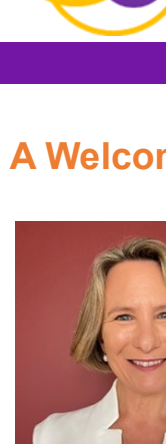


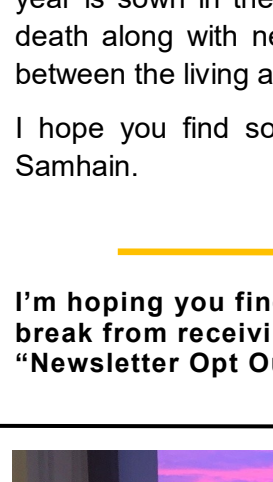
My newsletter is optimized to display on mobile devices, but if it does not display properly on your Windows PC or MAC, please see attached PDF or go to the newsletter download on my website



JOANNE HANRAHAN PSYCHOTHERAPY Training The Wild Atlantic Way

www.JoanneHanrahan.ie

A Welcome Return to Samhain!



Welcome

Welcome to my Samhain Newsletter. This is my 12th newsletter and completes a 3 year cycle since I began to engage with you all this way. I welcome all those who have joined my mailing list in the last season and I remind new friends and old that previous newsletters are available on the home page of my website should you wish to review the resources mentioned in them.

The Celtic year follows the natural cycle of growth and unlike our calendar year it begins in November, when everything around is dying, because this is when the trees drop their seeds and the cycle of growth begins. The trees are also dropping their leaves so the new year is sown in the compost of the old. The festival of Samhain celebrates endings and death along with new beginnings. It is a time of year when it was thought that the veil between the living and the dead was the thinnest and our ancestors stood beside us. I hope you find some joy in old traditions based on nature and the cycle of life this Samhain.

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

I recently visited Iceland and certainly would like to return and see more of it. I guess like all lands Iceland is formed by geological events. However what felt different there, is the more obvious power change in the landscape. The sense of regular from within the Earth is awe inspiring with volcanos, geysers and hot springs drawing my attention to all that bubbles beneath. While my trip didn't include the part of the country with most glaciers my eco grief and anxiety around their receding size is very alive.



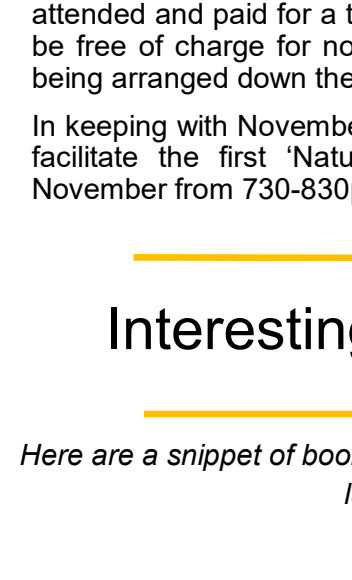
On a personal process level the shifting seen and unseen aspects of the landscape seemed to mirror much of my own changing landscape as I enter a new phase of my life as a 'empty nester'. I reflect on, in the spirit of Samhain, what I wish to let go of and welcome in as I move forward.

In This Issue

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

Upcoming CPD Offerings

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



Springtime 3 Day Ecotherapy Workshop/CPD

The 3 day in person outdoor Ecotherapy trainings I ran in both May and September were a great success. I've been blown away with the feedback I've received and am delighted to announce my next set of dates for this workshop will be in March.

This course will give you all the tools you need to begin to develop your own Ecotherapy practice, exploring your Ecological Self and honouring the environment whether working indoors or outdoors with your clients/students/ service users. It promises to be a truly nourishing and growthful experience for you both personally and professionally. Based in The Glen in the grounds of The Falls Hotel in Ennistymon Co. Clare and my therapy room and garden by the sea in Liscannor the CPD workshop will run from Friday morning March 22nd to Sunday afternoon on the 24th of March – exact times and details to follow. Cost is €375 and I have decided to limit the number of participants to 8. <https://forms.office.com/r/yQvGtK1Yur2>

