


Welcome Back to Imbolc!

February 1st is known as Imbolc in the Celtic seasonal calendar. It marks the beginning of Spring and 'new beginnings', but this year it also marks the 1st anniversary of my newsletter. I hope you are enjoying my seasonal updates on all things nature and therapy! Feel free to contact me with any suggestions you might have for further newsletters.

If the newsletter does not display properly on your mobile email app or on Windows/MAC, please go to the PDF download on my [website](#).

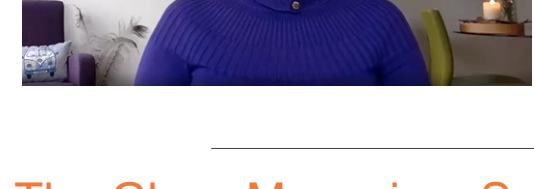
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Questions, Suggestions or Comments? Email me at JoannePsychotherapy@gmail.com



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Some Personal News



In personal news, unfortunately, over the last two weeks I am experiencing Bell's Palsy. Bell's Palsy is a temporary partial facial paralysis which I should make a full recovery from in a number of weeks. As a therapist I am trying to sit with this experience and be with what is. Like the natural cycle we are in, my body needs to rest and recharge and as with Spring renewal will come. I recently shared this short video clip on how I am doing:

https://www.linkedin.com/posts/joanne-hanrahan-psychotherapy_bellsalsy-activity-6892124097598607360-3B0l

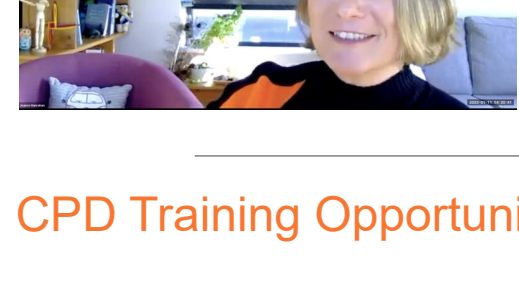
The Gloss Magazine: Seeking Inner Calm? Go Outdoors.



In it's November edition, the Irish Times 'Gloss' Magazine published an article by Emily Hourican on the growing interest in outdoor psychotherapy, adventure therapy, forest bathing and outdoor wellbeing activities. I was delighted to feature in the article and introduce outdoor therapy to the Irish Times readers. If you'd like to read the article I've posted a copy on my website which can be accessed via the link below.

Link to Article PDF on My Website.
https://e2026c4d-82e1-41c8-ae94-e7384e5b4c05.usrfiles.com/ugd/e2026c_75abdcf8df1d4864abc45edf762c1006.pdf

Horizon 2022 Nature Based Research



In early January I had the opportunity to present to a large group of European researchers on my clinical and academic experience of integrating nature and psychotherapy. This group is putting together a Nature Based research proposal for Horizon 2022 funding, and I'm glad to be bringing a practitioner voice to this important piece of work.


CPD Training Opportunities



In Person Experiential Outdoor Workshop for Therapists
I'll be presenting my **in person 1 Day Experiential Outdoor Workshop** for Therapists for the 4th time at the end of February in Ennistymon Co. Clare. This 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 workshop will be run on Sunday 27th February from 9:30am to 5pm, and includes tea/coffee and scones on arrival. There are currently 3 places remaining so if you'd like to book, please check out the link below.
<https://www.joannehanrahan.ie/outdoor-experiential-training>


Useful Links & Articles

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




Network Nature

This time last year I shared a link to Network Nature. This is super European nature research resource. Here's an updated link to their news feed with an abundance of interesting and up to date articles on Environmental initiatives and Nature Based Solutions:
<https://networknature.eu/network-nature-news-articles>




European Centre for
Environment & Human Health



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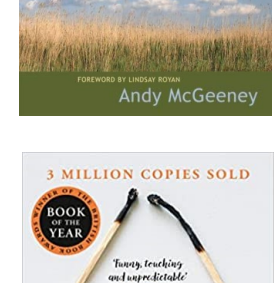
Based in University of Exeter's Truro campus in Cornwall, the European Centre for Environmental and Human Health conducts world-class research into the complex connections between the environment and health. They have recently published a Handbook on 'Nature on Prescription'. This is a very interesting read providing evidence based suggestions relevant to the development and implementation of Nature based mental health programmes in the social prescribing landscape. I've posted a PDF copy on my website for ease of access.
https://e2026c4d-82e1-41c8-ae94-e7384e5b4c05.usrfiles.com/ugd/e2026c_eaac635291284d8d80c64db9bca05b25.pdf



