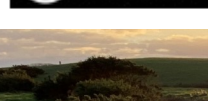
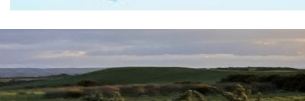


Welcome to My Newsletter

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.

www.pearsoncmg.com



opsyc

- ## Technology & Ecotherapy

benefits of nature, and those interested in our interco
a new website with lots of valuable information and

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



The Practice of Ecopsychology & Ecotherapy

Forest Bathing




Outdoor / Walk & Talk Therapy

Ecotherapy



Outdoor Psychotherapy CFD 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>

 <p>Outdoor Psychotherapy Core Training (Online)</p> <p>15Hrs CPD</p> <p>Sat 13th, 20th & 27th February 2021</p> <p>8:30am - 2:30pm BST Venue: Online Delivery with Experiential Exercises Outdoors at Home Delivered & Hosted by Joanne Hanrahan</p> <p>€300 Click For Details</p>	 <p>Experiential Outdoor Process Work & Skills Development</p> <p>6Hrs CPD</p> <p>Next Date TBD Subject to Public Health Guidance</p> <p>10am - 5pm BST Venue: Ennistymon, Co. Clare Delivered & Hosted by Joanne Hanrahan Note: Email me to Express your interest and be the first to hear about availability.</p> <p>€120 Click For Details</p>	 <p>Online Introduction to a Trauma Informed Nature Practice</p> <p>6Hrs CPD</p> <p>Sat 8th & Sun 9th May 2021</p> <p>8:30am - 2:30pm BST Venue: Online Delivery Delivered by Joanne Hanrahan. Hosted by EssentialTherapyTraining.com</p> <p>£99 Click For Details</p>
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ul Links & Articles

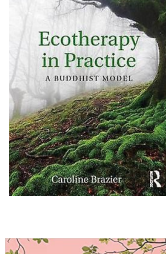
- NetworkNature.eu is a wonderful resource

- Since early childhood I've always been a big fan of Sir David Attenborough. Here is a link to a short video about his life and work: [https://www.youtube.com/watch?v=Ug8333333333](#)

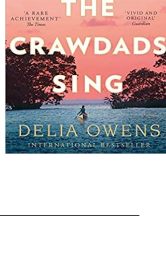
- changes to help renew the planet for all its inhabitants. I'd also recommend his new film, A Life On Our Planet, which serves as Attenborough's witness statement for the natural world. Available on Netflix.
- ⇒ <https://www.youtube.com/watch?v=oQnDVqGlv4s&feature=youtu.be>
- With the global impact 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

Ecotherapy with Nature, by Catherine Brazier, is a very useful and comprehensive introduction to the world of ecotherapy. I found it to be very readable and full of useful concepts to consider when incorporating nature into practice.



zoologist and while part murder-mystery, it also shows the “solace” that nature can bring in times of abandonment and trauma.



At the start of January I launch

my full MSc. Research Thesis on "A Qualitative Study into the Role Nature can Play in Psychotherapy". Check it out at the below link and feel free to email me your feedback and suggestions.
www.JoanneHanrahan.ie



Past Training Sessions

sessions with all these eager practitioners.



I feel I've gained the confidence on how to practice outdoors and how to bring nature

"I have really started to look at my own interaction and connection with nature. I am focused now on bringing the inside out and the

"Although I know that nature is good for my own process, I've become aware how to use it at a deeper level."

emotions than I thought they would or that I was prepared for



knew what was happening, It was well on

would pan out, expectations of me, acceptance and a wealth of knowledge and experience shared. What's not to love! I hope one day 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."

my Newsletter. Feel free to share with

