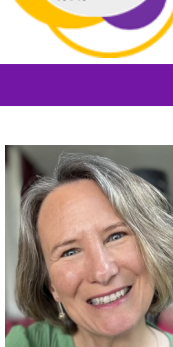


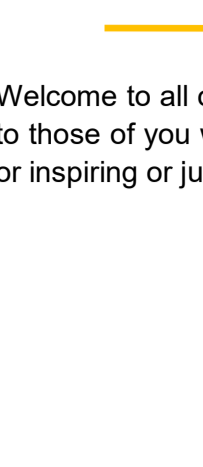
My newsletter is optimized to display on mobile devices, but if it does not display properly on your Windows PC or MAC, please see attached PDF or go to the newsletter download on my website



Newsletter: Summer 2024

JOANNE HANRAHAN PSYCHOTHERAPY
Training The Wild Atlantic Way

www.JoanneHanrahan.ie



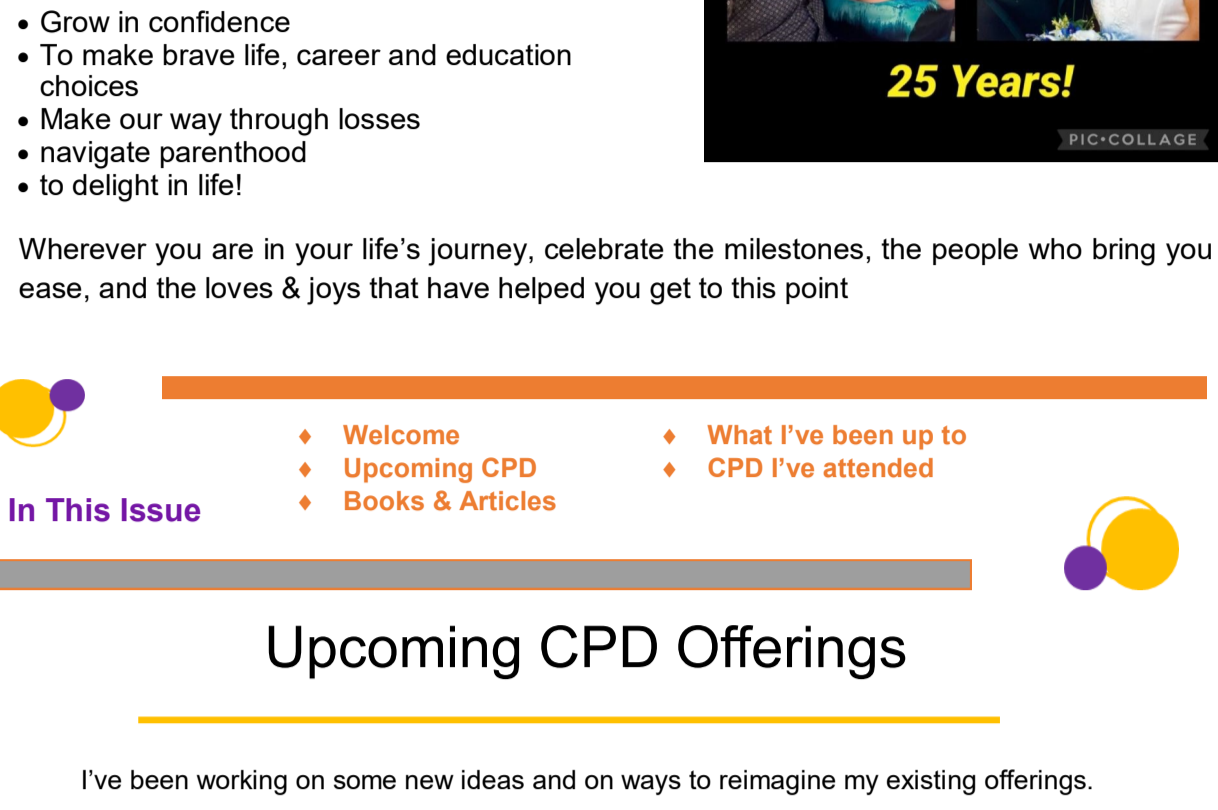
Welcome Back to Bealtaine !

May 1st marks the start of Bealtaine. Bealtaine celebrates the arrival of summer – hopefully! This marks the half way point between the Spring Equinox and the Summer Solstice.