IN THE
DOCTOR'S
CHAIR

I recently came across this great podcast where Dr Mark Rowe interviews Dr Sue Stuart-Smith, Psychiatrist, Psychotherapist & author of 'The Well-Gardened Mind'. This is a very engaging listen with Sue imparting a wealth of knowledge and research on the benefits of nature connection in a very easy conversational style. Well worth a listen.
<https://podcasts.apple.com/ie/podcast/the-well-gardened-mind-the-power-of/id1555748558?i=1000547767974>

Book Recommendations

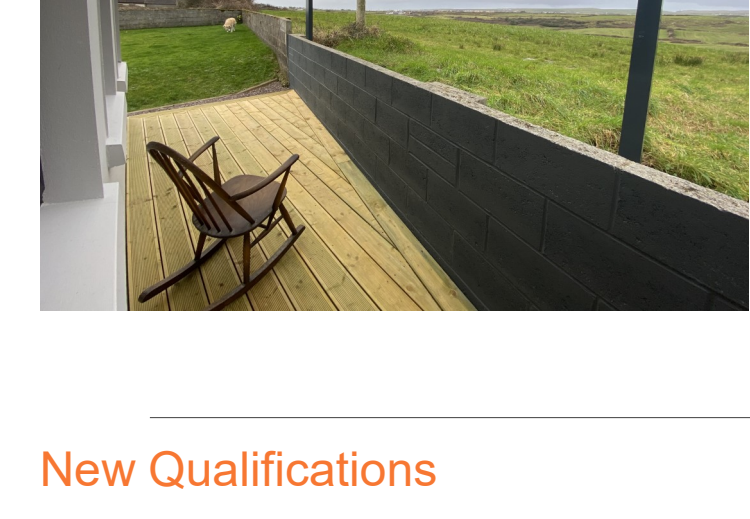


With Nature in Mind : The Ecotherapy Manual for Mental Health Professionals - Andy McGeeney
This is a really great resource to add to your library. It's a very accessible introduction to the field of Ecotherapy coming from both a practical and research perspectives. Over half the book is devoted to detailing one hundred nature based activities which could be used with groups and individuals. If you are planning a outdoor workshop or event for adults or children you'll surely get some inspiration from this comprehensive list of activities with aims clearly outlined.



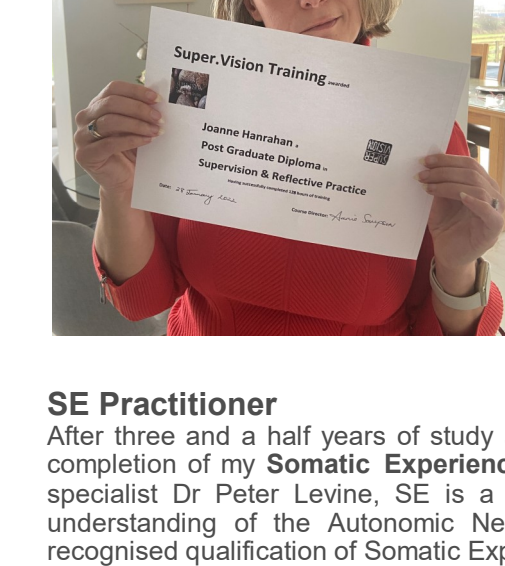
Eleanor Oliphant is Completely Fine - Gail Honeyman
This is a novel I read a few years ago. I found it to be a great read that I'm imagining most therapists would enjoy. It's a beautifully written engaging read of how a traumatic past affects the day to day life of the main character Eleanor. Funny, heart breaking and heart warming!

