



Newsletter: Autumn 2022

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Welcome to Lughnasadh !



Welcome Lughnasadh and a special welcome to the first time recipients of my newsletter! The 1st of August marks the Celtic festival of Lughnasadh. It celebrates the first fruits and anticipates the harvest to come. This is a time to begin to reap what we have sown in spring. I also always see it as maybe a good time to harvest our personal growth throughout the year, and to rejoice in what has grown and developed.

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".

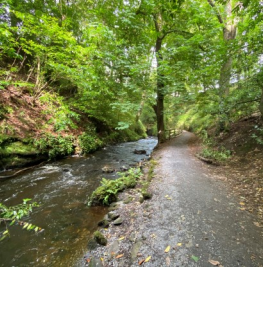


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Personal Reflection

As I produce this newsletter I am in the middle of some time off from clients. Taking some space at this time of year, without the usual timetable of life, always helps with my dreaming up of ideas. In keeping with Lughnasadh it feels like I am harvesting my learnings and spreading my Autumn gatherings out for you and I to examine all at once! I hope my new plans will be of interest to you, or someone you know, and will offer some nourishment through the seasons ahead.



Upcoming Supervision & New CPD Offerings

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

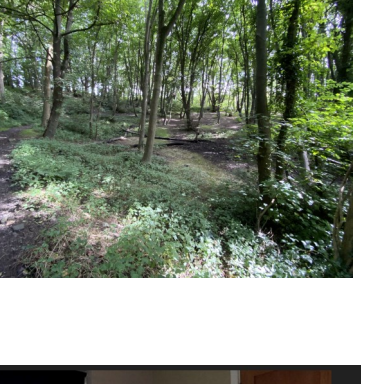
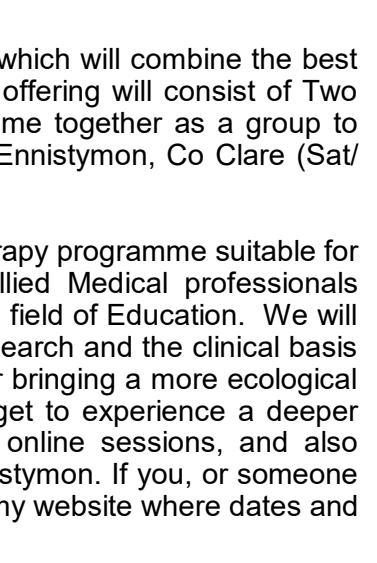
New Group Supervision Offering

Looking for a creative supervision experience with a difference? This may be the one for you! I'm very excited to announce my plan to start a small supervision group this Autumn.

My desire is to create a small group of 4 supervisees who will grow and flourish together through the seasons and honour place, movement and body as part of the supervision process. We will meet on 9 Fridays between September 2022 and May 2023. This will be a hybrid offering with **Five** 1hr 30min sessions being held online and **Four** (one in each season) 2hr 30min sessions being held in person and prominently outdoors in Co. Clare.

I envisage this group to be most likely suited to accredited psychotherapists who are interested in reflecting on their practices' and their clients through an holistic nature based and trauma informed lens. This group supervision will greatly compliment your one to one supervision, and my wish is that together, we will be part of a truly embodied, safe, creative learning, and reflective space.

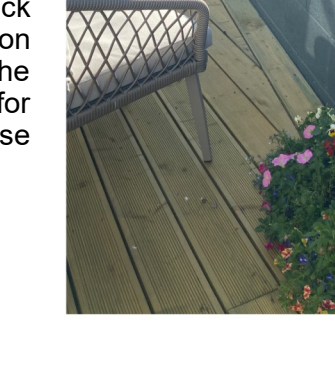
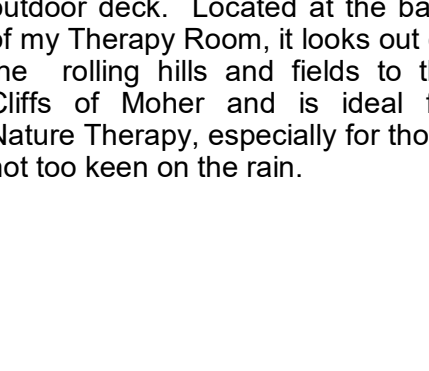
If interested, or just curious, please contact me at joannepsychotherapy@gmail.com for dates, potential times, costs and more information. I will arrange a call with all potential group members to see if the group would meet your needs.



New Autumn Ecotherapy CPD Offerings

In other exciting news I am launching a new CPD this Autumn which will combine the best of my existing online and experiential workshops. This hybrid offering will consist of Two days online (Sat. 17th & 24th Sept 2022) and then we will come together as a group to embed our learning for Two more days outdoors in The Glen Ennistymon, Co Clare (Sat/ Sun 8th & 9th Oct 2022).

