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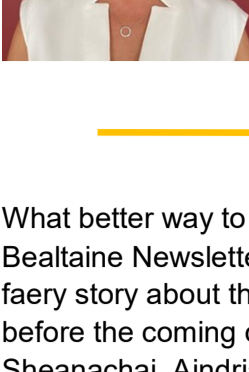


Newsletter: Summer 2023

JOANNE HANRAHAN PSYCHOTHERAPY  
Training The Wild Atlantic Way

www.JoanneHanrahan.ie

## Welcome Back to Another Bealtaine !

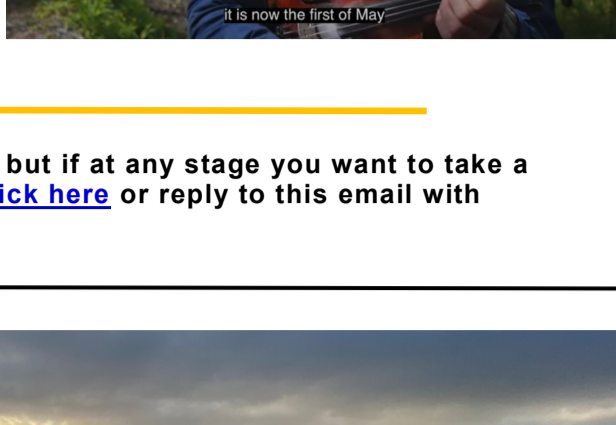


### Welcome

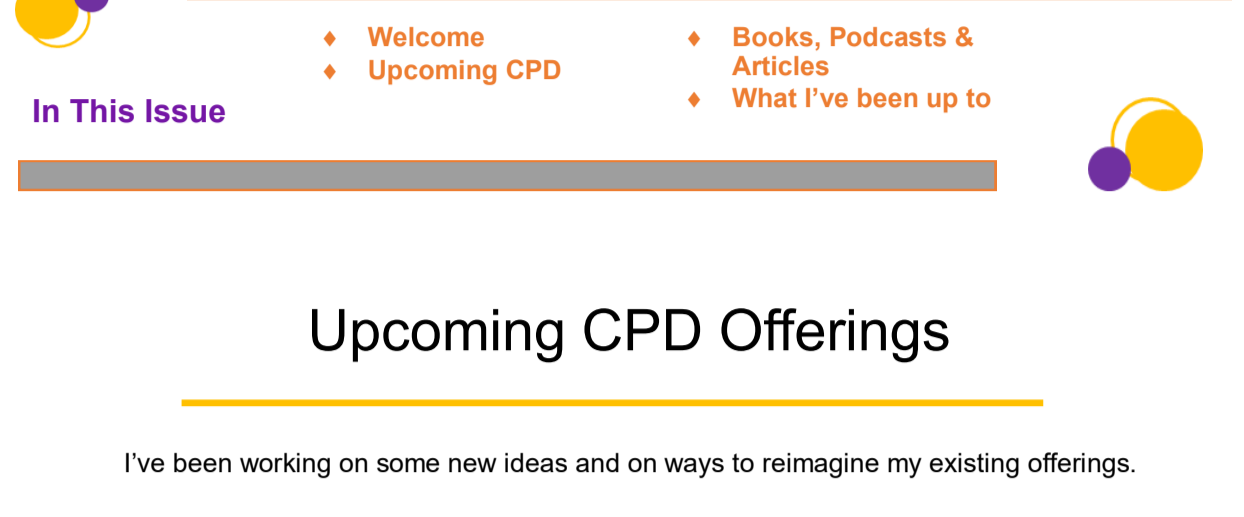
Welcome to Bealtaine! May 1st marks the arrival of the Summer season and the Celtic festival of Bealtaine. 'The forests and hillsides are decked in fresh and sunlit colours and the song of the birds and the buzz of insects is everywhere. The whole world feels new and freshly painted. It is as if we have stepped through the doorway and found our home renewed.' (Ian Siddons Heginworth). Wishing you renewal and joy this season!

What better way to welcome you to my Bealtaine Newsletter than a wonderful faery story about the last big fairy party before the coming of summer by local Sheanachai, Aindrias de Staic. Done in one take in The Glen Ennistymon. Well worth a listen and is sure to bring you some joy!

<https://youtu.be/ggaaXWPZKvU>



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".