Welcome to all of you who have been engaging with me over the last number of years and to those of you who are new to this newsletter. I hope that you find something here useful or inspiring or just pleasant to put your feet up with, and enjoy your cuppa!

- May the nourishment of the earth be yours,
 - May the clarity of light be yours,
 - May the fluency of the ocean be yours,
 - May the protection of the ancestors be yours.
- John O'Donohue

I'm hoping you find this information useful but if at any stage you want to take a break from receiving my newsletter, just [click here](#) or reply to this email with "Newsletter Opt Out".

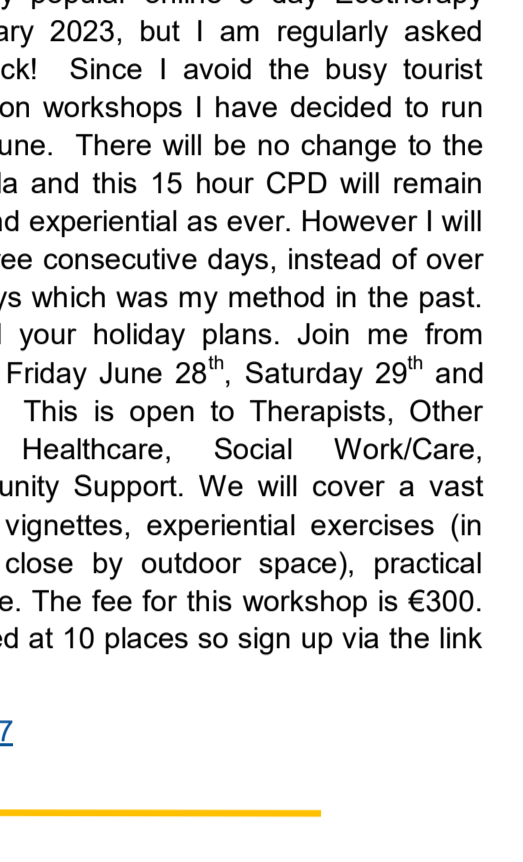


Reflection

As therapists we don't usually disclose much about our personal lives, for reasons I won't get into now. We work a lot with pain, and we know our own. However we are also in the business of encouraging joy. So here I'll share some of my own joy! 25 years ago I married Gerry and we have been a couple for 31 years! In March we celebrated our wedding anniversary and I found myself reflecting on what Love, Joy, Fun and Safety brought us. It helped us...

- Grow in confidence
- To make brave life, career and education choices
- Make our way through losses
- navigate parenthood
- to delight in life!

Wherever you are in your life's journey, celebrate the milestones, the people who bring you ease, and the loves & joys that have helped you get to this point

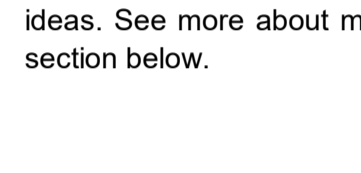


In This Issue

- Welcome
- What I've been up to
- Upcoming CPD
- CPD I've attended
- Books & Articles

Upcoming CPD Offerings

I've been working on some new ideas and on ways to reimagine my existing offerings.



Based on feedback I am changing my workshop schedule around a little over the coming months. There will now be two offerings on the following dates:

Workshop #1: Online 3 Day Ecotherapy - June

I haven't ran this very popular online 3 day Ecotherapy workshop since January 2023, but I am regularly asked when it is coming back! Since I avoid the busy tourist season for my in person workshops I have decided to run the online version in June. There will be no change to the very successful formula and this 15 hour CPD will remain as highly interactive and experiential as ever. However I will facilitate it live over three consecutive days, instead of over 3 Saturdays or Sundays which was my method in the past. This will help with all your holiday plans. Join me from 8.30am to 2.30pm on Friday June 28th, Saturday 29th and Sunday 30th of June. This is open to Therapists, Other Professionals from Healthcare, Social Work/Care, Education and Community Support. We will cover a vast area of theory, client vignettes, experiential exercises (in your own garden or close by outdoor space), practical advice, and much more. The fee for this workshop is €300. Numbers will be capped at 10 places so sign up via the link below.

