



Nature Therapy

Get back to nature with therapy... naturally.

Our South West therapy team offer nature therapy services to help people with disability reconnect, achieve their goals and improve their overall wellbeing.



Call us on **1300 135 373** or visit therapyfocus.org.au

    Registered NDIS Provider



What is nature therapy?

Nature therapy is any therapy provided in a natural outdoor setting. This includes parks, beaches, forests or even residential backyard or school outdoor area.

Nature therapy aims to improve health and wellbeing by engaging people in nature-based activities and programs. It is based on the concept that human connection to the natural environment improves both physical and mental health.



What are the benefits?

The natural environment of the beautiful South West region offers many benefits that come from connecting with nature. Research shows that time spent in nature and outdoor spaces can:

- Improve mental health
- Reduce stress and fatigue
- Improve mood
- Improve memory, attention and concentration
- Increase resilience
- Foster a connection to nature
- Provide a sense of space and community
- Provide opportunities to learn and grow



Therapy sessions delivered outdoors in natural environments also allow for unlimited access to 'equipment' and resources. It is accessible to people of all abilities and encourages reconnection to the community and the great outdoors.

If you are interested in nature therapy and would like to explore the options for receiving therapy this way, please speak with your **Key Worker or therapy team**. Or you can contact our South West Team on **(08) 9794 5448**.

