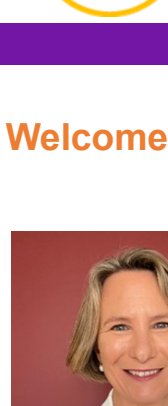


My newsletter is optimized to display on mobile devices, but if it does not display properly on your Windows PC or MAC, please see attached PDF or go to the newsletter download on my website



JOANNE HANRAHAN PSYCHOTHERAPY Training The Wild Atlantic Way

www.joannehanrahan.ie

Welcome Back to Imbolc!

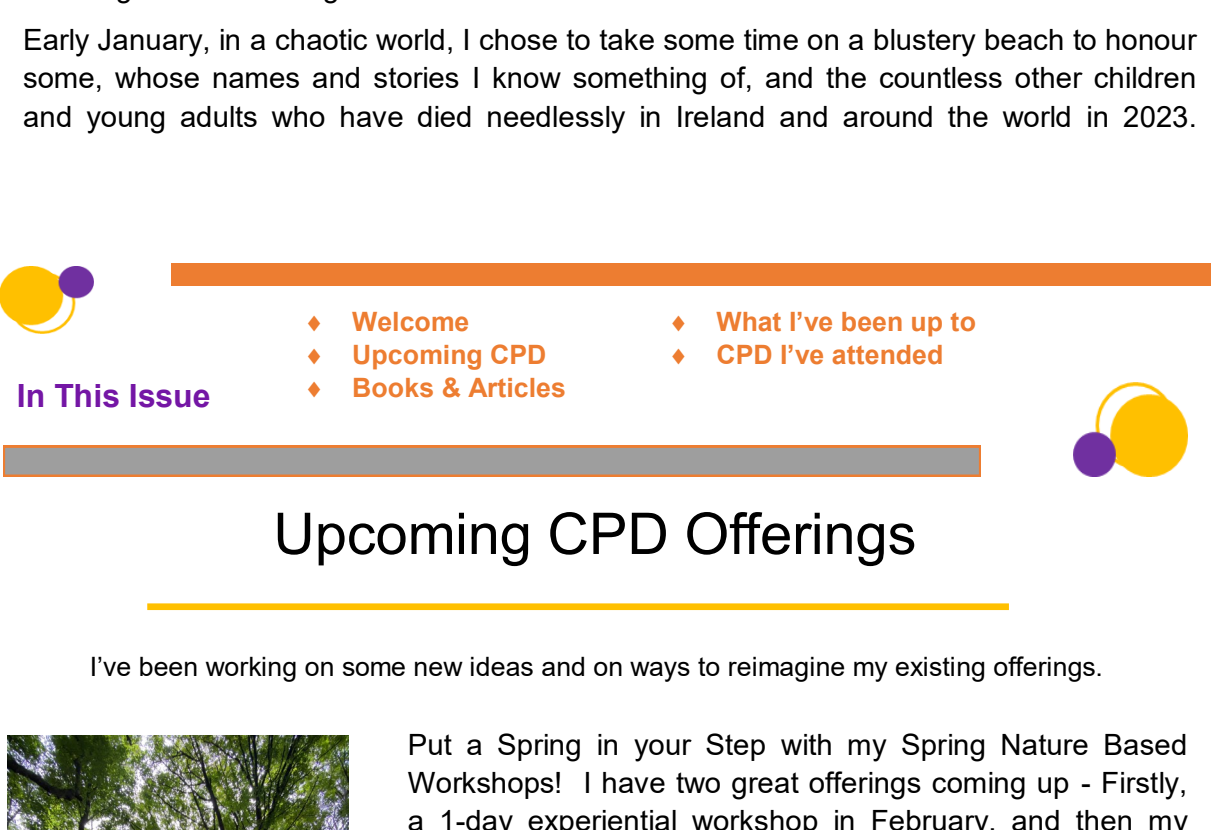
Welcome



Welcome to my Imbolc Newsletter. This is my 13th newsletter and marks the start of my 4th year of engaging with you all this way. I welcome all those who have joined my mailing list in the last season. I hope you enjoy my nature and therapy themed offering and I remind my 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.