<https://shorturl.at/jmzU7>

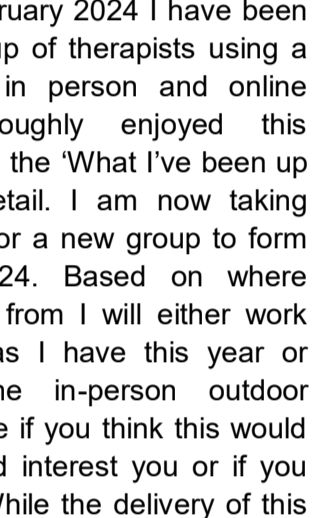


Workshop #2: In Person 3 Day Ecotherapy - September

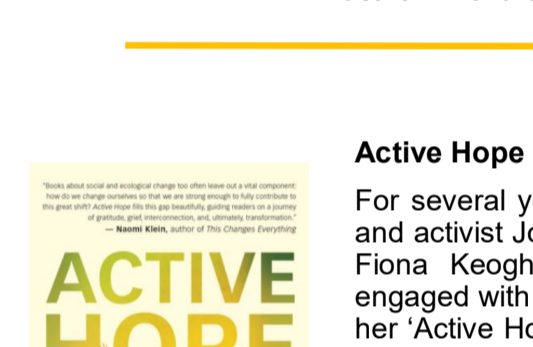
My 3-day Ecotherapy in person workshop will run from 10.30 am on Friday September 6th to 2pm on Sunday 8th. It counts for 16.5hrs CPD it is also open to Therapists, Other Professionals from Healthcare, Social Work/Care, Education and Community Support. Again we will cover a vast area of theory, client vignettes, experiential exercises, practical advice, and much more, all while being immersed in the outdoors in Co Clare. With a max number of 8 participants the fee is €375 for the 3 days and this includes tea/coffee scones on arrival, snacks and lunch on the final day. Any past participants from my 3 days online version of this training will get a 20% discount if they would like to join in person. Expression of interest form available here:

Expression of interest form available here:

<https://shorturl.at/bxFRW>



My next free one hour online café will be held on Wednesday evening May 22nd 2024 7.30-8.30pm. This will be open to all who have participated in one of my previous nature therapy workshops. Emails and zoom links will be sent to this group with an open invitation to join us to chat and swap ideas. See more about my third cafe below in the 'What I've been up to' section below.



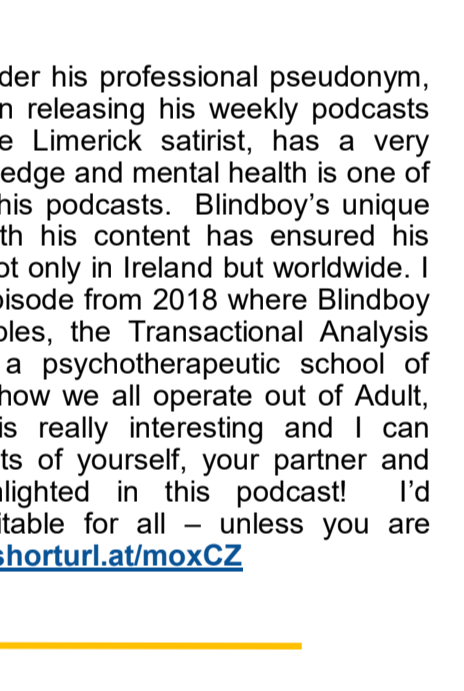
Group Supervision

As I have mentioned in previous newsletters, from March 2023 to February 2024 I have been supervising a small group of therapists using a unique hybrid outdoor in person and online model. I have thoroughly enjoyed this experience, see below in the 'What I've been up to' section for more detail. I am now taking expressions of interest for a new group to form in Autumn/ Winter 2024. Based on where participants are coming from I will either work with the same model as I have this year or consider increasing the in-person outdoor contact. Please email me if you think this would be something that would interest you or if you wish to find out more. While the delivery of this supervision will be creative and will integrate nature, you are not required to have any experience of working outdoors with your clients.