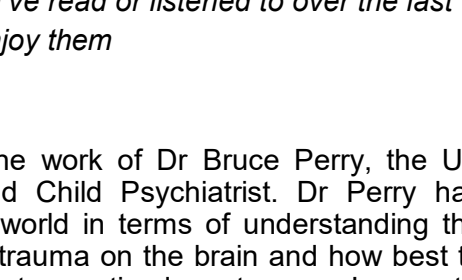
This is a **20 hour** Continued Professional Development Ecotherapy programme suitable for Psychotherapists, Counsellors, Psychologists, Medical and allied Medical professionals along with Social Work and Care professionals and those in the field of Education. We will explore your own relationship with the natural world, theory, research and the clinical basis and practicalities around either bringing your clients outdoors or bringing a more ecological lens to your indoor work. Through this hybrid model you will get to experience a deeper connection with nature both in your own garden during the online sessions, and also explore your process with others in the nature rich Glen in Ennistymon. If you, or someone you know would be interested please check out /direct them to my website where dates and further information will shortly be added.



Calling All Past Participants

For those of you who have already completed my 3 day online course or other CPD trainings watch this space as I am currently developing new ideas for add-on workshops and peer networking opportunities.

I have also been approached by the very popular Irish CPD provider, the Therapy Academy and aim to be providing short interactive webinars with them in the near future. I will keep you posted.

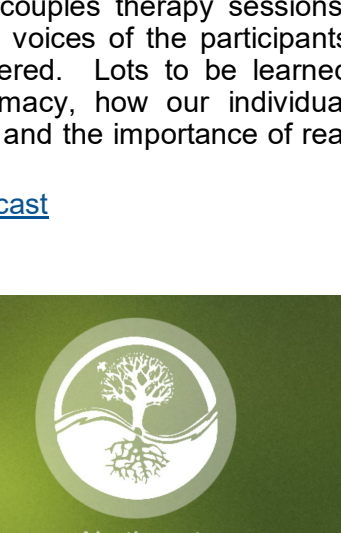
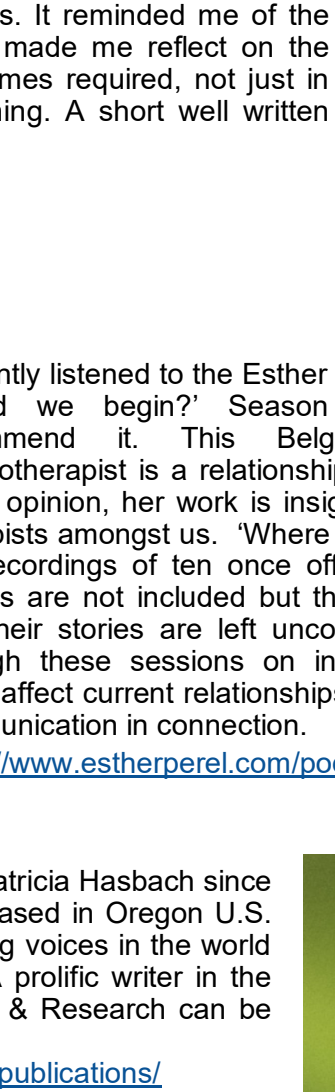


My New Therapy Space

I recently installed a new outdoor covered therapy and supervision space

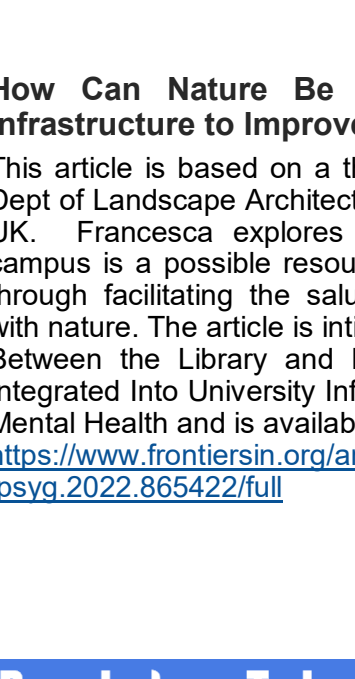
I mentioned my new "work in progress" outdoor therapy space in my Spring Newsletter so I'm now delighted to announce the finished product!

Given the unpredictability of the Irish weather, it can be hard to get full use of my Therapy Garden and other local outdoor spaces, so I invested in this new glass covered outdoor deck. Located at the back of my Therapy Room, it looks out on the rolling hills and fields to the Cliffs of Moher and is ideal for Nature Therapy, especially for those not too keen on the rain.