### In This Issue

- ◆ Welcome
- ◆ Upcoming CPD
- ◆ Books, Podcasts & Articles
- ◆ What I've been up to

## Upcoming CPD Offerings

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

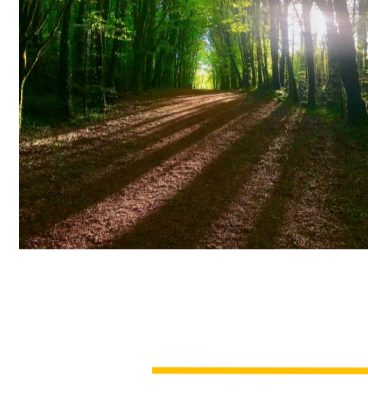
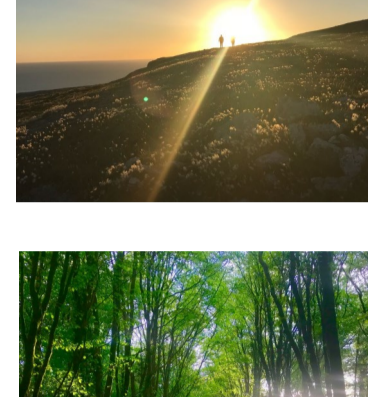
### New Weekend Ecotherapy Training Course

Thank you so much for the wonderful and very enthusiastic response to my next Ecotherapy workshop which I announced in my last newsletter. **This is now almost fully booked out with only two places remaining.**

As you know, I have been delivering my popular Ecotherapy Training Courses in both a fully online and a Hybrid 'Home & Away' format and I am now going to offer this course in-person over a single weekend. This is ideal for those who find it difficult to make a 3 day commitment over 3 separate weekends. This course will give you all the tools you need to begin to develop your own Ecotherapy practice including working outdoors with your clients/students/service users and 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 the CPD workshop will run from Friday morning May 19th to Sunday afternoon May 21st – exact times and details to follow. Cost is €300

Fill in this expression of interest form if you'd like to avail of one of the last two places. <https://forms.office.com/r/GmV4YpcRWc>



In recent times I have been thinking about the increasing demand for health services and the shortage of therapy slots available in my local area. I have decided that rather than just offering one to one therapy service in my community that I would try to share my love of the natural world with others by developing a Nature and Wellbeing programme.

Beginning in Bealtaine, on May 2<sup>nd</sup> I am doing a free public talk, sponsored by Clare County Libraries and Healthy Clare, in Ennistymon Library.

I then aim to follow up with a 6 week, low cost Ecotherapy small group experience, one morning a week from May 17<sup>th</sup> to the Summer Solstice. My intention is to facilitate mindful engagement with place in a wooded area in Ennistymon. This will be based around selfcare, nourishing connection with nature, sensory exercises, mindful focus and fun!

If you are in the Clare region please spread the word for me!!

**Caring for Your Health With Nature**  
2 Great Offerings in Ennistymon  
From Bealtaine to The Summer Solstice

**#1: Free Public Talk**  
Health and Wellbeing in the Natural World  
Ennistymon Library  
Tues 2nd May 6pm  
Pop in to Learn, Chat, and Unwind as we embrace the topic of Health and Wellbeing in the Natural World

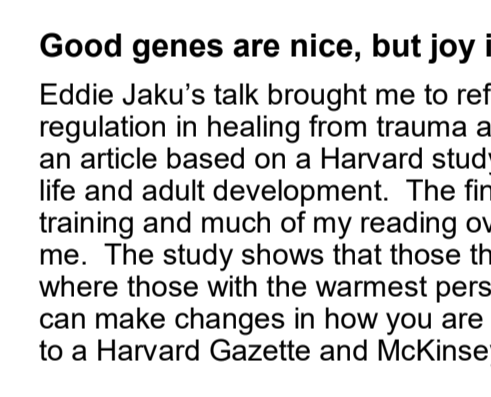
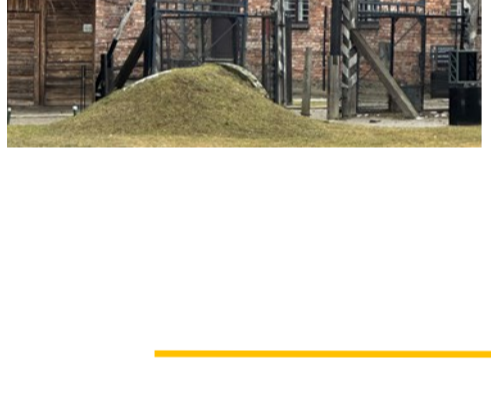
**#2: Outdoor Group Gatherings**  
Nature & Wellbeing in the Outdoors  
The Glen Ennistymon  
Wednesday Mornings 9:15 - 10:45  
6 Week Programme in a Small Group: 17th May - 21st June  
Enjoy some Self Care and Nourishing Connection with Nature through Sensory Exercises, Mindful Focus, and some Fun!

