

# OUTDOOR HEALTH ONLINE ROUNDTABLE

\*SAVE THE DATE!

**Date:** Tues 24th Nov 2020

**Time:** 10am to 2:30pm (AEDT)

Dear Nature & Health friends and colleagues,

**It's been a few months since the "Nature & Health" Online Symposium, and we're keen to reconnect.**

Since August 2020, a group of around 20 people representing a range of nature-based health practices have met fortnightly to cross-fertilise our hopes around Outdoor Health. We've also hosted a low-key Outdoor Health Research Forum attended by 5 universities, and continue to receive submissions to the Outdoor Health Service Directory portal on the Outdoor Healthcare website. We have lots to update you on!

We hope you can join us on Tues 24th November for our a whole-day Outdoor Health Roundtable.

The day will provide updates on Outdoor Health - Purpose, Common practice framework, Ethics, results of a Literature Review on the 'Common elements of nature-based health practices' - and opportunities to hear your thoughts on the journey of Outdoor Health in Australia.

## Key speakers:

- **Emeritus Professor Judy Atkinson** will share the journey on Indigenous approaches to Outdoor Health and *"developing an Indigenous framework for psychotherapy, counselling and nature-based health practices"*
- **Dr Kaye Richards** will share the journey of Outdoor therapy in the UK and *"developing a framework for outdoor mental health interventions: twists and turns, and the road ahead from a UK perspective"*
- **Professor Mike Gass** will share the journey of Adventure Therapy and Outdoor Behavioural healthcare in the USA and *"developing a framework for training, accreditation and outdoor behavioural healthcare: positives and pitfalls from a USA perspective"*



*\*We're really keen to update you and hear your thoughts as we create a useful Outdoor Health sector together!*

For more information visit: <http://outdoorhealthcare.org.au/>

# AGENDA - Outdoor Health Online Roundtable

## Purpose

This whole day roundtable is a way to re-engage the wider Nature & Health community, provide updates on work done since the Symposium and 'ending' the year. It is also an invitation to participate for next year.

<b>Session # 1: Hearing from our Indigenous, UK and USA family</b>	
<b>10am</b>	<b>Welcome and Intro - Welcome to Country</b>
	<b>Emeritus Professor Judy Atkinson</b> - <i>"Developing an Indigenous framework for psychotherapy, counselling and nature-based health practices"</i>
	<b>Dr Kaye Richards</b> - <i>"Developing a framework for outdoor mental interventions: twists and turns, and the road ahead from a UK perspective"</i>
	<b>Professor Mike Gass</b> - <i>"Developing a framework for training, accreditation and outdoor behavioural healthcare: positives and pitfalls from a USA perspective"</i>
	<b>Panel &amp; Audience Conversation</b>
<b>11.15am</b>	<b>15min MORNING BREAK</b> - Facilitated nourishing nature experience <b>Kylie Peters.</b> <i>Kylie is a registered psychologist currently working with young people, families and adults: addressing a range of issues specialising in family therapy, eating disorders, trauma and equine therapy.</i>
<b>Session # 2: Outdoor Healthcare in Australia</b>	
<b>11.30am</b>	<b>Roundtable update #1: OH Common Elements of nature-based health practices</b>
	<b>Roundtable update #2: OH Ethics, values, principles</b>
	<b>Roundtable update #3: OH Common practice framework &amp; quality/ accreditation</b>
	<b>Roundtable update #4: OH Research and evidence building</b>
<b>12.15pm</b>	<b>15min LUNCH BREAK</b>
<b>Session # 3: Towards a Peak Body in Australia</b>	
<b>12.30pm</b>	<b>Break Out Groups</b> - "What are the Strengths, Weaknesses, Opportunities and Threats of establishing an OH peak body?"
	<b>Invitation for participants to share something of their small-group conversations with the larger group</b>
	<b>Invitation for participants to provide advice and suggestions to OH via 5 minute survey</b>
<b>2.15pm</b>	<b>Launch of OH Service Directory &amp; Next Steps</b>
<b>2.30pm</b>	<b>Close</b>

Registration is free, visit: <https://outdoorhealthcare.org.au/roundtable-whole-day/>

This event is supported by AABAT and is being hosted by AABAT's Research, Practice and Policy Unit

