



## **Diploma in Nature based Psychotherapy**

*Course Brochure*

April 2017 – February 2018



## Introduction to the Nature Therapy School

The Nature Therapy School provides professional training for psychotherapists and outdoor practitioners working to support well-being in outdoor settings. The School was founded by Beth Collier to meet growing interest in the therapeutic use of nature to support well-being. The School's programme provides innovative approaches to incorporating nature as and within psychotherapeutic practice.

Our trainings are immersive and held in outdoors settings throughout the UK. We offer CPD short courses and year long trainings, we host the Nature-based Therapy Forum and publish Nature's Therapy a blog on Nature and Emotional Health.

- Diploma in Nature-based Psychotherapy
- Short CPD course in Nature-based Psychotherapy
- Therapeutic Skills for non counsellors
- Supporting well-being
- Bushcraft
- Nature-based Therapy Forum
- Nature's Therapy – Blog on Nature and Emotional Health

We promote the benefits of working therapeutically in nature, to therapists and outdoor practitioners. We aim to;

- provide high quality professional trainings
- promote the benefits of practising outdoors
- form a centre of excellence in the training and practice of nature-based therapies

Our courses are held within small groups within base camp settings to encourage intimacy within our relationships with others and with nature.

We aim to train psychotherapists to be able to be authentic and congruent practitioners, grounded in a positive attachment with nature and therefore able to model connection for their clients. We aim to train outdoor professionals to maximise the potential of their work to support well-being.

### **Nature-based Therapy Forum**

The Nature-based Psychotherapy Forum hosts regular gatherings for professionals and trainees who are working, or interested in working, therapeutically in nature.

The forum's aims are to provide a space for peer support, the sharing of experience, development of good practice, reflection and self care.

## Nature Therapy School Orientation

### **At home in nature**

The Nature Therapy School draws on Anthropology, Attachment theory, Maslow's hierarchy of needs, Bushcraft, Traditional Ecological Knowledge and conservation in its approach to nature-based psychotherapy.

Nature has the potential to offer us the core conditions of a primary care giver and therefore positive attachment, being truly a mother.

Central to our work is the symbiotic relationship between the self and nature and the potential for parallel development of self knowledge and knowledge about nature.

- Observing ourselves whilst in nature
- Observing nature
- Observing our relationship with nature

We work with embodied and sensory understandings of nature and connection.

## Diploma in Nature based Psychotherapy

Nature based psychotherapy is an emerging field of therapeutic practice which;

- takes place in natural settings
- explores the clients' relationship with nature in addition to exploration of their human relationships
- exposes clients to the health promoting qualities of nature
- is an applied form of psychological anthropology

Our innovative one year Diploma training programme is the first of its kind, designed to support students' connection with nature and develop their confidence working with clients in natural settings.

This training will support students in developing an applied approach to the use of nature as a metaphor for our inner world and in using nature as a medium for emotional exploration and connection.

The course incorporates the development of our own awareness of and attachment to nature, explorations of the therapeutic relationship, process, frame, containment and practicalities in nature based therapy, boundaries and risks, the use of metaphor and symbolism, anthropological perspectives on the role of nature in our lives, an exploration of emerging theory in the practice of nature based therapy, experiential learning and the development of practical nature based skills.

The course is fully immersive, all of our learning will take place outdoors in woodland and parkland within south London.

The course journeys throughout the year embracing the seasons and cycles. Nature and all that she brings will become part of our experience.

The course is suitable for therapists who have trained in a range of different orientations. The training will explore how current orientations can be 'actualised' through nature based practice.

### **Ethos of the Training**

Our own relationship with nature is central to nature-based psychotherapy. The course focuses on developing our own connection and attachment to nature, this relationship becomes part of the frame of nature-based psychotherapy. This training acknowledges nature as a therapeutic container, co-counsellor and primary source of attachment.

Subjects covered include:

- Nature and Emotional Health
- Self and Nature
- Therapeutic Relationship
- Therapeutic Container
- Attachment
- Frame
- Theoretical underpinnings
- Boundaries
- Nature-based skills/bushcraft
- Nature-based interventions
- Anthropological perspectives
- Psychology of survival and living
- Symbolism and Metaphor
- Cycles
- Beginnings and Endings

## Training Objectives

The training aims to develop:

- Awareness of and development of own attachment with nature
- Understanding of how we as practitioners and our clients can benefit from using nature as a therapy room
- Experience of using nature in an applied way within client work
- An understanding of the therapeutic relationship in nature-based work
- Theoretical understanding of nature-based psychotherapy
- Consideration and understanding of issues relating to frame, process, boundaries and risks in nature-based psychotherapy
- Understanding and experience of using nature as and within interventions
- Understanding of issues relating to safety and ethics in nature-based practice

## Learning, Teaching and Assessment

The course comprises experiential and taught components including, seminars, demonstrations, meditation, group work, student presentations and skills practice.