Experiential 1 day Workshop

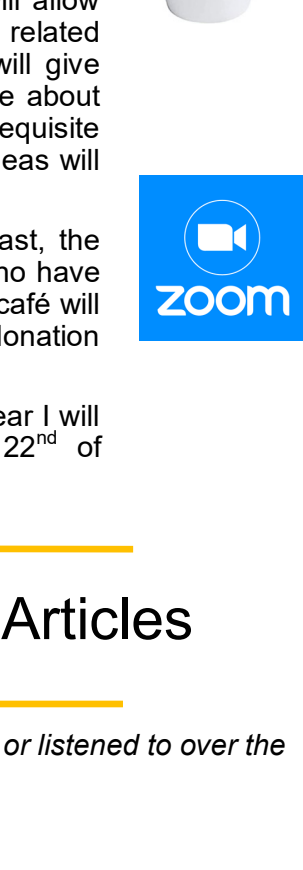
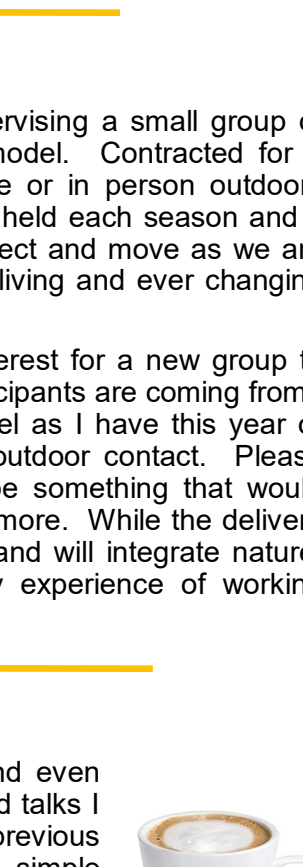
Eco Anxiety and Grief: A relational response to a changing planet

The effects of climate change and biodiversity loss are now very clear in Ireland and no longer something that might happen somewhere, in the future. Anxiety and grief around these changes are alive within many of us and those we work with. I have decided to hold a one day outdoor workshop to explore our relationship with the natural world and have space to process what is happening in a caring and holding environment. While fears will be expressed and heard we will also have fun and join together with hope and a sense of community.

This workshop will be open to participants from all professions and will support you, and help you in turn, to support those with whom you work. It will also be suitable for those of you who have done workshops with me before as it will be designed as a different offering with a different focus.

The workshop will be held in The Glen Ennistymon Co Clare on Saturday the 17th of February. Exact times and more details will follow shortly along with a booking form but feel free to email me your interest in advance. I will aim to start by welcoming you with tea/coffee and scones at The Falls Hotel at 9.30am and the workshop itself will run between 10am and 5pm.

The cost of the day will be 120 euros per person with a maximum group size of 10. CPD certificates will be provided for all participants. Contact me to secure a place!



Group Supervision

Since last March I have been supervising a small group of therapists using a unique hybrid model. Contracted for a year we have monthly either online or in person outdoors sessions. One outdoor session is held each season and it has been wonderful to process, reflect and move as we are supported in our work by a vibrant living and ever changing space.

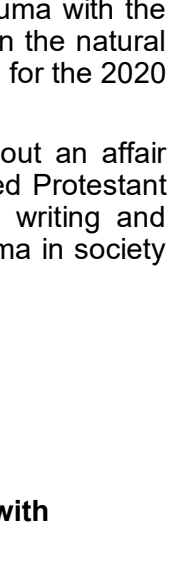
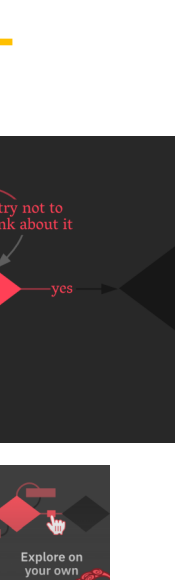
I am now taking expressions of interest for a new group to form in 2024. Based on where participants are coming from I will either work with the same model as I have this year or consider increasing the in-person outdoor contact. Please email me if you think this would be something that would interest you or 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.

Nature Network Café

To celebrate now 3 years of engagement via this newsletter and even longer of having the pleasure of meeting you in my workshops and talks I have decided to begin something new. Mooted initially here in a previous newsletter, I am going to begin my 'Nature Network Café' in a simple format and I will then see if I make changes to it as it grows. The Café will be and online meet up held every second month for one hour on a midweek evening. I will host the group on zoom and sessions will allow participants to meet and discuss particular nature and health related themes. My aim is that the Café will have a relaxed feel and will give people the opportunity to connect with others who feel passionate about our relationship with the natural world. There will be no prerequisite requirements in terms of your particular practice and sharing of ideas will be encouraged.

In thanks to all of you who have paid for my offerings in the past, the 'Nature Network Café' will, initially at least, be only open those who have attended and paid for a talk or workshop with me in the past. The café will be free of charge for now with the possibility of a small charity donation being arranged down the line.