February 1st is the Imbolc festival in the Celtic seasonal calendar marking the beginning of Spring. It celebrates the midpoint between the winter solstice and the spring equinox, the increasing in daylight, gradual increasing temperatures and new life. Imbolc or Imbolg means 'in the belly of speaking to the new life of spring birthed by mother Earth. Often, in our history, nature based festivals were aligned with Christian ones. At Imbolc we also celebrate the life of St Brigid and the previous pagan goddess Brigid. An old Irish saying was 'there's room for everyone under Brigid's cloak'. In these divisive times, honouring Brigid may help us to remember our true humanity, inclusion, harmony, and healing.

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".

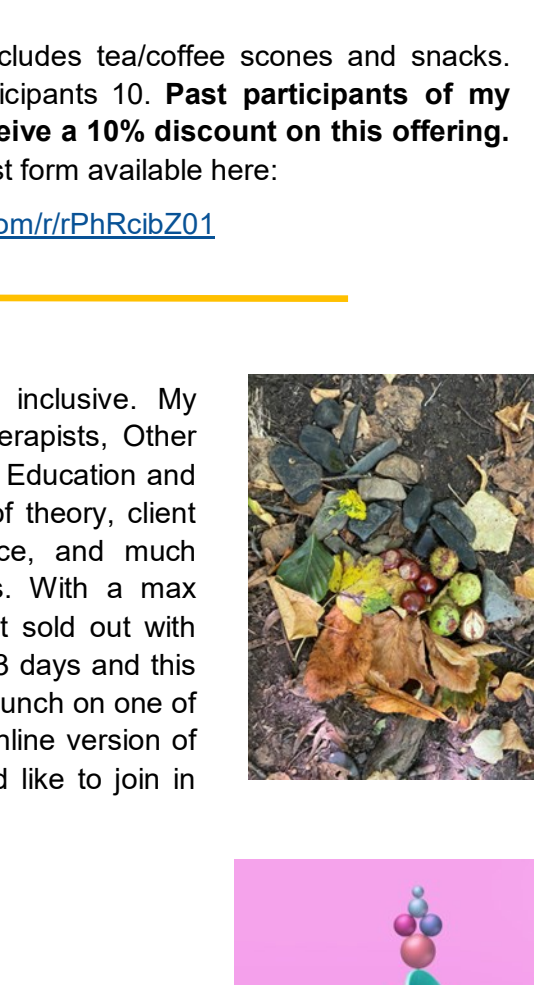


Reflection

When a gap in the stormy weather finally came, I took the time to complete a New Year's ritual that was important to me.

This was a ritual around honouring and grieving young lives lost in 2023. These deaths, of many young people I did not know, touched me deeply.

I am now a mother of 3 college students, a daughter and two sons. My youngest turned 18 early in 2023, did his Leaving Cert in June and started university in September. I have really been conscious of this transitioning period in my life throughout this last year and maybe I will write more about that another time.



Our household has hosted TY balls and Debs parties, we have gone through Leaving Certs, moving away to college, first cars, first holidays abroad with friends, study/work abroad, inter-railing and all the usual rites of passage into adulthood. As a parent I have experienced great pride and joy and also fear and anxiety around the letting go.

And so, maybe it is the year that is in it for me personally, that has led me to being deeply touched by so many deaths of young people I could personally relate to, and the parents whose grief I could imagine.

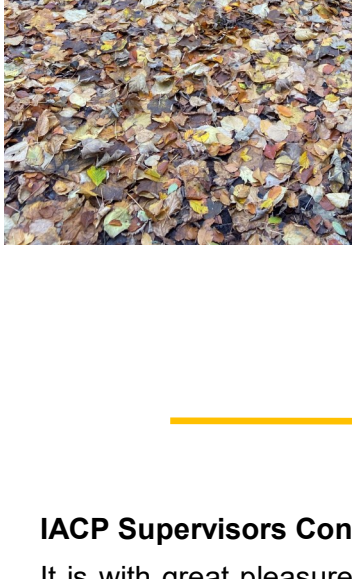
Early January, in a chaotic world, I chose to take some time on a blustery beach to honour some, whose names and stories I know something of, and the countless other children and young adults who have died needlessly in Ireland and around the world in 2023.

