

Practical Training (3 days)

Experiential & Nature- Based Interventions (ENBI)

Certification: ENBI Course (24 hrs)

Organized by Adventure Therapy Institute



Focus: Forest & Water

Hamburg | Elbe



Adventure
Therapy
Institute



General information about ENBI

ENBI – Experiential and Nature-Based Interventions

ENBI is an expanded therapeutic framework within Adventure & Nature Therapy that combines experiential, action-based, and nature-based methods to support meaningful therapeutic change.

Central to ENBI is direct experiential engagement: clients participate in structured actions and embodied experiences that are professionally reflected and connected to everyday functioning and participation (ICF).

While Nature-Based Interventions (NBI) focus on nature contact and environmental interaction, ENBI goes further by integrating intentional action, affective and physical engagement, embodied perception, and reflective meaning-making as core mechanisms of change.

By uniting nature-based, experiential, and reflective elements, ENBI enhances therapeutic depth and aims to strengthen development, regulation, self-healing, intrinsic motivation, and self-efficacy.



Description “Forest & Water”

Step into a powerful practice-based training where forest and water become your learning space.

This ENBI course offers a hands-on introduction to **Experiential & Nature-Based Interventions (ENBI)** and core approaches from **forest therapy**.

It is designed for professionals working in experiential, nature- and outdoor-oriented fields — and for anyone who wants to bring **nature-based regulation and embodied learning** into your professional practice.



Landscape along the Elbe River

In the unique landscape of the Elbe riverbanks and the surrounding forests in Hamburg-Rissen, you will experience nature not as an idea — but as a **multisensory, embodied process**. Through seeing, listening, smelling, touching and mindful movement, you will learn how natural environments can support **stress regulation, resilience, and emotional grounding**.

**You will explore practice
and theory in an
integrated way, including:**

how nature influences the nervous system and supports regulation,

mechanisms of stress reduction, blood pressure regulation, and emotional stabilization,

key psychological factors of nature-based work such as attention, self-efficacy, connectedness, and resource activation.



A close-up photograph of several acorns hanging from a branch. The acorns are in various stages of ripeness, with some showing their textured, scaly caps and others showing their smooth, brown, ribbed nuts. The background is a soft, out-of-focus green, suggesting a forest setting.

What you will gain

Experience the interventions first-hand – and learn how to adapt them **safely, mindfully, and professionally** to different professional settings.

- practical ENBI methods for your work in nature and experiential contexts
- experiential learning in powerful natural landscapes
- a solid foundation for advanced training in nature-based practice

No prior forest therapy training is required.

Join this course to build competence, confidence, and clarity in applying Experiential and Nature-Based Interventions – with real practice, real landscapes, and real transfer into your work.



MAY

Experiential and Nature Based Intervention (ENBI) Course

Focus: Forest & Water



2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
4	5	6	7	8 ENBI 02:00 p.m.	9 ENBI	10 ENBI 02.00 p.m.
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

08.05. - 10.05.2026

Start: 02.00 p.m. (Hamburg)

End: 02.00 p.m. (Hamburg)

Location

Hamburg Rissen



Trainers

Manuela FISCHER

Magistra Artium in History with minor studies in Psychology.
Certified Clinical Forest Therapist (INFTA).

Experienced in sensory awareness, experiential nature-based interventions, stress regulation. Background in client-centered communication (Rogers) and body-based approaches. Engaged in nature connection, presence and embodied learning in outdoor settings.

Coaching in nature.

Christiane Thiesen

Dipl. Social Pedagogue, acad. Supervisor & Coach,
Traumapedagogue/ psychotraumatology, Attachment-based counseling, Forest Health Trainer, Certified Disability Management Professional (CDMP)

Certification



Upon completion of the course, the hours and course days will be certified. These are recognized by the Adventure Therapy Institute as ENBI training/experience hours counting towards the requirements for the title of Level 1 - Adventure & Nature Therapy Practitioner.

Practical Information

- Group size: limited to 20 participants
- Language: English & German
- Hours: 3 days training course + self organized learning (24 hrs certified by ATI)
- Equipment: List of required personal gear will be shared upon apply.





ENBI

This ENBI course is **open to everyone**.
There are **no admission requirements**.

If you are participating in the Adventure & Nature
Therapy Practitioner qualification (Level 1), you
will have completed the full 24 hours.

This is an ATI event and you can use your **voucher**
from the lottery.

ENBI Water & Forest	Hours	Days
Practical training course	20 hrs	3d
SOL (Self-Organized-Learning)	4 hrs	~ 0,5 d
total:	24 hrs	3,5 d

Prices ENBI

What's included:

- facilitation, materials
- accommodation & food (levy on participants)
- seminar room

What's not included:

- travel to/from location

Discount:

NGO/ student (5%)
Level 1 participant (10%)
Lottery Voucher usable

2026	Group A	Group B	Group C	Group D	Group E
Course fee incl. VAT	495€	380€	304€	250€	170€
+ Accommodation & food (~50€/day)	~120€	~120€	~120€	~120€	~120€
	Switzerland, Norway, Luxembourg, Denmark, Ireland, Iceland, Liechtenstein, United States, Israel, Saudi Arabia, Kuwait, Oman	Germany, Austria, The Netherlands, Belgium, Sweden, Finland, United Kingdom, Gibraltar, Taiwan	France, Italy (North & Central), Spain, Portugal, Czech Republic, Slovenia, Malta, Cyprus	Poland, Slovakia, Hungary, Croatia, Greece, Estonia, Latvia, Lithuania, Italy (South of Rome & Islands), Azerbaijan, Georgia, China	Romania, Bulgaria, Serbia, Albania, Bosnia & Herzegovina, Ukraine, Turkey, North Macedonia, Moldova, Kosovo, South Africa, Nepal, Iran, Iraq, Lebanon, Syria, Palestine, Morocco, Tunisia, Algeria, Egypt, Kenya, Namibia, India, Brasilia

*Prices are calculated based on gross domestic product (GDP). What counts is the country where you earn your living, not necessarily your citizenship.



Location

Germany | Hamburg-Wedel (Elbe)

Arrival from



Airport: S1
to BLANKENESE (45 min)



Main station (train): S1
to BLANKENESE (25 min)



Schuttel from BLANKENESE (4 km) to Location possible. Please call us.



Adventure Therapy Institute (ATI)



The Adventure Therapy Institute (ATI) is an European organisation for professional training and innovation in Adventure & Nature Therapy.

We offer advanced qualification programs, digital publications, and international exchange to strengthen quality and professional standards in the field.

Since 2010, ATI has provided training across Europe and Latin America, actively contributing to global networks such as Adventure Therapy Europe (ATE) and the Adventure Therapy International Committee (ATIC).

As a Think Tank and training hub, ATI connects research, practice, and people who share the vision of using nature as a catalyst for human growth and healing.

Institute for Adventure, Outdoor & Nature Therapy GmbH & Co. KG

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<https://adventure-therapy.org>

www.journal-adventure-therapy.com



Contact & Registration

Ready to start your ENBI course?

Register here:

+49 175 9400 141 (WAB)

[Register form](#)
adventure-therapy.org