In keeping with November being the beginning of the Celtic new year I will facilitate the first 'Nature Network Café' on Wednesday the 22nd of November from 7.30-8.30pm. Zoom links will be sent in advance.



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

Nature Connected Organisations Handbook

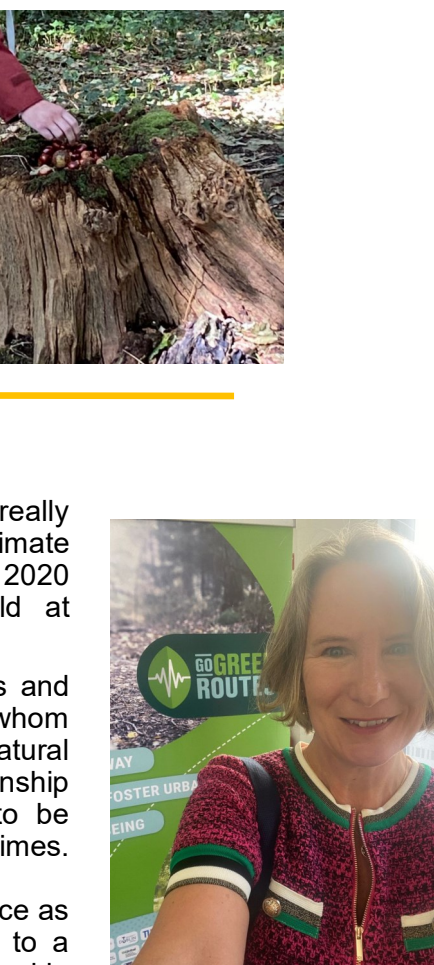
As I have mentioned both here and in other newsletters, there is some interesting research being done by Miles Richardson, David Sheffield and team in the University of Derby in the UK. What I find novel about these group for researchers is that they have found very user friendly ways of disseminating their research, including creating well designed summary handbooks. The latest such offering is the Nature Connected Organisations Handbook which is a guide for connecting organisations with nature for sustainable futures and workplace wellbeing. The pdf of the handbook is available at the below link.

<https://findingnatureblog.files.wordpress.com/2023/09/nature-connected-organisations-handbook.pdf>



Youth Action for Nature and Wellbeing

The outputs of an Erasmus + funded project which involved collaboration between six European environmental educational organisations, were recently released. The project engaged 102 young people across Ireland, Slovakia, Latvia and Catalonia to co-produce a toolkit that focused on developing action competence and positive well-being among young people within the context of eco-activism. One of the outputs of the project is a 'Toolkit for Youth Eco-Activism'. A very useful resource for teachers and youth workers and all looking supporting young people to 'better connect to their lands and grow into environmental stewards and regenerative practitioners'. Even if you are not working with youth groups there are plenty of ideas that may support your own work and ecological development in this booklet. More information on the project and the toolkit pdf is available to download from <https://www.yoanaw.eu/>



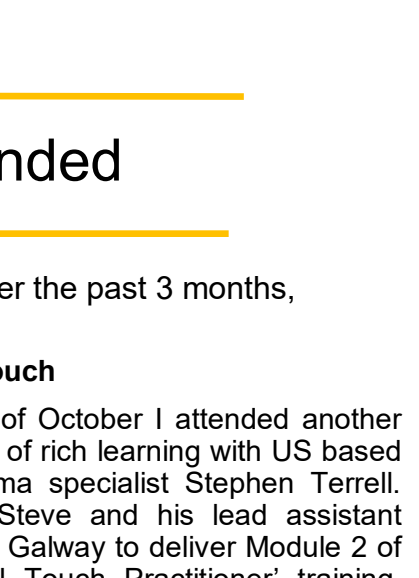
Let yourself speak up for nature

A recent study reveals many New Zealanders are worried about nature, yet feel alone in their concerns and are afraid to speak up. I think it is safe to say that this is probably a worldwide phenomenon. Greenpeace Aotearoa have created this 1 min clip entitled 'Let yourself speak up for nature'. You may like to share it.