In This Issue

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

Upcoming CPD Offerings

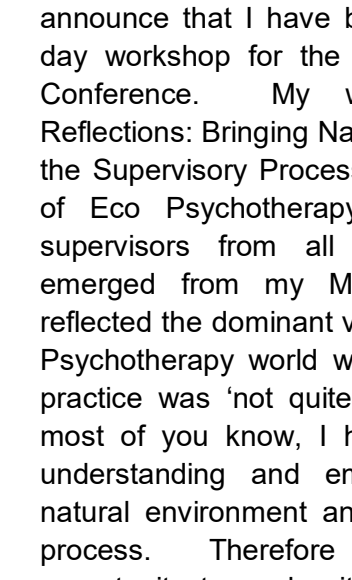
I've been working on some new ideas and on ways to reimagine my existing offerings.



Put a Spring in your Step with my Spring Nature Based Workshops! I have two great offerings coming up - Firstly, a 1-day experiential workshop in February, and then my signature 3-day workshop in March. Both will be held in the splendour of 'The Glen' along the banks of the River Inagh in Ennistymon Co. Clare.

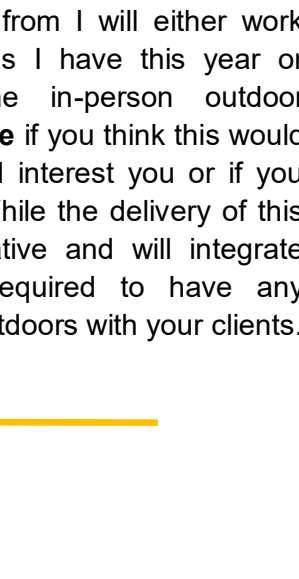
Workshop #1: 1 Day Experiential Workshop/CPD
Saturday February 17th (9.30-4.30). In this unique new offering I will facilitate exercises to help you slow down, connect with nature, and enjoy its restorative power. It promises to be a day of self-care, reflection, and some fun. We will reflect on your relationship with the natural world and give voice to any fears or anxieties that may be arising for you in relation to climate change and biodiversity loss. This is open to all.

Cost €120 which includes tea/coffee scones and snacks. Max number of participants 10. **Past participants of my workshops will receive a 10% discount on this offering.** Expression of interest form available here: <https://forms.office.com/r/rPhRcbZ01>



Workshop #2: 3-day Ecotherapy CPD

Only one place remaining! March 22nd- 24th inclusive. My signature 3-day Ecotherapy CPD is open to Therapists, Other Professionals from Healthcare, Social Work/Care, Education and Community Support. We will cover a vast area of theory, client vignettes, experiential exercises, practical advice, and much more, all while being immersed in the outdoors. With a max number of 8 participants this workshop is almost sold out with only one place available. The fee is €375 for the 3 days this includes tea/coffee scones on arrival, snacks and lunch on one of the days. Any past participants from my 3 day online version of this training will get a 20% discount if they would like to join in person.



Expression of interest form available here: <https://forms.office.com/r/yQGvYkYur2>

Announcing New Dates for Next 3 Day Workshop!

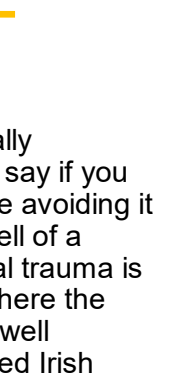
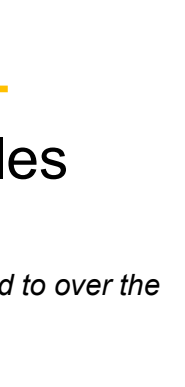
Be one of the first to get your name on the list for the next set of dates for my 3-day in Person Ecotherapy CPD **Friday May 10th to 12th 2024**
Expression of interest form available here: <https://forms.office.com/r/EBYWDsSsPT>



