



EARTH-BASED INSTITUTE

Nature-Based Integration Coaching

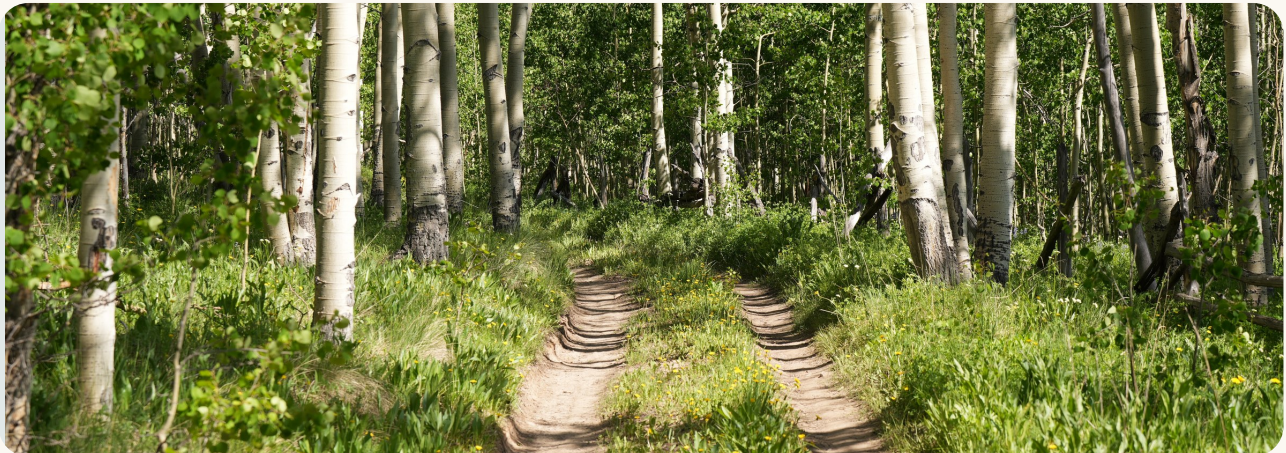
PROGRAM GUIDE

earthbasedinstitute.org/nbic

What this program is

Life-changing experiences can quickly shift our perspectives, our values, and how we relate to the world around us. They can awaken new interests and desires, clarify purpose and direction, or stir up grief and confusion. Without a process for integration, the opportunities for growth these experiences open can quickly fade behind old patterns, routines and beliefs. Integration is the process of turning these experiences into meaningful lived change.

Nature-Based Integration Coaching helps clients develop a coherent, unified and purposeful experience of themselves in their life, their work, and the world. As their coach, you guide that work: helping them explore and integrate the impact and meaning of all parts of their journey.



Who is this for?

You are already the person people come to when they want to change. You may be a certified coach, a licensed therapist, a guide or a facilitator who has a long history of client work and no credential that fits it.

What you have in common is that you have been on the other side of an expanded experience yourself, and you want to be a professional resource to the people coming back from theirs.

NBIC assumes you can already hold a conversation with someone who is processing something important in their lives. It teaches you what to do with the specific material an expanded, life-changing experience leaves behind.

NBIC focuses on the integration process and does not train facilitation, diagnosing, dosing, or administering.

Time to certificate	8 to 12 months
Training hours	120, of which 60+ are live
Live calls	Twice a month
Starting	Upon acceptance
Format	Self-paced video lessons, anchored by live integration calls, community, and project-based mentoring
In person	Two gatherings
You finish with	A professional certification in Nature-Based Integration Coaching

Also included beyond the core training

- Additional courses in nature-connection skills and techniques: Nature Awareness, Collaborating with Nature, Coaching Skills for Guides, Deep Nature Connection
- The EBI Nature-Connected Community, ongoing
- Live mentoring and both in-person gatherings
- A full year of weekly business mentoring, a \$5,000 value
- An ICF Level 2 education pathway **when bundled with Nature-Connected Coaching**



The curriculum

Each unit includes a set of video lessons with a comprehensive lesson guide, stated learning outcomes, and real life nature-based practices: solo in a natural setting, and in pairs with others in the program. Every unit closes with a written Reflection on Learning, and the units map to a stated competency framework, NBICS1 through NBICS9.

01 A road map for integration

Included lessons: 4

The arc of the integration experience, how to place a client on it, the markers that move a client from peak experience to lasting and meaningful change, and the resistance patterns that show up at each stage.

You'll learn to see beneath a client's story, distinguishing genuine integration from spiritual bypassing, and recognizing where real change is happening and where insight has yet to become embodied.



02 The neuroscience of integration coaching

Included lessons: 4

Discover the brain as a landscape, and the brain and body as an integrated system.

You'll be able to help your client understand why the weeks after an experience matter and how to tend that critical period.

03 Gateways of expanded experience

Included lessons: 10

Understand the common experiences clients arrive from, and what each tends to leave behind, so you can coach their integration from an informed starting point.

You'll be able to receive a client's account of any gateway without needing them to educate you first.



04 Coaching the arc of experience

Included lessons: 9

Work through the stages of a transformational process, how to assess client readiness, the contraindications that signal caution, the challenges that commonly arise during integration, and how to navigate them.