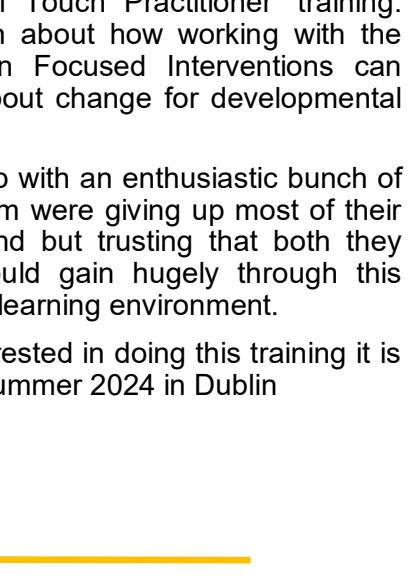
<https://www.youtube.com/watch?v=6uXaJRMV2gk>

I Want a Better Catastrophe

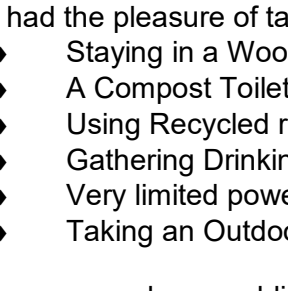
I recently came across this talk and flow chart. Through, often humorous, narrative and the visual of a flowchart author and activist Andrew Boyd leads us through common thought processes around the climate crisis to a clearer focus. I found this excellent and I urge you to take the 50 min to listen and engage and challenge yourself to come out of the 'don't want to think about it' attitude. Click the Listen to Narration on the left panel for a guided version.



https://flowchart.bettercatastrophe.com/?fbclid=IwAR17LHH1fKVYpbh4_33Ylq0-ewBtWYqxd5V8fq2fAVip6Z9YJUL1h_M&mbxid=Zx22cZutm_content=buffer4bfo



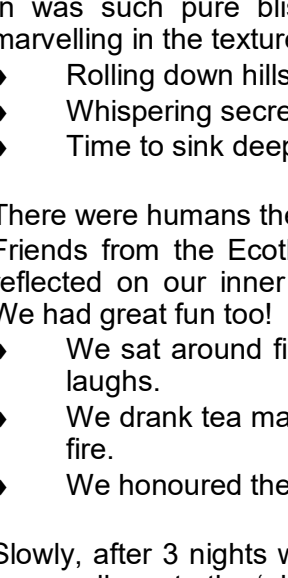
Thin Places & Trespasses



During this season I have, by chance, read two books with a basis in Northern Ireland during the Troubles. I'm always stuck that, while I grew up in a time when the evening news regularly brought images of bombings and removal from the North, I guess like many in the South, felt far removed from what was happening on the Island just a short distance up the road. I am almost embarrassed to admit that until I started my training in Somatic Experiencing (SE) in 2018, I had never even been across the border. I remember the head of Ireland SE, a Belfast woman, making the comment early in our training that she felt it important to have us attend this trauma training in the North. On reflection maybe she was right – maybe the place and the trauma of its past needed to speak to places.

'Thin Places' is a beautifully written memoir about Kerri Ni Docharthaigh's experiences having grown up in Derry during the Troubles. Kerri interweaves her story of trauma with the deep connection and healing she experienced in the natural world. This is spellbinding piece of art shortlisted for the 2020 Wainwright Prize for nature writing.

Louise Kennedy's 'Trespasses' is a novel about an affair between a young Catholic teacher and a married Protestant barrister based in Belfast in the 1970s. The writing and character building really brought alive how trauma in society develops and breeds horror and division.



Reconnection: Fixing our Broken Relationship with Nature

This book has been my car companion on Audible recently. Written by the afore mentioned Miles Richardson of University of Derby, it is not only jam packed with nature based research it also maps our journey to here and makes suggestions towards moving to a more sustainable future.

What I've Been Up To

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

September 3 Day In-person Outdoor Ecotherapy Workshop

In September I ran my 3 Day in-person Outdoor Ecotherapy CPD, for the second time. I absolutely love meeting these varied groups of professionals and seeing what emerges from the sharing of experiences. This is what inspires me to continue developing these workshops as we experience the 'bit of life-giving magic' coming out of them!



8 professionals joined me from across three provinces. The group experience included psychotherapy, social work, nursing, art therapy, play therapy, nature-based research, and community work.

With client bases from children and adolescents to adults, individual and group, there was just so much dreaming up to be done on ways we can all incorporate the natural world in our lives and work.

Immersed in the Co. Clare landscapes we had time to slow down and reflect, as well as experience awe, joy, laughs and fun.

There was a resounding sense of empowerment coming from the group as to how each person could 'start where we are' and then step forward with renewed hope for our own lives, that of our clients, and the Earth.

I've received such encouraging feedback from the participants, and I've also gotten messages about changes they are already putting in place in their practices and lives. This is exciting for me as I see the ripple effects of the deep learning and connection to self, community and environment permeate across the healthcare professions.

