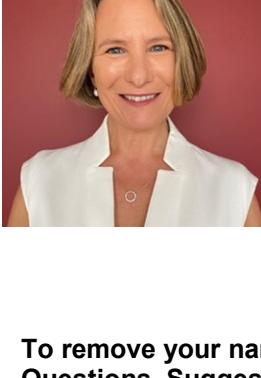
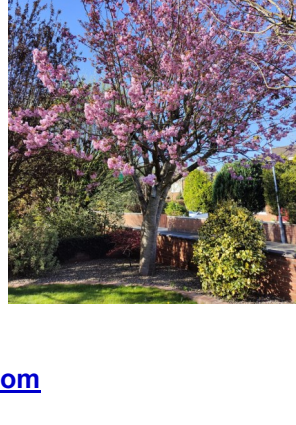


# Welcome Back to Bealtaine!

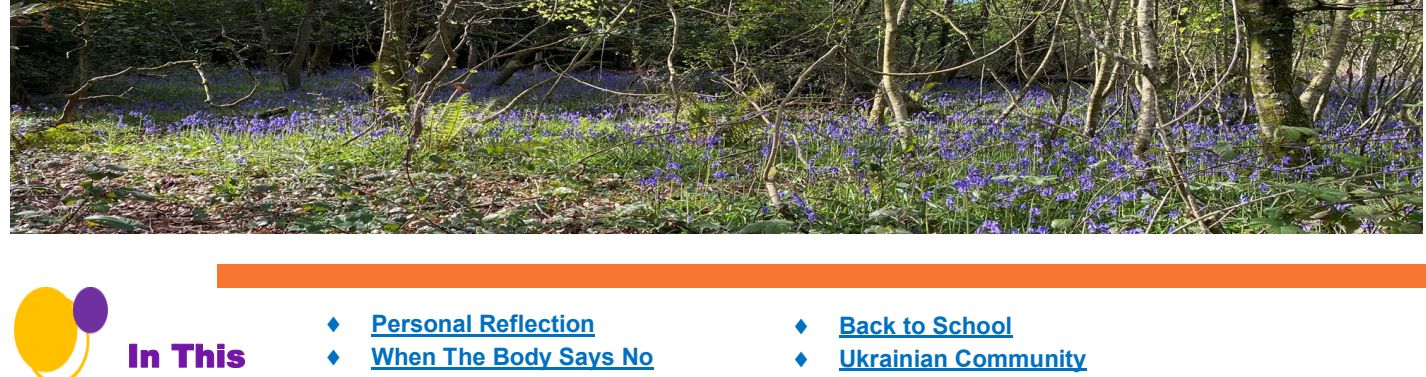



The 1<sup>st</sup> of May and, in the Celtic calendar, we welcome Bealtaine again! The Summer season begins and we celebrate the 'bright fire' of the Sun. At this time of the year, as I look at the Cherry blossoms, I am reminded that we have come through another year on this earth. These lyrics from the John Spillane's song *'The Dance of the Cherry Tree'* beautifully sum up my celebration with you and the earth as we return to another Bealtaine.

*'You know we've travelled all around the Sun, You know it's taken us one whole year, Well done every one, Well done, On behalf of me and the Cherry Trees, Well Done!'*



To remove your name from my Mailing List, please [click here](#).  
Questions, Suggestions or Comments? Email me at [JoannePsychotherapy@gmail.com](mailto:JoannePsychotherapy@gmail.com)

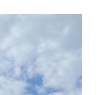




**In This Issue**

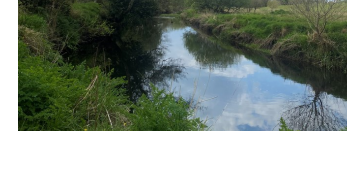
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# Personal Reflection

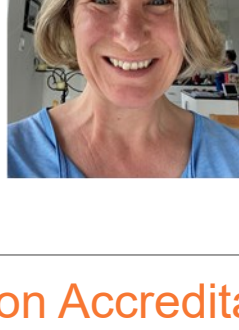
As many of you are therapists you already know the importance of self-care and pacing ourselves in our work. I feel that I have a generally good approach to work-life balance, but the end of last year was particularly busy. I finished significant training in both Somatic Experiencing and Supervision, started lecturing in UL, completed 60 hours as a trainee supervisor, wrote my final supervision essay, kept my client practice going, and got Covid in the middle of it all. I also completed my five-year reaccreditation with IAHIP last September and I found that I had almost three times the required 250 hours of CPD. So now I realise that I need to pause, slow down, and not feel that I constantly need to achieve more...drawing on Donald Winnicott's wisdom I am a "Good Enough Therapist"!