With Joanne Hanrahan  
PSYCHOTHERAPIST, ECOTHERAPIST, TRAUMA SPECIALIST  
CONTACT ME AT [JOANNEPSYCHOTHERAPY@GMAIL.COM](mailto:JOANNEPSYCHOTHERAPY@GMAIL.COM)

Logos for hi Clare, Clare County Libraries, and Training The Wild Atlantic Way.

## 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



In March I was lucky enough to travel to the beautiful Polish city of Krakow. While I had fun and enjoyed down time on my city break, Krakow is only about an hour from Auschwitz and Birkenau and I felt compelled to visit these sites of human atrocity. The facts of what happened in the Concentration Camps are horrific and chilling to the core and walking through the camps brings a harrowing visceral experience. However, I believe we need to visit and remember this part of human history. Genocide does not happen overnight. The dehumanising for a group in society happens slowly, bit by bit, until ill-treatment is normalised and finally murder is not seen as such.

Reviewing material online of survivors of the holocaust I found this heart warming TED talk that I think you will enjoy; The happiest man on earth: 99 year old Holocaust survivor shares his story | Eddie Jaku | TEDxSydney  
<https://www.youtube.com/watch?v=scCvi3vY4jQ>



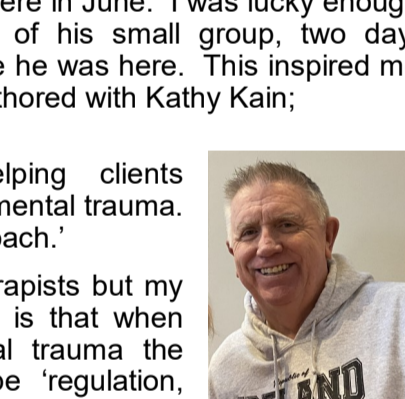
### Good genes are nice, but joy is better

Eddie Jaku's talk brought me to reflect on the importance of relationships and co-regulation in healing from trauma and experiencing health and happiness. I recently read an article based on a Harvard study which proposes to be the longest study of human life and adult development. The findings surprised the researchers, although given my training and much of my reading over the last few years it didn't surprise, but did interest me. The study shows that those that lived longest and stayed healthiest into old age where those with the warmest personal connections to others. Check it out and see if you can make changes in how you are living now to help your health in older life. Here's a link to a Harvard Gazette and McKinsey article, as well as a good TED Talk clip.

Harvard Gazette: <https://tinyurl.com/56kyk2km>

McKinsey: <https://tinyurl.com/yc8enwkl>

Ted Talk: Robert Waldinger: What makes a good life? <https://youtu.be/8KkKuTCFvzI>



In February US based Developmental Trauma expert and Author Steve Terrell made a visit to Co. Galway in advance of beginning a new training here in June. I was lucky enough to secure a place on one of his small group, two day, experiential workshops, while he was here. This inspired me to re-read the book he co-authored with Kathy Kain;

'Nurturing Resilience: Helping clients move forward from developmental trauma. An integrative somatic approach.'

