



21-23 April 2023

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 an 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

**Location:
Sustainability Centre,
South Downs**

Nature and emotional health

Moving therapy outside

Self and Nature

Therapeutic relationship

Process, frame and
boundaries

Attachment

Survival and Living
Psychology

Deepening our connection

£400

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. The course is non-residential.

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 the theoretical underpinnings of nature-based psychotherapy. 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 – Grounding and Connection

We will explore anthropological perspectives about the natural world and our connection to it and cultural associations we hold about nature and how they might be different to our clients. We will experience extended pair work as client/therapist. The day will include discussion, seminars, case studies, experiential learning and the opportunity to practice therapy outdoors.

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Nature and well-being

Moving therapy outside

Self and Nature

Therapeutic relationship

Process, frame and
boundaries

Attachment

Trauma and Survival
Psychology

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Dates

The 2023 course will be held on 21st, 22nd & 23rd April. The training day runs from 10am – 5pm.

Cost

The training carries 18 cpd hours. The investment for the course is £400.

Location

The Sustainability Centre, Droxford Rd, Petersfield GU32 1HR

Directions can be found on their website: <https://www.sustainability-centre.org/find-us.html>

Course Leader

The training will be led by Beth Collier (M.A., MBACP), Beth is a BACP registered Nature based Psychotherapist and Anthropologist who teaches natural history and woodland living skills. Her work explores relationships with people and with nature. As a therapist Beth works exclusively in natural settings. She has spent many years theorising our relationships with nature from an applied psychotherapeutic perspective, developing Nature-based Psychotherapy as an orientation of practice for ongoing client work.

Beth is the Founder of Wild in the City, an organisation supporting the wellbeing of urban residents offering experiences in bushcraft, natural history and ecotherapy, using the skills of our ancestors to nurture a deeper connection with the natural world. Beth has a particular interest in supporting people of colour in finding their place in UK natural settings and creates opportunities for the representation of black leadership in nature.

Beth worked in the human rights field for 16 years, the last 8 of which she ran a research consultancy working in partnership with UNHCR. She was previously 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.

Course Facilitators: Nicole Worrica & Suzanne Worrica

Booking

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

For further information and booking contact Beth Collier;

m: 07906 832 952