Nature Network Café

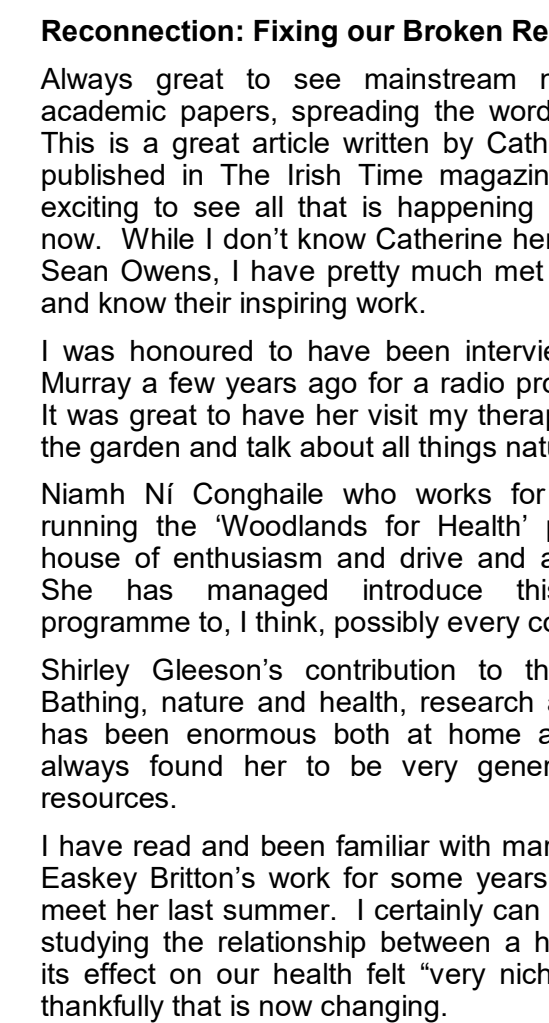
My next free one hour online café will be held on Thursday evening March 14th 2024 7.30-8.30pm.

This will be open to all who have participated in one of my previous nature therapy workshops. Emails and zoom links will be sent to this group with an open invitation to join us to chat and swap ideas. See more about my first two cafes below in the 'What I've been up to' section below.



Group Supervision

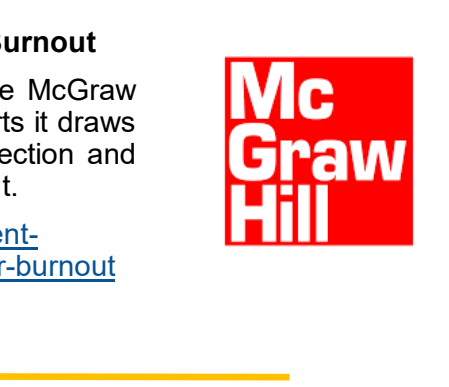
As I have mentioned in previous newsletters, since last March I have been supervising a small group of therapists using a unique hybrid model. Contracted for a year we have met monthly either online or in person outdoors sessions. One outdoor session is held each season and it has been wonderful to process,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



I have thoroughly enjoyed this experience and 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 if 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.

IACP Supervisors Conference

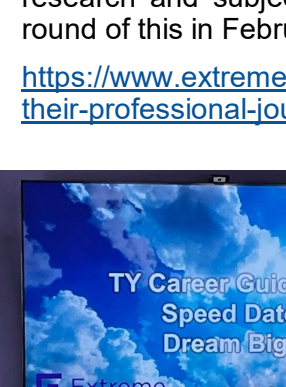
It is with great pleasure and excitement I am able to announce that I have been invited to deliver a one day workshop for the IACPs National Supervisors Conference. My workshop entitled 'Natural Reflections: Bringing Nature and an ecological lens to the Supervisory Process' will introduce the concepts of Eco Psychotherapy and Eco Supervision to supervisors from all around Ireland. A theme emerged from my MSC research in 2015 that reflected the dominant view, at the time, amongst the Psychotherapy world was that integrating nature to practice was 'not quite academic'. Since then, as most of you know, I have strived to increase the understanding and embodied experience of the natural environment and its thrill in the therapeutic process. Therefore I'm thrilled to have this opportunity to work with this group of experienced supervisors who will bring an ecological lens back to their practice with therapists around the country.