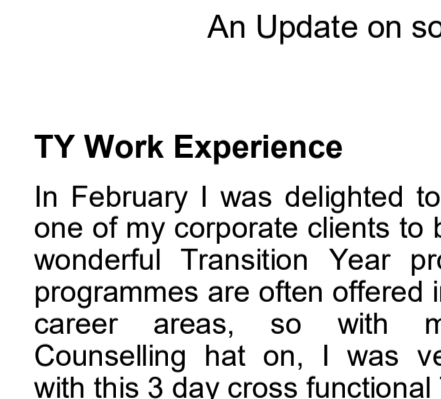
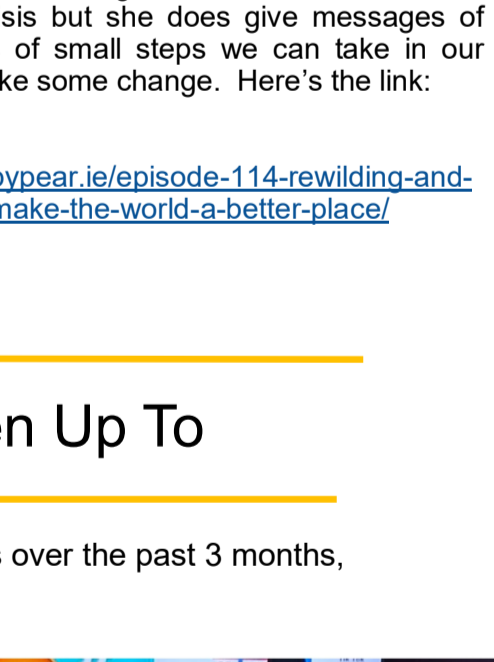
This is a good read for therapists but my favourite take away from it is that when working with developmental trauma the key ingredient needs to be 'regulation, regulation, regulation'. That always gives me reassurance!



### Lasmuigh Podcast

In a previous newsletter I introduced you to the new 'Lasmuigh', the professional practice journal that which aims to reflect content from a broad range of professionals who work in the outdoor sector in Ireland. They have now had three high quality publications and have also started a podcast series which I think many of you will be interested in. Here is the link to the podcasts:

<https://tinyurl.com/3nrdbb7u>



And finally in my last newsletter I mentioned Mary Reynolds's beautiful book and rewriting movement 'We are the ARK'. I came across a podcast where she is interviewed by the Happy Pair. Mary does not hold back or sugar coat the climate and biodiversity crisis but she does give messages of hope in terms of small steps we can take in our gardens to make some change. Here's the link:

<https://thehappypear.ie/episode-114-rewilding-and-how-you-can-make-the-world-a-better-place/>

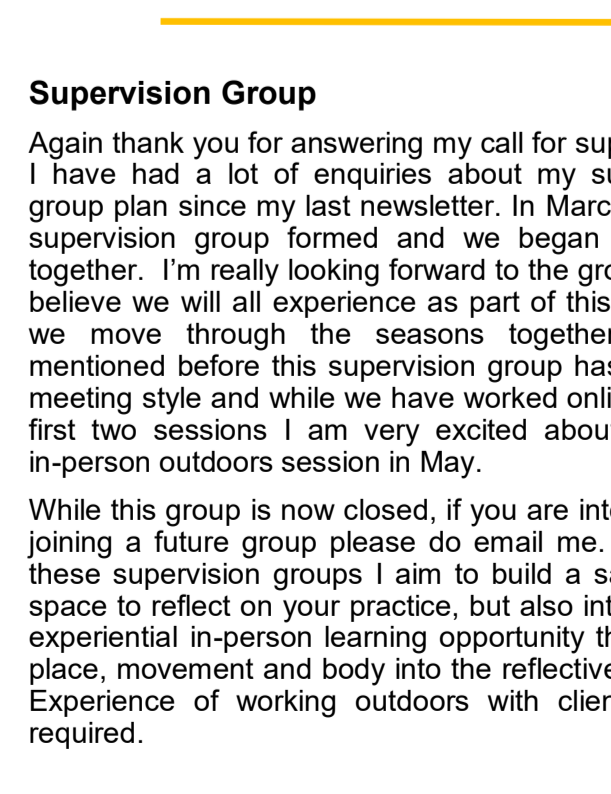
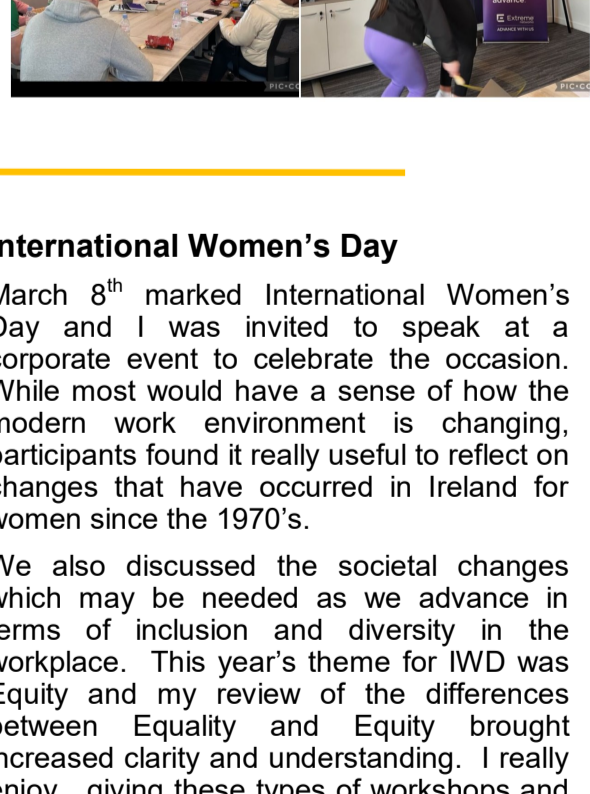
## What I've Been Up To