You'll be able to help clients discern when and how to move forward. When a journey is not the next right step, you'll help them recognize what is emerging instead.

05 Core methods for integration coaching

Included lessons: 6

Learn and practice complementary techniques and tools for your coaching, including partswork, gestalt and ceremony.

You'll help clients bring what they value and believe into greater alignment with how they actually live and relate in the world.

06 Bridging ceremony and coaching

Included lessons: 3

Learn to interrupt the daily habits that quietly rebuild a client's old identity, use ritual and ceremony to mark change so that it holds, and coach them toward an integrated sense of who they have become.



07 Navigating trauma, grief, and shadow work

Included lessons: 9

NBIC approaches trauma, grief, and shadow through a nature-connected, mythic, and non-pathologizing lens. Rather than asking only, "What is wrong?" we learn to ask, "What happened, what adapted, and what might this experience be asking of you now?"

You'll be able to approach trauma, grief, and shadow without immediately pathologizing the experience, helping clients explore what happened, what adapted, and how to make soulful meaning of the adaptations of survival and how they can be brought into the present moment.

08 Building your integration coaching business

Included: 20+ lessons, plus weekly business mentoring calls

Visioning, focusing and planning your practice, then building, growing and scaling it. Runs alongside a full year of business mentoring.

You'll be able to name, price and offer your integration coaching service.

What if you finish the program but still have not found any paying clients?

If you have followed all of the steps and participated in all of the requirements, and you still have not landed at least one paying client by the time the program is done, your mentoring and supervision continue at no cost for another six months.

How the program runs

Over the course of 8 to 12 months you will complete the lessons at a timely pace, holding the responsibility of creating meaningful engagement with the community.

Most lessons include a personal reflective exercise, partner practice and written reflection. You can expect 2 to 4 hours of learning engagement per lesson. A large part of this program is your real life practice.

The final requirement for certification is a capstone project, where you create your integration coaching service. This project represents something you are passionate about and will become your contribution to the field of integration.



Live mentoring is included in the community space, as well as regular mentoring office hours, so you can get 1:1 support when you need it.

How you attend the two in-person gatherings is up to you: virtually, or in person in Colorado, USA.

Enrolling in NBIC means you are part of a greater community anchored in earth-centered values and inspiring vision. Membership in the EBI Nature-Connected Community continues after you certify.

What the numbers say about this investment

We looked at what integration coaches charge, how long a typical engagement runs, and what it costs to start a practice. Then we set that against our current tuition of **\$8,700** (2026-2027). Priced the way we teach it, **three to six clients** will cover your tuition.

You can find more details about ROI, including the sources we used, here on [this page](#).

See what the data shows

earthbasedinstitute.org/nbic-roi

As of 2026, we have graduated two cohorts and are still collecting income data on their businesses. What we can offer at this time are safe assumptions drawn from what the industry is showing and how we teach students to price their work and build referral relationships.

Certification and credentialing

NBIC is a professional certification from the Earth-Based Institute. There are three main requirements for the certification:

- Complete the lessons
- Attend the live calls
- Complete your capstone project

Live mentoring and support is consistent and available throughout the program.

ICF credentialing available. While NBIC includes the ICF's Professional Coaching concepts and competencies, it is not accredited by the ICF. EBI's Nature-Connected Coaching program is an ICF Level 2 accredited coaching certification, and it can be combined with NBIC to position you as a professionally credentialed integration coach. The ICF reports that credentialed coaches earn on average about \$10,000 a year more than coaches without a credential ([2025 ICF Global Coaching Study](#)).

When NBIC is bundled with Nature-Connected Coaching, the combined training meets the coach-education requirement toward an ICF credential. The Nature-Connected Coaching program carries 315 ICF Level 2 accredited hours (NCC).

At this time, NBIC does not carry continuing-education credits.



The ICF Level 2 accreditation is held by Nature-Connected Coaching. NBIC is a professional certification from the Earth-Based Institute and is not itself accredited by the ICF.

What this certifies you to do, and what it does not

Integration coaching is a distinct coaching discipline that aligns with the ICF's competencies for professional coaches. It is not therapy, not medical treatment, not diagnosis, and not facilitation.

As a Nature-Based Integration Coach you work with people before and after expanded experiences; help them prepare with clear intention; help them make meaning of what happened and translate it into aligned behavior and deeper fulfillment; use nature-based practice as a working method; and recognize when something is outside your scope and refer it onward.

NBIC prepares you to be the integration specialist in an interdisciplinary ecosystem of care, bringing a skill set that complements the work of therapists, physicians, facilitators, and other practitioners. Our focus is integration: helping clients make meaning, deepen discernment, embody insight, and navigate what comes next. Facilitation, administration, sourcing, psychedelic recommendations, diagnosis, and clinical treatment are outside the scopes of this program.



Next steps

Once accepted to the program, you can start right away. Enrolling now gives you access to the curriculum, the community, the live calls and the business mentoring.

The most useful next step is usually a conversation with our team. We will walk you through the structure and help you determine if it is a good fit for you.

Schedule a conversation

earthbasedinstitute.org/nbic, where the tuition and payment plans also live

If you already know this is right, the application is here
programs.earthbasedinstitute.org/NBIC_Application