*** Some of the super feedback ***

- Many thanks for such a lovely, well organised experience. I found the practice inspiring and feel more confident in integrating elements into my own practice now.
- Feel refreshed and so glad to have had the experiential. Feel really encouraged by the facilitator to go for it in my work in dreaming up my way.
- Amazing...powerful yet restorative
- Really enjoyable, a great experience with a beautiful group of people. Soulful nurturing and fun! Loved all of it really

Mental Health and Climate Change Conference

I was delighted to present at, and participate in, a really interesting two day conference on 'Mental Health and Climate Change' in October. A Mental Health Ireland and Horizon 2020 funded GoGreenRoutes initiative, the event was held at Maynooth University.

The occasion brought together a number of researchers and educators from Ireland, UK, Norway and the US, all of whom are looking at the relationship between humans and the natural world. I believe the importance of a reciprocal relationship between humans and the rest of the nature is vital to be brought to any discussion of health in these times.

I was thrilled to be invited to present some of my experience as a practitioner of outdoor therapeutic and training work, to a mostly academic audience. Equally I was glad to be involved in facilitating and participating in small group discussions on eco anxiety and the impact of biodiversity loss and the Climate crisis on human health.

As someone who has now spent almost a decade researching and developing a clinical practice with the human/nature relationship as central, I thoroughly enjoyed this opportunity to collaborate with researchers and nature based program coordinators.

As you may have noticed in these newsletters (and again in this additions resources) I have been following the University of Derby's research on Nature Connectedness for some time now. Miles Richardson and David Sheffield are the key research leaders of that team, so it was great to meet and hear from David first hand on their work. Also, great to hear updates on, among other things, Irish based PhD research on Nature/Relationships, the potential development of a nature connection App to be trialled with UL students and to hear of the latest developments on the Woodlands for Health initiative.

Reducing Anxiety and Managing Stress

In September with the 2024 cohort of Leaving Cert students starting into their year I was happy to be invited to speak on a webinar for students and parents being hosted by Julie O'Connor of Synergy Careers. Nervous system regulation is so important to reduce anxiety and stress and improve exam performance. With both my Guidance Counselling and Psychotherapy hats on I'm always delighted to give some tips to those taking on the age old Irish challenge that is the Leaving Cert!

Workshops I've Attended

An Update on some of my own CPD activities over the past 3 months,

Transformational Touch

In the last few days of October I attended another three and a half days of rich learning with US based Developmental Trauma specialist Stephen Terrell. Wonderful to have Steve and his lead assistant Elen Keating back in Galway to deliver Module 2 of the 'Transformational Touch Practitioner' training. So insightful to learn about how working with the body and Regulation Focused Interventions can support and bring about change for developmental trauma.

Great also to meet up with an enthusiastic bunch of therapists, all of whom were giving up most of their bank holiday weekend but trusting that both they and their clients would gain hugely through this experiential, healing, learning environment.

If any of you are interested in doing this training it is starting again early summer 2024 in Dublin

ENI Gathering

I had the pleasure of taking myself 'Off Grid' and back to basics for 3 nights in August.

- Staying in a Wooden cabin
- A Compost Toilet
- Using Recycled rain water for washing
- Gathering Drinking water from a well
- Very limited power from a solar charging point
- Taking an Outdoor cold shower worked by filling a bucket

In such pure bliss in this time spent in the ancient Drummin wood near Gort, marvelling in the texture of mosses and twigs in branches.

- Rolling down hills and skipping in wild meadows.
- Whispering secrets to butterflies, a bee, and a thistle!
- Time to sink deeply into the Earth and feel her embrace.

There were humans there too ...

Friends from the Ecotherapy Network Ireland. We shared, we laughed, we cried as we reflected on our inner nature and our relationship with the natural world all around us. We had great fun too!

- We sat around fires. There was music, song, heavenly humming, poetry, chats and laughs.
- We drank tea made from flowers gathered on the land, and boiled in a tea pot on the fire.
- We honoured the elements and ancient traditions.

Slowly, after 3 nights we began to pack up. I got my phone to take some photos and say my goodbyes to the 'place' and all its other than human inhabitants who had witnessed me over the days. I also shared hugs with the flawed, fallible and fabulous humans with whom vulnerabilities had been shared.

Sometimes we need to step away for a while to deepen our relationship with ourselves, Nature and community. "And in dancing the dance through which we weave and are woven into a biosphere of belonging, we are also giving and living our best in service of social change that might (or might not) come as a result". From 'Elements of Intimacy: The Dance of Loving Connection' by Caffyn Jesse

This is now the 12th 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.