IACP Supervisors Conference

I have been invited to deliver a one day workshop for the IACPs National Supervisors Conference. My workshop entitled 'Natural Reflections: Bringing Nature and an ecological lens to the Supervisory Process' will introduce the concepts of Eco Psychotherapy and Eco Supervision to supervisors from all around Ireland. This workshop is only available to IACP accredited Supervisors and will be held in Athlone on May 18th. You can book your place here:

https://www.iacp.ie/page/all_events/1024

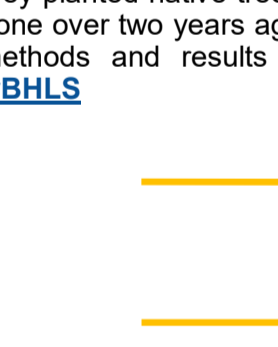


Interesting Books, Podcasts & Articles

Here are a snippet of books and interesting resources that I've read or listened to over the last few months. I hope you enjoy them

Active Hope

For several years I have been aware of the work of ecologist and activist Joanna Macy. Last summer psychotherapist Anna Fiona Keogh facilitated a workshop where ENI members engaged with a Joanna Macy exercise and learned more about her 'Active Hope' philosophy. I found the workshop to be very powerful and as a result recently read 'Active Hope: How to face the mess we're in with unexpected resilience and creative power' by Joanna Macy and Chris Johnstone. Looking at climate change and biodiversity loss we are inspired to start from where we are, identify what we hope for, and take steps to encourage ourselves or our situation in that direction. With an engaging, action and community focus this book also has many ideas re exercises and resources to get important conversations and actions underway.



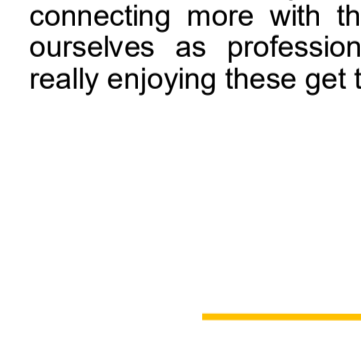
Ecotherapy A Field Guide

This is a wonderful new addition to the literature in this emerging field. David Key, an ecopsychology consultant, has supported me in recent years on my ecotherapy journey. He and psychotherapy professor Keith Tudor have done a deep dive into the cultural and philosophical underpinnings of ecotherapy. They have analysed the multitude of terms that are now being used in this field. They offer a metatheory to open conversation and help practitioners reach clarity around their own standpoints and congruence in how they practice and describe their work. Personally, having studied and read widely in this area for the last decade, I feel this book provides an excellent review of the various branches that inform practice. I agree wholeheartedly with the authors that the language used and framing of the different offerings in the field should be ethically considered.



The Blindboy Podcast

David Chambers known under his professional pseudonym, Blindboy Boatclub has been releasing his weekly podcasts since 2017. Blindboy, the Limerick satirist, has a very impressive breathe of knowledge and mental health is one of the topics he returns to in his podcasts. Blindboy's unique delivery style combined with his content has ensured his popularity with audiences not only in Ireland but worldwide. I recently re-listened to an episode from 2018 where Blindboy explains, with great examples, the Transactional Analysis (TA) ego states. TA is a psychotherapeutic school of thought. The TA theory of how we all operate out of Adult, Child and Parent states is really interesting and I can guarantee you will find traits of yourself, your partner and your family expertly highlighted in this podcast! I'd recommend a listen – suitable for all – unless you are adverse to cursing! <https://shorturl.at/moxCZ>



The nature cure: how time outdoors transforms our memory, imagination and logic

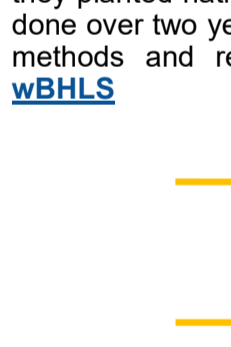
This is an interesting easy read article, full of recent research. Increasing we read studies on how green and blue environments help reduce stress, improve mood and reduced anxiety and rumination. In this article the focus is on how time spent in nature improves cognitive ability, creativity and perception. According to Marc Berman, director of the Environmental Neuroscience lab in the University of Chicago 'our brains do not work optimally, if we don't spend time in natural environments', he says 'it's not a luxury, it's a necessity'.