New Outdoor Space



I am always looking at new ways to bring outdoor therapy options to my clients. As you may have seen from my website, I already offer my clients the choice of sessions in my Therapy Garden or in nearby public amenities. Given the unpredictability of the Irish weather, it can be hard to get full use of my Therapy Garden. I have therefore invested in a new glass covered deck area at the back of my Therapy Room where clients can sit in the outdoors with views of rolling fields leading to O'Briens Tower at the Cliffs of Moher in the distance. The photo below will give you an idea of the new area, but keep an eye out on my LinkedIn and Facebook pages in the coming weeks to see the finished product with furniture and plants.

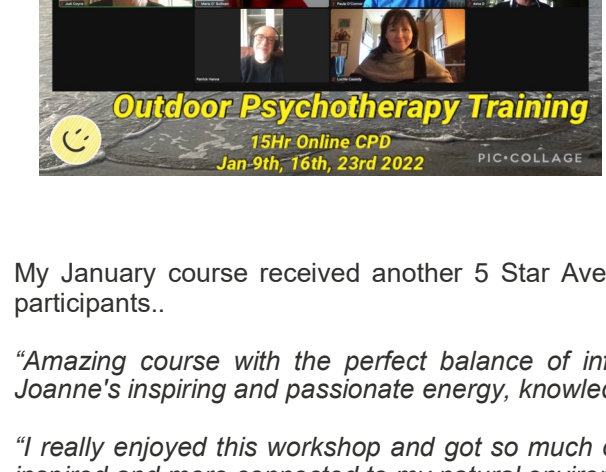
New Qualifications



Supervision
Last week I received my **Post Graduate Diploma In Supervision and Reflective Practice!** I'm absolutely delighted to have successfully completed this year long training with IACP Regional Award winner, Annie Sampson and her team at Super.Vision Training. I have also completed 60 hours of work with supervisees many of which were done outdoors with the natural world aiding the reflective practice. I am now dreaming up creative ways of developing my supervision practice. I'll keep you posted!

SE Practitioner
After three and a half years of study and professional development, I am thrilled to also announce the completion of my **Somatic Experiencing Trauma Training**. Based on the work of renowned trauma specialist Dr Peter Levine, SE is a psychobiological approach to trauma resolution focusing on an understanding of the Autonomic Nervous System. I have now been awarded the internationally recognised qualification of Somatic Experiencing Practitioner (SEP). My cert is in the post!

Recent Training Sessions

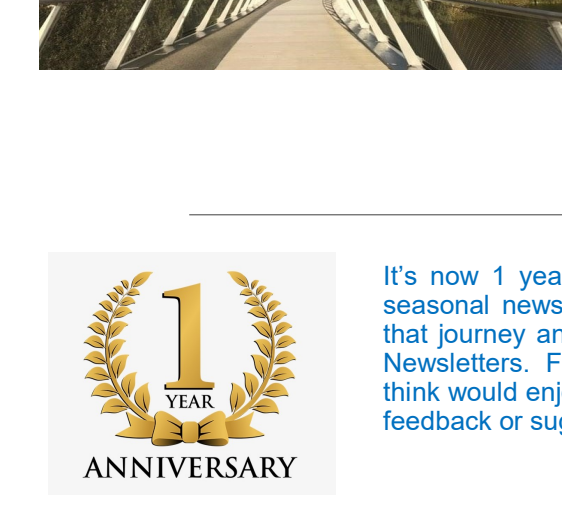


My January Graduates
During January I had the opportunity to host another great bunch of therapists for my three day online Outdoor Psychotherapy Training. It was a nourishing experience for all, including myself. We shared three Sunday's as we explored the personal process and clinical practice implications of taking therapy outside and bringing nature in more. Currently in the planning stages for my next course, so keep an eye on my website or subscribe to my mailing list for future dates.

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

"Amazing course with the perfect balance of information, practical experience and group connection with Joanne's inspiring and passionate energy, knowledge and wisdom... the seeds have been planted"

"I really enjoyed this workshop and got so much out of it. After three days I have come away feeling excited, inspired and more connected to my natural environment."



I was delighted to spend last semester lecturing at the University of Limerick on the MA in Guidance Counselling and Lifespan Development programme. I was teaching a Counselling Theory and Practice module. It was super to also have been given the leeway to add my own trauma informed and nature lens to the teaching of these professionals. The beautiful UL campus provided the perfect environment for plenty of nature based exercises and outdoor mindful experiences for the adult learners.