# When The Body Says No



My Smile  
after 2  
weeks  
←

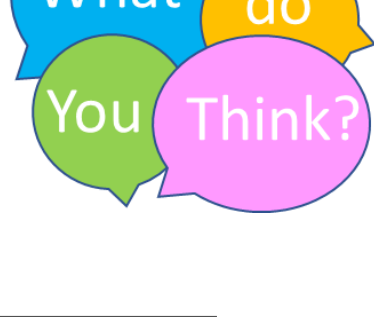


My Smile  
after 14  
weeks  
→

As I mentioned in my previous newsletter, I developed Bell's Palsy, a partial paralysis of the facial muscles, In January of this year. I suppose for me it seemed to represent an experience that Bessel Van der Kolk may term as *'when the body says no'*. For three weeks I couldn't close my right eye and then for several more weeks it wouldn't blink automatically, making it essential to wear a patch every time I went out, to bed or to the shower. Swimming in the sea was out! I couldn't smile properly, I needed to hold the right cheek to manage to eat or drink without dribbling, and my energy was very low. Thankfully this condition is a temporary one and most people recover fully, however the time lines differ and the pace of improvement can be very slow. With this, for me, came plenty of uncertainty, some fear, but also time for reflection and pause. I took six weeks off work and tried to help my body heal. While I wasn't fully back to myself at that point I continued to improve as the months went on and I am now, to the most part, back to my old self after 14 weeks.

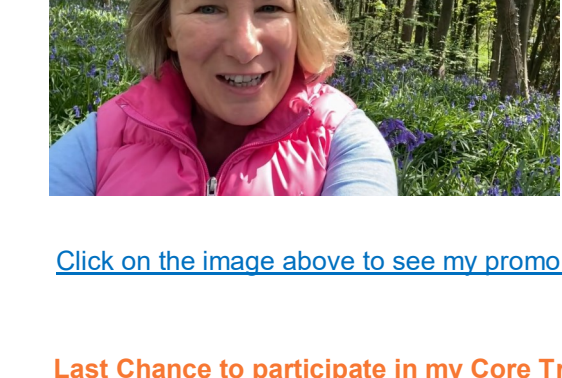
# Supervision Accreditation

As you know I completed my Supervision training at the end of 2021 and last month all my paperwork was processed. I'm delighted to say I am now fully accredited by the IAHIP (Irish Association of Humanistic and Integrative Psychotherapy) as a Supervisor. Yippee! At this point I am considering whether to start providing individual or group supervision and also considering outdoor supervision, maybe even seasonal outdoor groups. I will shortly survey you all with options and would love feedback on what you think would be best for me to consider. In keeping with my promise to myself to move slowly into new ventures I aim to begin my supervision practice in the Autumn.



Feel free to drop me an email with any thoughts on what type of supervision you'd like to see me offer.

# CPD Training Opportunities



**In Person Experiential Outdoor Workshop**

I'll be running my **in person** 1 Day Experiential Outdoor Workshop/Self-care for Therapists, Teachers, and Healthcare professionals during May in Ennistymon Co. Clare. This popular course has had great feedback from all participants and while I limit it to a max of 10 participants, there are still a few places remaining. The workshop will be run on **Sunday 8th May** from 9:30am to 5pm, and includes tea/coffee and scones on arrival. If you'd like to book, please check out the link below.  
<https://www.joannehanrahan.ie/outdoor-experiential-training>

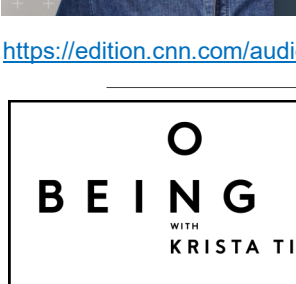
[Click on the image above to see my promo video for the Experiential Outdoor Workshop](#)