Self awareness and reflection are central to learning within this course and should complement the other methods of teaching and learning.

The course is aimed at postgraduate level.

### **Assessment**

Assessment on the course is both formative and summative.

Students will be assessed for their;

- personal awareness and readiness to practice
- applied practice
- theoretical knowledge

The assessment consists of;

- Two personal process summaries, approximately 600 words or 2 x A4 pages
- Student Presentation
- One tape of recorded session
- 4000 word essay
- 25 client hours

### **Learning Outcomes**

- To develop or move towards positive attachment with nature
- be able to hold boundaries without walls
- be able to hold boundaries of intimacy without the marker of a room
- competency in guiding the process of nature-based psychotherapy
- be able to listen to nature whilst listening to a client
- facilitate a triadic relationship – therapist – nature - client
- consider and assess risks in natural settings
- work within their competencies
- understand level of challenge for client in being in nature
- understand how to integrate nature within their current theoretical model
- be able to apply nature-based approaches and interventions
- have awareness of cultural associations about nature
- to apply ethnographic principles in their approach to exploration of clients experience

## Venue

Our main venue is Frylands Wood, a 60 acre woodland in south Croydon. We may also use alternative local sites including South Norwood Lake and Grounds a 28 acre park with lake and woodland.

Addresses;

- Frylands Wood, Featherbed Lane, Croydon, CR0 9AA
- South Norwood Lake and Grounds, Woodvale Avenue, South Norwood, London SE25 4AN

East Croydon is a transport hub for both locations, both venues are approximately a 10 minute drive from East Croydon.

At Frylands Wood there is the opportunity to camp over night during modules in April - October, we encourage students to do so, to enhance their experience of the training and connection with nature. For those who prefer not to there are local B &B's.

## Course dates

April 2017 – February 2018;

The course takes place over 8 weekends throughout the year, the training day runs from 10.00am – 5.00pm. Final course work submission is due in February 2018.

8-9 April 2017

13-14 May 2017

17-18 June 2017

8-9 July 2017

9-10 September 2017

7-8 October 2017

11-12 November 2017

9-10 December 2017



## Programme Leader

Beth Collier (M.A., MBACP), is a qualified psychotherapist specialising in Nature-based Psychotherapy. She has extensive experience of using parks and woods as a therapy room, seeing all of her clients outdoors. Beth is a bushcraft practitioner with particular interests in natural navigation, tracking, basketry and cordage. She has a B.A. in Comparative Religion and Social Anthropology, an M.A. in Human Rights and an M.A. in Psychotherapy and Counselling.

She founded Wild in the City in 2013 as a therapeutic organisation supporting the emotional well-being of urban residents through connection to nature and established the Nature Therapy School to provide high quality training to psychotherapists and outdoor professionals with an interest in the therapeutic benefits of nature.

Beth is strongly influenced by a rural childhood growing up on a smallholding, where the predominant culture perceived engagement with nature as a normal and continuous everyday experience and the contrast she encountered moving into cities where there was a predominant culture which perceived contact with nature as abnormal and occasional.

Beth's interests include ethnopsychology exploring differing cultural attitudes towards nature and the role she plays in our lives, particularly comparative research on the wellbeing of indigenous peoples and the impact of challenges to their way of life and correlations with disconnection from nature and emotional health problems in the West.

Beth is a Fellow of the London Environmental Educators Forum and a Steering Group member of the initiative to make London the world's first National Park City.



## Admission Criteria

This course is suitable for qualified counsellors and psychotherapists who have already completed a post-graduate course or similar. Trainees in their final year of a post-graduate diploma may apply but the Diploma cannot be awarded until the external qualifying post graduate training has been awarded. Entry is by application.

## Application Process

Candidates should complete the application form and submit it along with their CV.

Subject to their application form, candidates will be invited to an interview with two panellists. During the interview the applicants' professional experience, self awareness and affinity with nature will be taken into account.

There is a £50 interview fee to cover expenses.

## Fees

The course fee is £1950, payable in full or four instalments of £487.50

Places booked by 31st January will receive a 10% early bird booking discount.

## Open day

An open day will be held on 17 September 2016, 11am - 1.00pm. Open days are an opportunity to meet the tutor, visit the venue and hear more about the syllabus and structure of the course.

Booking is essential, please email Beth at [hello@naturetherapyschool.com](mailto:hello@naturetherapyschool.com) to confirm open day attendance and receive further details.

## Course Contact details

Course tutor: Beth Collier

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