This workshop is only available to IACP accredited Supervisors and will be held in Athlone on May 18th. You can book your place here: https://www.iacp.ie/page/all_events/1024

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

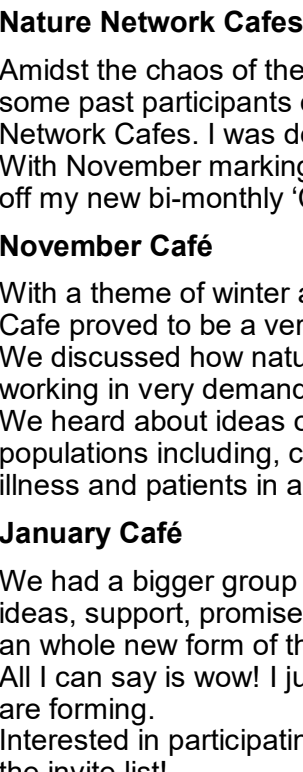


Strange Sally Diamond

Over the Christmas I read Liz Nugent's 'Strange Sally Diamond'. Now here is a page turned! Some might say if you work with developmental trauma every day you'd be avoiding it in your leisure reading but I thought this was one hell of a novel. Developmental trauma and intergenerational trauma is central to this captivating, heart wrenching story, where the effects of complex family history and abuse are so well portrayed by this amazing author. The well-deserved Irish Independent Crime Fiction Book of the Year 2023.

Rewild Yourself: 23 Spellbinding ways to make nature more visible

This is a really nice gift to yourself full of simple and clever ideas to bring you into more connection with nature and wildlife. Short chapters on each of Simon Barnes 23 ideas mean this is the type of book that's easy to pick up and dip into any time. "There are miracles at the bottom of every garden: so many of them just below the threshold of the average human's awareness. But you can change that. You can cease to be an average human."



In Love with Supervision

As I mention meeting Joan Wilmet below it is probably a good time to introduce you to 'In love with supervision: Creating transformative conversations'. If you are a supervisor this would make a super addition to your book shelf. Written by the Joans and Robin Shohet it walks you through all the workshops they have developed over the years, sharing lots of vignettes and insights gained in their delivery. The book gives great examples and reminders into the use of their famous 'Seven eyed model' of supervision.

Reconnection: Fixing our Broken Relationship with Nature

Always great to see mainstream media, as opposed to academic papers, spreading the word on Nature and health. This is a great article written by Catherine Cleary which was published in The Irish Time magazine in January. It is so exciting to see all that is happening in this space in Ireland now. While I don't know Catherine herself or the GP featured, Sean Owens, I have pretty much met all the others in person and know their inspiring work.



I was honoured to have been interviewed by Ecologist Anja Murray a few years ago for a radio programme she produced. It was great to have her visit my therapy room and stroll down the garden and talk about all things nature.

Niamh Ni Conghaile who works for Mental Health Ireland running the 'Woodlands for Health' programme is a power house of enthusiasm and drive and a pleasure to chat with. She has managed to introduce this Green Prescription programme to, I think, possibly every county at this point.

