



26, 27, 28 FEB AND 23, 24, 25 SEPT 2016
3 DAY CPD TRAINING

NATURE-BASED PSYCHOTHERAPY

This training will support you 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.

Join us for a fully immersive experience, held in a woodland in south London. The training will be taught through experiential learning, discussion, seminars, case studies, and skills practice.



USING NATURE AS A THERAPY ROOM

Venue:
Fryland's Wood,
Featherbed Lane,
CR0 9AA

Nature and emotional health

Moving therapy outside

Self and Nature

Therapeutic relationship

Process, frame and
boundaries

Attachment

Survival and Living
Psychology

Deepening our connection

£325, £250

concessions

NATURE THERAPY SCHOOL

London
UK

www.naturetherapyschool.com

10am - 5pm

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The training

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

Course members will be expected to be active participants, willing to work individually, in pairs and as a group. All days will take place entirely in outdoor settings. Please wear clothing appropriate to the weather.

Nature becomes part of our relationship and our learning during the course, we will work with whatever she brings, which may mean that the order of the schedule could change.

Day 1 - Nature and Emotional Health

We will explore the benefits of nature to emotional health, including the latest research, asking why go outside? We will reflect on our own relationship with nature and develop our awareness of the natural world through experiential work. We will consider how working outdoors will be different to working inside and the impact on boundaries, process and practicalities. The day will include discussion, seminars, case studies, experiential learning and the opportunity to practice therapy outdoors.

Day 2 – Therapeutic Relationship

We will explore the therapeutic relationship in outdoor work and consider nature's role as co-counsellor. We will explore how a person centred approach, Attachment Theory and Maslow's Hierarchy of Needs can be applied within nature-based work. We will consider the psychological differences between 'living' and 'survival' and how these insights can be brought into nature-based work. The day will include discussion, seminars, case studies, experiential learning and the opportunity to practice therapy outdoors.

Day 3 – Deepening our Connection

We will have an introduction to natural navigation, learning natural signs for direction in the celestial sphere, plants, animals and the elements and explore how these can guide us in developing an embodied sense of time, direction and place. Exploring how it can be incorporated into practice to ground therapist and client emotionally and geographically. We will explore anthropological perspectives on the natural world and our connection to it, including our own myths and rituals associated with nature. The day will include discussion, seminars, case studies, experiential learning and the opportunity to practice therapy outdoors.

USING NATURE AS A THERAPY ROOM

Nature and well-being

Moving therapy outside

Self and Nature

Therapeutic relationship

Process, frame and
boundaries

Attachment

Trauma and Survival
Psychology

Deepening our connection



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UK

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Dates

The 2016 courses will be held on 26, 27, 28 February and 23, 24, 25 September. The training day runs from 10am – 5pm.

Cost

The training carries 18 cpd hours. The investment for the course is £325. A concessionary rate of £250 is available to students and individuals earning under £25,000.

Location

The course will be held at Fryland's Wood, Featherbed Lane, Croydon, CR0 9AA.

Tram: Addington Village Interchange and New Addington

Bus: 433 from Croydon

Train: East Croydon

Taxi: (from East Croydon) Kendall Cars

Car: CR0 9AA, near junction with Farleigh Crescent Road

Course Leader

The training will be led by Beth Collier (M.A., MBACP), a qualified Integrative Psychotherapist practising Nature-based Psychotherapy using London's parks and woodlands as therapeutic spaces. Beth has degrees in Comparative Religion and Social Anthropology, Psychotherapy and Human Rights.

Beth founded Wild in the City! in 2013 as a therapeutic organisation supporting well-being through connection to nature. She incorporates bushcraft into her work and has particular interests in natural navigation and tracking. She has a life long passion for nature stemming from a rural upbringing.

Beth has worked in the human rights field for 16 years, for the last 8 years she has run a research consultancy working in partnership with UNHCR. Between 2008 – 2010 she was Research and Policy Manager at the Mental Health Providers Forum, leading four panels of experts in a review of methodologies used by NICE in the evaluation of the effectiveness of psychological therapies from scientific, philosophical and service user perspectives. She is co author of *Recovery and resilience: African, African Caribbean and South Asian's women's narratives of recovering from mental distress*. London, 2011, Mental Health Foundation and Survivor Research and is author of *Country of Origin Information and Women; Researching Gender and Persecution within the Context of Asylum and Human Rights Claims*, London, 2007, Asylum Aid.

Booking

Places for each course are limited to 10. Attendance is subject to an informal interview (by phone) with regard to your training and interests.

For further information and booking contact Beth Collier.

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