# Last Chance to participate in my Core Training before summer break!

I'll be running my highly interactive online **Outdoor Psychotherapy Core Training** course over 3 Saturday's in May. This very popular course has had great feedback from all participants and generally sells out quickly as I limit it to a max of 10 participants. The course will be run on **Saturday 7th, 14th, and 21st May** from 8:30am to 2:30pm (GM). Please check out the link below for further details, past participant feedback, and the booking form..  
<https://www.joannehanrahan.ie/outdoor-experiential-training>


# Articles, Books, Interviews & Research

Here is a selection of some useful and interesting resources that I've come across online over the past few months. I hope you enjoy them



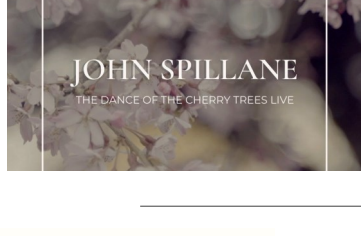
Great podcast by Neurosurgeon and CNN Medical Reporter Dr Sanjay Gupta on Why Doctors are Prescribing Nature. He interviews Dr Melissa Lem and Professor of Public Health Jennifer Roberts. Lovely blend of research and personal experience. When Dr Lem is asked about her ideal patient visit she wishes it could be 'in a forest or outside or in a clinic with glass walls'. Many of us in other health professions are lucky that we can, for the most part, take our clients outdoors or see them in a room with a view, or a room filled with natural materials.

<https://edition.cnn.com/audio/podcasts/chasing-life/episodes/61bac268-cd70-4eba-90b7-ae7b01509dee>




I love the poetry of the late Mary Oliver. I find the way she wove the natural world into her writings a delight. I was thrilled to come across this great interview from the On Being Podcast, where she speaks of nature being her savour and how she mostly wrote her poems in a notebook as she walked outdoors.

<https://onbeing.org/programs/mary-oliver-i-got-saved-by-the-beauty-of-the-world/>



I mentioned the John Spillane song The Dance of the Cherry Tree here is a video of this lovely seasonally appropriate piece from his appearance on The Late Late Show..

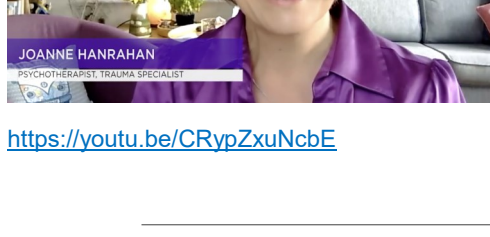
[https://www.youtube.com/watch?v=qzDy4Xk\\_JeA](https://www.youtube.com/watch?v=qzDy4Xk_JeA)



**Recovery - The Lost Art of Convalescence** by Dr Gavin Francis

I really enjoyed this short and interesting reflection on Recovery and the lost art of convalescence. Thanks to one of the lovely colleagues in my network Evelyn Burke for the suggestion. GP Gavin Francis provides great insights into how we heal including ancient wisdoms and the benefits of the natural world. We don't need to be ill to find this reminder a useful read in our fast paced lives.

**Research:** I am always really interested in ongoing research and academic writings in the area of nature and therapy. This season I was happy to be a participant in one Irish Masters research piece and also to be consulted by Psychologist Adam Taborsky from the Czech Republic on his forthcoming book.



<https://youtu.be/CRypZxuNcbE>

**Interview with one of my Corporate Clients**

I was delighted to be interviewed by Katy Motiey of Extreme Networks recently on the importance of workplace well-being, employee regulation and empathetic leadership. Extreme Networks are one of my long term corporate clients and it is great to see companies like them embracing these topics and planning for the future of work, post covid, with employee health and well-being to the fore.

It's a 14 minute clip but we go through a number of topics in a quick Q&A fashion.


# Back To School





Having spent 18 years at the start of my career working with adolescents in schools I always love the opportunity to do workshops in schools. After a two year absence from face to face I was super excited to get back to two schools this season. Great to talk to final year students about self-care, stress, building resilience and we even had some fun regulating our nervous systems' with bouncy balls, yoyos and the like!