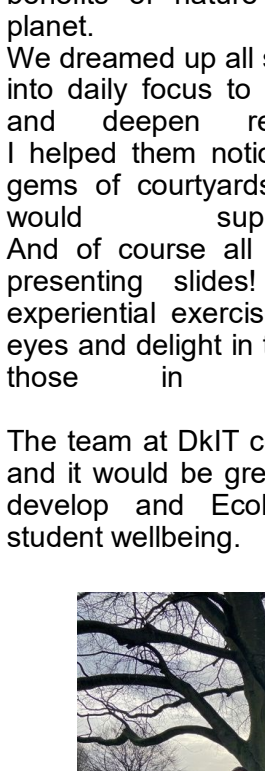
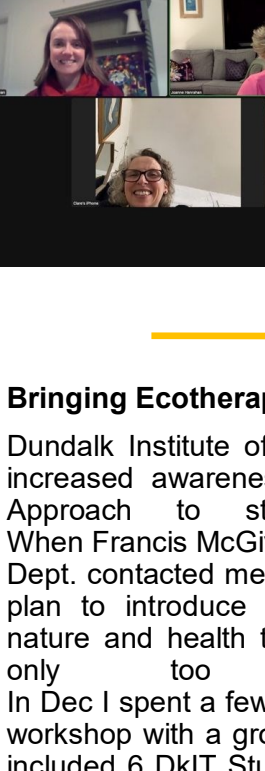
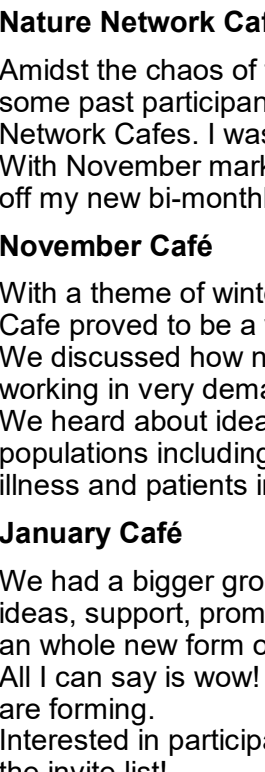
Shirley Gleeson's contribution to the field of and Forest Bathing, nature and health, research and policy development has been enormous both at home and abroad and I have always found her to be very generous in her sharing of resources.

I have read and been familiar with marine and social Ecologist Easkey Britton's work for some years and I was delighted to meet her last summer. I certainly can echo her comment that studying the relationship between a healthy environment and its effect on our health felt "very niche" up until recently but thankfully that is now changing.

Finally I was thrilled to see Clinical psychologist Olivia Murphy in this article. I hadn't know she had begun to do nature based work. We spent three years training together as Somatic Experiencing Practitioners. There is no better way to come into your body than to come back to the arms of Mother Earth!
<https://www.irishtimes.com/health/your-wellness/2024/01/13/nature-therapy-the-gentle-act-of-pausing-and-looking-that-boosts-physical-and-mental-health/>

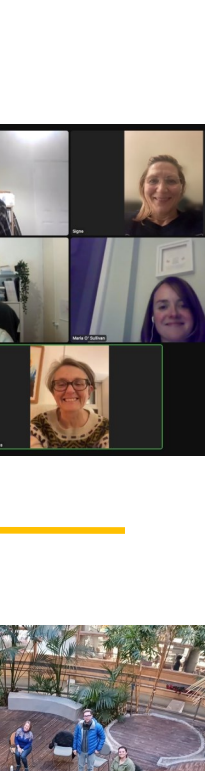
Emotions about the Climate

A recent Forbes article describes the emotions people are increasingly experiencing in relation to climate change and biodiversity loss. It highlights the eight types of emotional responses to climate change which were found in a 2023 study and also suggests ways of navigating climate emotions. A short read you may find interesting.
<https://www.forbes.com/sites/traversmark/2024/01/18/a-psychologist-describes-8-types-of-climate-anxiety/>



Spending Time in Nature: A Prevention Strategy for Burnout

Here's another useful and short article published on the McGraw education site. Written by organisational behaviour experts it draws on research to highlight the importance of nature connection and experience of awe in the reduction of professional burnout.
<https://www.mheducation.com/highered/ideas/management-insights/spending-time-in-nature-a-prevention-strategy-for-burnout>



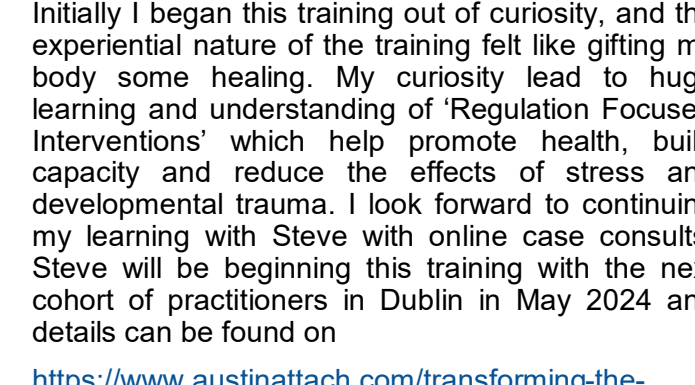
What I've Been Up To

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

Extreme Networks TY Programme

I was very happy to be invited back to be part of the Extreme Networks Ireland Transition Year programme.

