



# *Letter of Support*

Justification for Sponsoring the  
Training of a Nature/Forest  
Therapy guide





## To Whom It May Concern,

Hello. You are receiving this letter because you have been asked to help support someone to become a certified Nature and Forest Therapy guide by paying for their ANFT Training.

I've collected information to justify employment opportunities for certified Nature and Forest Therapy guides and provided them below. As you may have noticed, holistic and natural health care is a growing market. Doctors and therapists are currently prescribing nature rX ([this is the case for Canada](#)).

With the guidance of [Association of Nature and Forest Therapy \(ANFT\)](#), I am including a list of programs and activities that Nature/Forest Therapy can be incorporated in current careers/employment positions (from FAQ section of Guide Training):

- Leadership and service provider in Parks Prescription and similar programs
- Integrating forest therapy into counseling and social work
- Introducing forest therapy into holistic healing and wellness practices, at spas and in other settings
- Including forest therapy as a powerful force to support personal coaching
- Bringing forest therapy into employee wellness programs
- Incorporating forest therapy into executive retreats and organizational team building
- Extending classroom learning time into the outdoors
- Nature education, environmental studies, and advocacy
- Teaching forest therapy as a personal practice for self-development
- Nature education and interpreting at parks, botanic gardens, arboretums, and nature preserves





Some of our certified guides incorporate Nature & Forest Therapy in their professions, such as:

1. Art Therapists
2. Eco Therapists and Psychologists
3. Animal Therapists
4. Naturopaths
5. Educators (in the field of Forest School, Nature Based Education programs, and/or Environmental education)
6. Life Coaches
7. Energy Healers
8. Herbalists
9. Yoga Teachers
10. Breath-work Practitioners
11. Reiki Practitioners
12. EMDT & Somatic Therapy Practitioners
13. Tour Guides & National Park Guides
14. Guides for Nature Center, Parks & Botanical Gardens
15. Retreat Centers
16. Nature / Outdoor Leadership Programs & Camps

As you may know natural and holistic health care is a growing market....A notable benefit of the growing acceptance of and demand for holistic professionals is an increase in insurance reimbursement. While not all holistic health disciplines are recognized by insurance companies, some, such as nutritionists, acupuncturists, midwives, and massage therapists, sometimes are. A holistic health philosophy can take you down many exciting career paths. The right path for you depends on your interests. Someone with an interest in medicine and natural remedies might thrive as an herbalist, while someone who enjoys helping people overcome difficulties might make an excellent life coach. Holistic health practitioners are often their own bosses. They open their own practices and create their own client base. That means that a career in holistic health will also require you to have a little bit of business, marketing, and accounting savvy.

For more information about blooming careers in holistic health, you can look here: <https://www.naturalhealers.com/holistic-health/career-boom/>





Supporting your person to become a certified Nature/Forest Therapist guide can help enhance their knowledge, skills, and guidance to add alternative therapeutic methods, where some of their Deaf, Deafblind, Deafdisabled, Hard of hearing, and/or Late Deafened clients may lack language access. Nature Therapy does not require fluency in spoken language--- as most of the language is communicated between Nature & the client, with the guide/therapist as a facilitator.

I hope this is sufficient in justifying. I will be happy to provide further resources and support. On a personal note, I got my Vocational Rehabilitation to support my career pathway as a Nature and Forest Therapy guide. I now have a guiding company, The Giving Cypress, LLC, which you can check out on: [www.thegivingcypress.com](http://www.thegivingcypress.com).

Feel free to ask me any questions you may have,

Warmly,

**Summer Crider**, MA, ANFT certified Guide  
Owner of The Giving Cypress, LLC  
On Indigenous land.  
(they/them/theirs)