<https://shorturl.at/mwHQY>



Nature Based Practices for Workplace Wellness: Enhancing Connection and Productivity

This article written my Latvian Clinical and Health Psychologist and Ecotherapist, Karina Jaskova, provides a very comprehensive and idea rich list of ways to bring nature more into your work life. I came across the article on LinkedIn and felt it was useful to share. Beginning with things you may consider before embarking on increasing nature based practices in the workplace, Jaskova then goes on to suggest 14 different ideas to implement. Well cited and researched this may inspire you to introduce something new to your colleagues. <https://shorturl.at/ayW69>



Miyawaki method shows dense Irish forest can grow rapidly

Finally I found this RTE News article really interesting. It reports on an experiment conducted by a community group in Kinvara. The 'Kinvara Ballinderreen Tree Gang' embarked on a forestry project to find the fastest possible way to grow tiny forests. Dividing a field into four sections, they planted native trees in four different ways. This was done over two years ago and you can read all about their methods and results here. Enjoy. <https://shorturl.at/wBHL5>



What I've Been Up To

An Update on some of my activities over the past 3 months.

3 Day Outdoor Ecotherapy Workshop

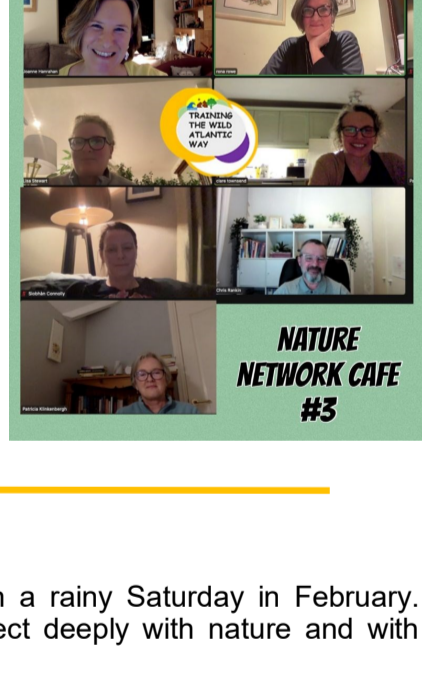
What a beautiful weekend of rain, wind, glimpses of sun and Connection we had in March I was delighted to be joined by 7 Health and Education professionals, who travelled to Clare from all over the country, for my 3 Day Ecotherapy Workshop. We slowed down, we didn't mind rain on our faces, we connected to all around us and we embraced emotions including wonderment and joy! It is so inspiring to meet practitioners who wish to develop an outdoor aspect to their work or simply bring an ecological lens to their indoor practice.



Nature Network Cafes

'Learnings from Nature' was the theme for my 3rd Nature Network Café held in March.

Psychotherapists and a Leadership UK joined me for a chat about how connecting more with the natural world can help ourselves as professionals and our clients. I'm really enjoying these get togethers.



February One Day Workshop

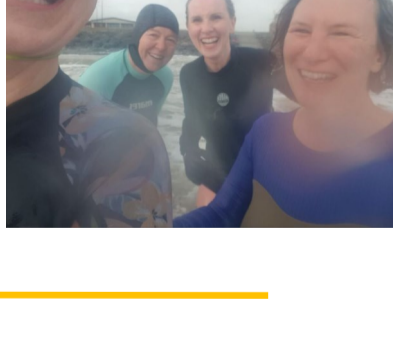
I got great feedback on a one day workshop I ran on a rainy Saturday in February. Despite the weather this was a beautiful day to connect deeply with nature and with ourselves.

In the afternoon we gave space to explore our fears and anxieties around our changing planet and engaged with some exercises from Joanna Macy's 'Active Hope' to help us move forward and inspire others.



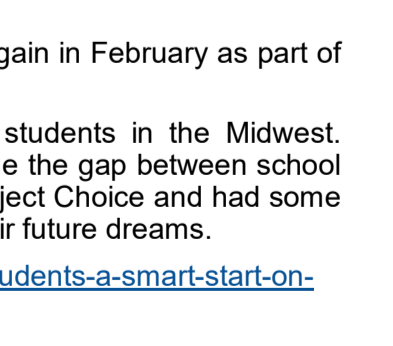
Group Supervision

Reflective Practice on land and sea! In celebration of our year of work together my nature supported Supervision group jumped and scribed in the Atlantic waves during our final session in February. What joyful delight, and what a closing to our year! This was my first time running a hybrid online/ outdoors, monthly supervision group which I'd been dreaming up for some time. Meeting in every season in a wood in Co Clare our beautiful surroundings felt like a rich cushioning, ever changing blanket. Held in her embrace we made meaning, let go, grieved, moved through, grew, learned lessons, felt safety and saw with new eyes



This has been a wonderful experience, one I will now reflect on and maybe write on. I was so glad to be joined by therapists from Clare, Kerry and Mayo all willing to step outside and think creatively about Supervision.