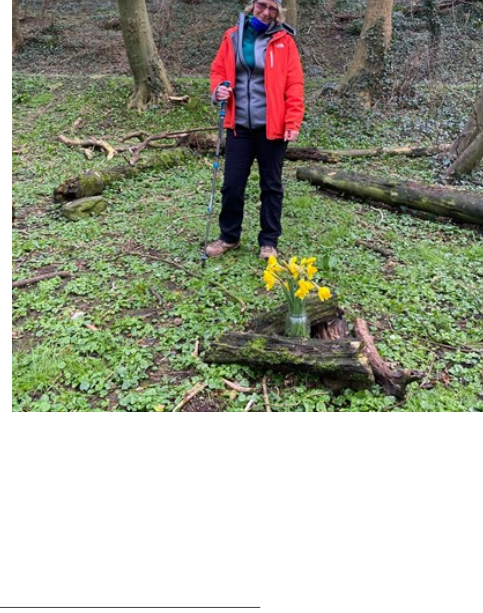
# Welcoming the Ukrainian Community



Since mid-February communities all around the world have been welcoming Ukrainian's. Here in Co Clare large numbers are arriving seeking a safe space. Like many of us, I wondered what I could do. So, since late March I have been giving talks to local community groups all around Clare. My purpose is to try to increase peoples general knowledge on trauma, how it affects us all and how the nervous system can be regulated. My hope is that this extra awareness among volunteers and local community response groups will in turn increase the experience of safety and welcome for our new Ukrainian friends.

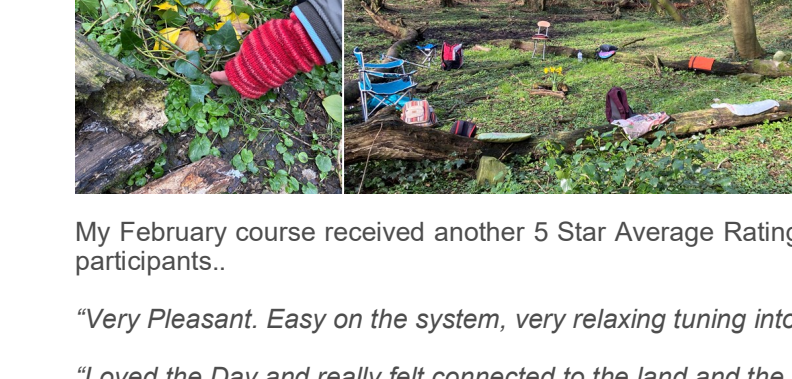
# Weather Anxiety

In advance of getting Bell's Palsy I had planned to run an Experiential outdoor workshop for therapists in a forest on the last Sunday of February. As you know, nature therapy is my passion and I find it really nourishing to meet other like-minded professionals in these groups. The planned date coincided with the 6 week time period after the Bell's so I was really hopeful I could go ahead with it. Then February brought Storms Dudley, Eunice and Franklin! The west coast of Ireland was battered again and again. For the first time since I started practicing outdoor therapy I experienced some real weather anxiety.



I'm mentioning my anxieties here as they are real issues for outdoor therapists and clients. Would it be too windy to hold my session outdoors – did I need a back up plan? Would a cold wind on my face all day affect my facial nerves? As I walked the forest in the days before the workshop, trees still seemed to creak all around me. Was there a physical danger on the site? How would the levels of psychological safety and regulation be for both myself and my participants? These are all important considerations as we take our work outdoors. Luckily by the weekend of the workshop conditions were a lot calmer both externally in the environment and internally in myself! A great day was had by all.

# Recent Training Sessions



## My February Group

So, on February 27th I had the privilege of hosting another great bunch of therapists for my Experiential outdoor workshop in Ennistymon. Despite my weather anxiety, and having every colour of weather warning in Clare the previous week, we had no rain or wind! What we did have was plenty of self care, regulation and deep connection with the natural world.

My February course received another 5 Star Average Rating and below are a sample of comments from 2 participants..

*"Very Pleasant. Easy on the system, very relaxing tuning into nature"*

*"Loved the Day and really felt connected to the land and the people. Thank You."*

*"A residential weekend would be a great addition"*

This is now the 6th 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.