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

### TY Work Experience

In February I was delighted to be invited by one of my corporate clients to be part of their wonderful Transition Year programme. TY programmes are often offered in very specific career areas, so with my Guidance Counselling hat on, I was very impressed with this 3 day cross functional TY event.

We had fun using my bag of regulating tools as ice breakers and I presented on the topics of Subject Choice and Career Research with an enthusiastic group of students from Limerick and Clare. Great feedback also from some of the staff who were parents of second level students and joined the session to learn how they might help their own adolescents they navigate towards senior cycle and beyond.



### International Women's Day

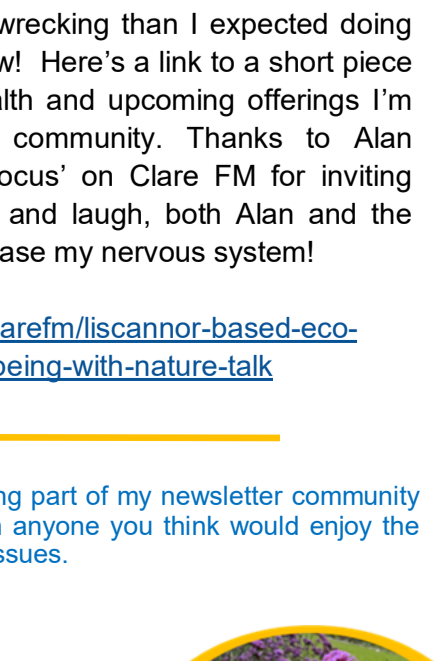
March 8<sup>th</sup> marked International Women's Day and I was invited to celebrate the occasion at a corporate event to be celebrated to speak. While most would have a sense of how the modern work environment is changing, participants found it really useful to reflect on changes that have occurred in Ireland for women since the 1970's.

We also discussed the societal changes which may be needed as we advance in terms of inclusion and diversity in the workplace. This year's theme for IWD was Equity and my review of the differences between Equality and Equity brought increased clarity and understanding. I really enjoy giving these types of workshops and getting involved with lively chat while also having a few laughs!

### Supervision Group

Again thank you for answering my call for supervisees! I have had a lot of enquiries about my supervision group plan since my last newsletter. In March my new supervision group formed and we began our work together. I'm really looking forward to the growth that I believe we will all experience as part of this group as we move through the seasons together. As I mentioned before this supervision group has a hybrid meeting before and while we have worked online for our first two sessions I am very excited about our first in-person outdoors session in May.

While this group is now closed, if you are interested in joining a future group please do email me. Through these supervision groups I aim to build a safe online space to reflect on your practice, but also integrate an experiential in-person learning opportunity that invites place, movement and body into the reflective process. Experience of working outdoors with clients is not required.



### Radio Interview

It was a bit more nerve wrecking than I expected doing my first live radio interview! Here's a link to a short piece I did on Nature and Health and upcoming offerings I'm facilitating in my local community. Thanks to Alan Morrissey of 'Morning Focus' on Clare FM for inviting me. I enjoyed the chat and laugh, both Alan and the Cherry Blossom helped ease my nervous system!

<https://soundcloud.com/clarefm/liscannor-based-eco-therapist-set-to-host-wellbeing-with-nature-talk>

