

Title: Nature as Co-Therapist: Mindful Approaches for Trauma, Anxiety, and Burnout

Abstract/Summary: In this experiential training, mental health professionals will explore how to integrate the healing power of nature into clinical work with clients navigating trauma, anxiety, and burnout. Participants will discover how nature-based approaches, rooted in both ancient wisdom and modern therapeutic models, can serve as meaningful, culturally relevant resources in the therapeutic process. Through interactive learning, therapists will gain practical tools for incorporating nature metaphors, mindfulness techniques, and clients' personal experiences in nature into their sessions. This training is grounded in principles from polyvagal theory, EMDR resourcing, ecotherapy, and contemplative practices, offering a rich, integrative approach to deepening client connection and promoting emotional regulation.

Objectives:

By the end of this workshop, participants will be able to:

1. Describe at least three therapeutic benefits of incorporating nature-based interventions into clinical work with clients experiencing trauma, anxiety, or burnout.
2. Identify how nature-based practices can be adapted to be culturally relevant and responsive within diverse client populations.
3. Apply at least two nature-inspired mindfulness techniques during clinical sessions to support emotional regulation.
4. Demonstrate the use of nature metaphors in therapeutic dialogue to enhance client insight and connection.
5. Integrate principles of polyvagal theory and EMDR resourcing into nature-based clinical interventions.
6. Develop a personalized plan to ethically and effectively incorporate nature-based practices into their existing therapeutic approach.

Session Presenter: **Sarah Dochow, LMHC, CN**

Sarah Dochow is a licensed mental health counselor and certified nutritionist with over a decade of experience specializing in complex trauma, eating disorders, and clinical supervision. She brings a holistic, integrative approach to mental health care, drawing from advanced training in mindfulness-based interventions, EMDR, and polyvagal theory. Sarah is passionate about the healing potential of nature-based and somatic practices, and she has developed

innovative strategies to deliver these approaches to diverse clinical populations. In addition to her clinical work, she serves as adjunct faculty at Bastyr University, where she teaches graduate-level courses exploring the intersection of nutrition and psychology.

Total Hours Teaching/Credit Hours: 6