Extreme in Shannon have developed a super 2 day multifunctional careers event that is a great new offering for TY students in the Midwest region. This is a wonderful opportunity for students to gain insight into global business and roles. My part was to bridge the gap between school and work life with career research and subject choice guidance. Looking forward to being back for the next round of this in February
<https://www.extremenetworks.com/resources/blogs/giving-students-a-smart-start-on-their-professional-journeys>



Nature Network Cafes

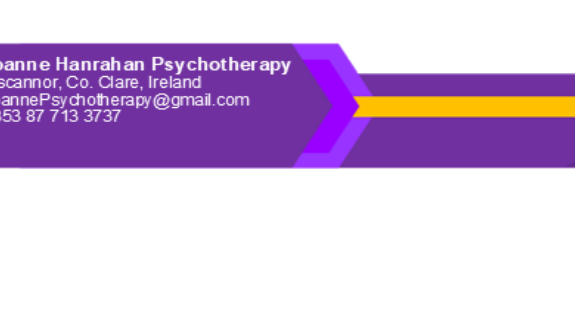
Amidst the chaos of the world right now, it has been so inspiring to meet up virtually with some past participants of my Ecotherapy and nature based workshops at my new Nature Network Cafes. I was delighted to see familiar faces from Ireland and the UK. With November marking the start of the Celtic Year, it seemed like the perfect time to kick off my new bi-monthly 'Cafe'.

November Café

With a theme of winter and planting intentions for our developing practices, the November Cafe proved to be a very rich, fruitful and enjoyable hour. We discussed how nature can resource and regulate us as professional care givers working in very demanding environments. We heard about ideas on how to introduce the natural world and Ecotherapy to diverse populations including, children, adolescents, families, those with disabilities, chronic illness and patients in acute mental health care settings.

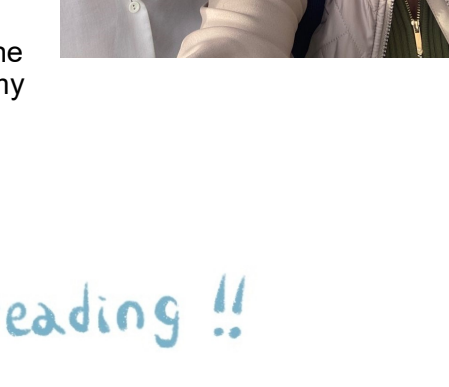
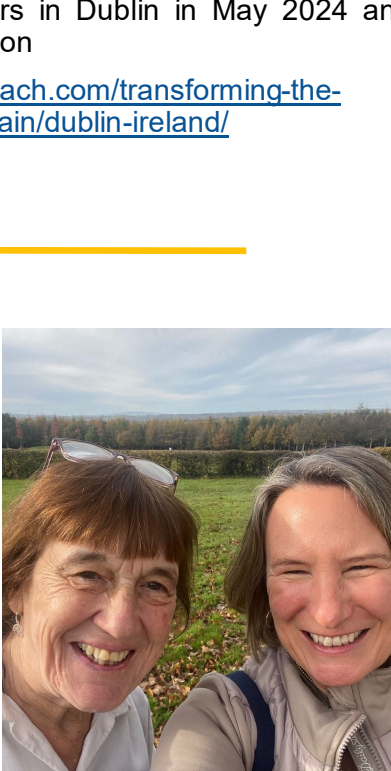
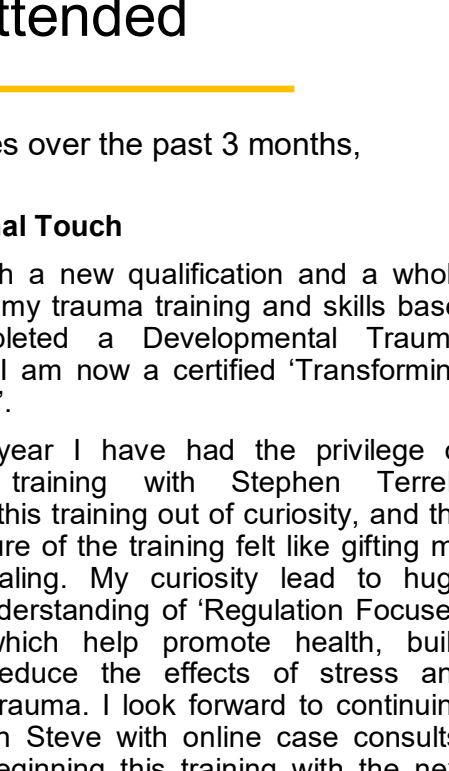
January Café

