JOANNE HANRAHAN PSYCHOTHERAPY

Feb 1st, 2021

Newsletter: Spring 2021 www.JoanneHanrahan.ie





Welcome to My Newsletter

February 1st, also known as Imbolc in the Celtic seasonal calendar, marks the start of Spring and 'new beginnings'. What better time to launch my Newsletter! It's a quarterly newsletter aimed at Therapists and Mental Health Professionals. I'll be sharing information on a range of topics with a Nature Therapy slant. Feel free to share with anyone you think would benefit from the content and email me with feedback or suggestions for future issues.

Questions, Suggestions or Comments? Email me at JoannePsychotherapy@gmail.com







To remove your name from my Mailing List, please click here.







Training CPD Opportunities

Ecopsychology & Ecotherapy News

- **Useful Links & Articles**
- **New Website Launched** Past Training Feedback

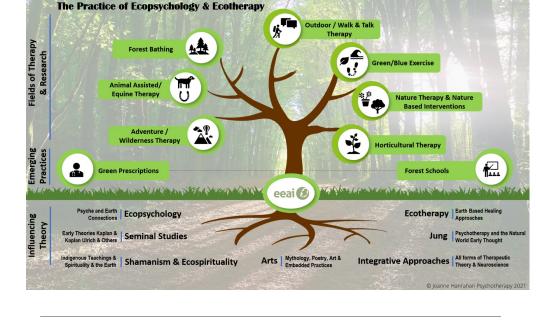
Book Recommendations



Founded in 2014, the Ecopsychology & Ecotherapy Association of Ireland (EEAI) is a member-led

Ecopsychology & Ecotherapy

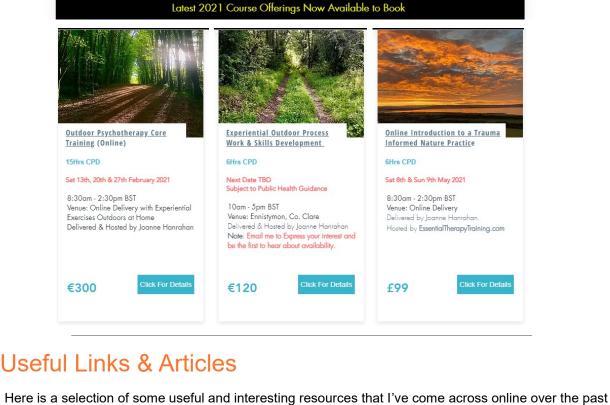
association. It aims to bring together those with a love of nature, those with a recognition of the healing benefits of nature, and those interested in our interconnectedness with nature. The EEAI have launched a new website with lots of valuable information and resources. As vice-chair, I was delighted to have contributed the below graphic outlining some of the Influencing Theory, Emerging Practices and various Fields of Therapy & Research. I'd recommend any practitioner with an interest in this area to check out the website and consider becoming a member. www.eeai.ie



Following a very successful Autumn/Winter Training schedule, I've added new dates for my Online

Outdoor Psychotherapy CPD Training Opportunities

training in Outdoor Psychotherapy and Trauma Informed Nature Practice. These booked out fast last year, so book now to avoid disappointment. While I had tentatively scheduled my in-person Experiential Process Work & Skills workshop for March, I've put that on hold until the Public Health Guidance on gatherings becomes clearer. Keep an eye on my website for updates. https://www.joannehanrahan.ie/therapist-training



few months. I hope you enjoy them

NetworkNature.eu is a wonderful resource for the nature-based solutions community. It's a website that synthesizes & strengthens the nature-based solutions evidence base by gathering experiences,

- knowledge, tools and services from over 30 Horizon 2020 projects. Since early childhood I've always been a big fan of Sir David Attenborough. Here is a link to a short video where he outlines his hopes for 2021 and his wish that we all make a resolution for positive changes to help renew the planet for all its inhabitants. I'd also recommend his new film, A Life On
- Our Planet, which serves as Attenborough's witness statement for the natural world. Available on Netflix. ⇒ https://www.youtube.com/watch?v=oQnDVqGIv4s&feature=youtu.be With the global impact of COVID-19 on our collective wellbeing, there are multiple studies being conducted on the positive impact nature can have on mental health. Here are two sample links that
 - review some of this research. Nature can boost mental health during the pandemic study finds ⇒ Why the environment is central to our collective mental health
- **Book Recommendations**

useful and comprehensive introduction to the world of ecotherapy. found it to be very readable and full of useful concepts to consider when incorporating nature into practice.

nature can bring in times of abandonment and trauma.

Where The Crawdads Sing by Delia Owens is a fictional novel that is perfect for the nature loving therapist. It's beautifully written by a zoologist and while part murder-mystery, it also shows the "solace" that

Ecotherapy in Practice, A Buddhist Model by Caroline Brazier is a very



Ecotherapy

in Practice

Check it out at the below link and feel free to email me your feedback and suggestions. www.JoanneHanrahan.ie

My New Website

At the start of January I launched my refreshed website with lots of information regarding my Practice, Nature Therapy Resources, Outdoor Psychotherapy Training, and Wellbeing Videos. I've also added my full MSc. Research Thesis on "A Qualitative Study into the Role Nature can Play in Psychotherapy".



Sample Participant Feedback... "It was my first experience of working outdoors and I wanted to see how I would be in this new therapy setting. I respond best to learning by doing so for me it was the best way to try this out. You could not have learnt this from

I gained "A broader perspective on ways of working. And a renewed appreciation for nature.

a book! Plus I felt completely safe and held in the group and the facilitator.

I gained "The freedom to use nature and trust the work can still be done." I gained an "Experience of outdoor work Met good people Felt included." I gained a "Deeper reconnection to nature. Experience of being a therapist in nature. It answered questions I had and created new ones. Sample Participant Feedback... "I enjoyed every aspect of the course. The content was very interesting and thought provoking. Joanne was excellent. Her knowledge and calm nature made the material easy to digest and she used Zoom really well to add interest and variety."

"I can't think of anything that could be improved to be honest. I felt I knew what was happening, It was well organised, I knew how the day would pan out, expectations of me, acceptance and a wealth of knowledge and experience shared. What's not to love! I hope one day

"The outdoor activities were very enjoyable and stirred up more emotions than I thought they would or that I was prepared for.'

to come to Ireland and experience one of Joanne's courses face to face. Thank you' I enjoyed "Looking in more depth at this subject. Hearing Joanne speak from her vast experience and listening to others working in this field. Little nuggets of wisdom in the slides."

Thanks for taking the time to read my Newsletter. Feel free to share with

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