs | homework

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#### General evidence for obtaining the final title „Adventure & Nature Therapy Practitioner“

All documents must be submitted in digital form (SCAN, PDF).

- ☐ Health requirements: to be able to work with people in a natural environment (prior completion of the medical questionnaire from ATI)
- ☐ Proof of at least **25 days á 8 hrs = 200 hrs (practical) experience** in facilitation of adventure, nature and outdoor activities with individuals (or groups)
- or
- ☐ Certified title of „Erlebnispädagog\*in be®“ (Bundesverband Individual- und Erlebnispädagogik e.V./ Deutschland) = „Experiential educator be®“ (Federal Association for Individual and Experiential Education / Germany)
- ☐ Proof of your **professional qualification/studies** in the field of social services and health care  
If you have **not completed professional training** and/or studies in the field of social services and health care, we expect you to provide evidence of:
  - ☐ At least 80 hrs (further education and training in the fields of psychology/pedagogy/medicine/ coaching ...)
  - ☐ At least 240 days (á 8 hrs) practical experience within 3-5 years (professional field of social services and health care)
- ☐ **Experiential and Nature Based Intervention (ENBI) Course** | 24 hrs (Therapeutic climbing/climbing therapy, therapeutic archery, sailing as a therapeutic intervention, solo times in nature therapy programs ...)
- ☐ Expanded **police clearance** certificate (no relevant entries)
- ☐ Current **1st aid** certificate (15 hrs | not older than 1 year | we recommend “Outdoor or Wilderness First Aid”)
- ☐ Current **MHFA** certificate | Mental Health First Aid (21 hrs| not older than 3 years)
- ☐ Minimum age 21 years

#### Experiential and Nature Based Intervention (ENBI) Course

**This courses are not offered by ATI. The course is NOT part of Level 1 bundle.**

Further training focusing on experiential and nature-based interventions  
1x 3 days = 24 hrs (at least)

**We recognize similar training courses from other organizers by arrangement.**

For example: Therapeutic climbing/ Climbing therapy, therapeutic Archery, Sailing as a therapeutic intervention, Forest Therapy, Solo times in nature therapy programs etc.

Please note that the course must be therapeutic in nature. It is not about “learning to climb” (i.e., as a sport), but rather about using climbing for therapeutic purposes.

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You will need this course to obtain your final certificate. You are welcome to take the intervention course with providers in your country. We recognize courses from other providers if we have checked them beforehand.

#### Clinical Theory Course

You can start the Clinical Theory Course of Level 2 at any time, independent of the Levels. If you only want to attend the clinical theory course without completing Level 2, please give us a call.

+49 175 9400 141 or write an Email to [info@ati.academy](mailto:info@ati.academy)