We had a bigger group in Café 2 in January – 8 joined (one not in photo). We shared ideas, support, promised to send resources and had great laughs! We even came up with an whole new form of therapy, as we joked about – Mobile Campervan therapy!! All I can say is wow! I just love this work, the ripples we are making and the networks we are forming. Interested in participating? Join any one of my workshops and you'll automatically be on the invite list!



Bringing Ecotherapy to 3rd Level Campuses

Dundalk Institute of Technology are set to bring an increased awareness of Nature and an Ecological Approach to student and staff wellbeing. When Francis McGivern from the Student Counselling Dept. contacted me with a proactive and enthusiastic plan to introduce Ecotherapy and the concept of nature and health to the campus community, I was only too happy to help!
In Dec I spent a few days in Dundalk and did a 2 day workshop with a group of 9 professionals. The group included 6 DkIT Student Counsellors along with their Pastoral Care Coordinator. Colleagues from both TUS Midlands and TUS Midwest campuses also took the opportunity to join the training.



We looked at theory and latest research on the benefits of nature connectedness for people and planet. We dreamed up all sorts of ways to bring nature more into daily focus to increase wellbeing, help regulate and deepen relationship with the Earth. I helped them notice indoor nature and find hidden gems of courtyards and quiet outside venues that would support their work. And of course all this didn't happen with me just presenting slides! The group enjoyed lots of experiential exercises outdoors and developed new eyes and delight in the everyday - So important for all those in the caring professions.

The team at DkIT counselling are ahead of the curve and it would be great to see more 3rd level colleges develop and Ecologically Informed Approach to student wellbeing.



Workshops I've Attended

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

Transformational Touch

2024 began with a new qualification and a whole new addition to my trauma training and skills base. I've just completed a Developmental Trauma specialism and I am now a certified 'Transforming Touch Therapist'.
Over the last year I have had the privilege of meeting and training with Stephen Terrell. Initially I began this training out of curiosity, and the experiential nature of the training felt like gifting my body some healing. My curiosity led to huge learning and understanding of 'Regulation Focused Interventions' which help promote health, build capacity and reduce the effects of stress and developmental trauma. I look forward to continuing my learning with Steve with online case consults. Steve will be beginning this training with the next cohort of practitioners in Dublin in May 2024 and details can be found on <https://www.austinattach.com/transforming-the-experience-based-brain/dublin-ireland/>

Supervision Workshop with Joan Wilmet

As you can probably see from my smiling eyes I was delighted to meet Joan Wilmet in November! I have attended two online workshops with Robin Shohet and Joan Shohet (Wilmet) in the past. I really admire their work in the development of models for reflective practice and supervision. My copy of 'In love with supervision' is well and truly underlined!
When I saw Joan was doing an in person day and a half workshop in Clare I jumped at the chance to attend. Straight from the afore mentioned TY presentation in Shannon I was first to arrive at the Inn at Dromoland.
It certainly turned out to be a third time lucky experience - delightful to meet other supervisors and to soak in all the embodied learning.
Also super to meet in person with Annie Sampson and the <https://super-vision.ie/> team with whom I did my supervision training some years ago.

Thank you for reading !!

This is now the 13th 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.