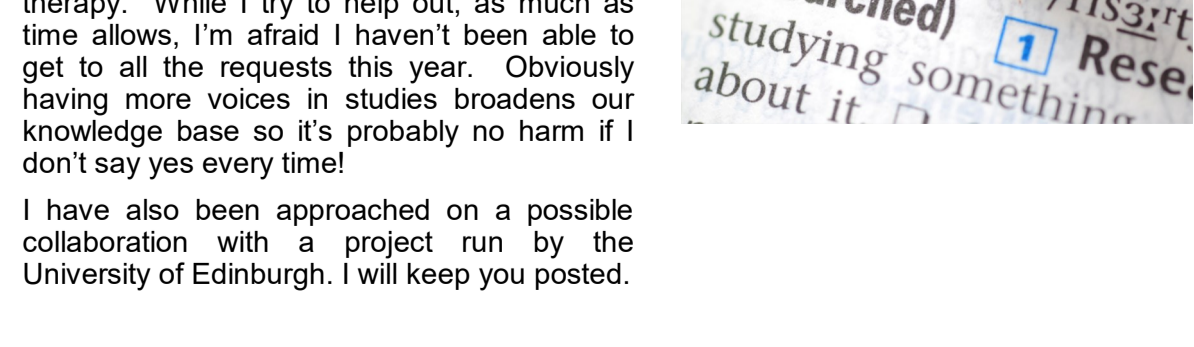
If you are interested in joining a similar group or finding out more please email me on JoannePsychotherapy@gmail.com (jumping in the sea is not a requirement!)



Extreme Networks TY Programme

I was delighted to be back in Extreme Networks Shannon again in February as part of their wonderful Transition Year Programme.

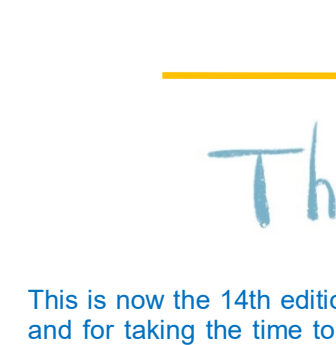
This multifunctional experience is a great offering to TY students in the Midwest. With my Guidance Counselling hat on, my part was to bridge the gap between school and the world of work. We talked Career Research and Subject Choice and had some fun. Students engaged with questions to help them meet their future dreams. <https://www.extremenetworks.com/resources/blogs/giving-students-a-smart-start-on-their-professional-journeys>



Back in the Classroom

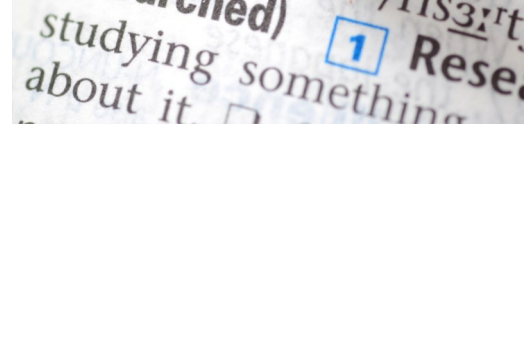
It was great to be back in Colaiste Mhuire Askeaton Limerick in February, where I worked as Guidance Counsellor for 13 years. I was delighted to be invited to speak to 5th and 6th years as part of the school's Wellbeing Week.

There was great engagement with the students on the topic of 'Mental Health and Our Online Lives'. I always love the craic and banter in class and the fun you can have even discussing serious content. An enjoyable day!



Research Participation

This is the season for all those submitting dissertations and theses. For the last number of years I have been contacted at this period to participate in research studies. It is fantastic to see so much research now being done in Ireland on the topics related to nature based therapy. While I try to help out, as much as time allows, I'm afraid I haven't been able to get to all the requests this year. Obviously having more voices in studies broadens our knowledge base so it's probably no harm if I don't say yes every time!



I have also been approached on a possible collaboration with a project run by the University of Edinburgh. I will keep you posted.

Thank you for reading !!

This is now the 14th edition of my newsletter. Thanks for being part of my newsletter community and for taking the time to read them. Feel free to share with anyone you think would enjoy the content and email me with feedback or suggestions for future issues.