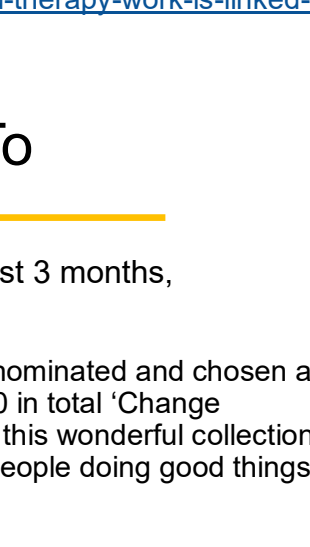
Interesting Books, Podcasts & Articles

Here are some books and interesting resources that I've read or listened to over the last few months. I hope you enjoy them



I'm a long time fan of the work of Dr Bruce Perry, the US based Neuroscientist and Child Psychiatrist. Dr Perry has brought so much to the world in terms of understanding the effects of developmental trauma on the brain and how best to help regulate and heal traumatised systems. I recently listened to an updated Audible version of his book 'The boy who was raised as a dog'. This is a super book for anyone interested in early childhood trauma and neuroscience – you don't need to be a therapist! The book describes numerous stories of clients that Dr Perry and his team worked with from the 1990s. He recounts how through a human open minded and open hearted place and not a purely medical lens he gradually learned from his interactions with his clients and added hugely to the field of neuroscience, education, social work, psychology and, possibly more slowly, medicine.

Irish author Claire Keegan's 'Small things like these' is a short novel I read recently. It's a poignant story which includes a look into the world of Magdalene Laundries. It reminded me of the societal trauma of our past but also made me reflect on the bravery and the personal cost sometimes required, not just in the past but today, to do the right thing. A short well written novel worth considering.

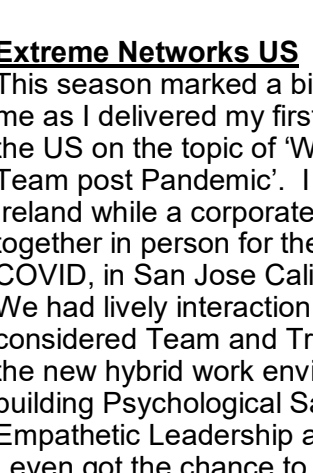
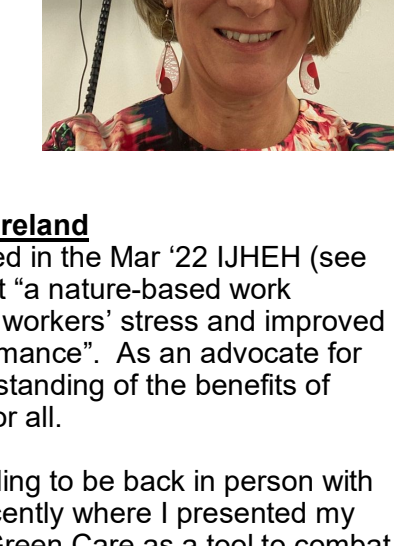


I recently listened to the Esther Perel podcast series 'Where should we begin?' Season 1, and would certainly recommend it. This Belgian, New York based psychotherapist is a relationships and sexuality expert and in my opinion, her work is insightful for all, not just for the therapists amongst us. 'Where should we begin?', presents live recordings of ten once off couples therapy sessions. Names are not included but the voices of the participants and their stories are left uncovered. Lots to be learned through these sessions on intimacy, how our individual pasts affect current relationships and the importance of real connection in connection.

<https://www.estherperel.com/podcast>

I have been familiar with the work of Patricia Hasbach since I first started my research in 2014. Based in Oregon U.S. she is considered one of the pioneering voices in the world of Ecopsychology and Ecotherapy. A prolific writer in the field, a list of her written Publications & Research can be seen on her website;

<https://www.northwestecotherapy.com/publications/>



In this 'Meaningful Life' podcast Patricia is interviewed by Andrew Marshall. They discuss, among other things, mindful interactions with nature, experiencing awe and incorporating nature into therapeutic work including indoors.

<https://themeaningfullife.podbean.com/e/dr-patricia-hasbach-podcast/>

Keeping an eye on interesting articles and research I've chosen to share the following with you:

How Can Nature Be Integrated Into University Infrastructure to Improve Students' Mental Health

This article is based on a thesis by Francesca Boyd of the Dept of Landscape Architecture in the University of Sheffield UK. Francesca explores her hypothesis that university campus is a possible resource to mitigate wellbeing issues through facilitating the salutogenic effects of engagement with nature. The article is entitled Between the Library and Lectures: How Can Nature Be Integrated Into University Infrastructure to Improve Students' Mental Health and is available on this link;

<https://www.frontiersin.org/articles/10.3389/fpsyg.2022.865422/full>



Nature-Based Therapy at Work Is Linked to Reduced Stress

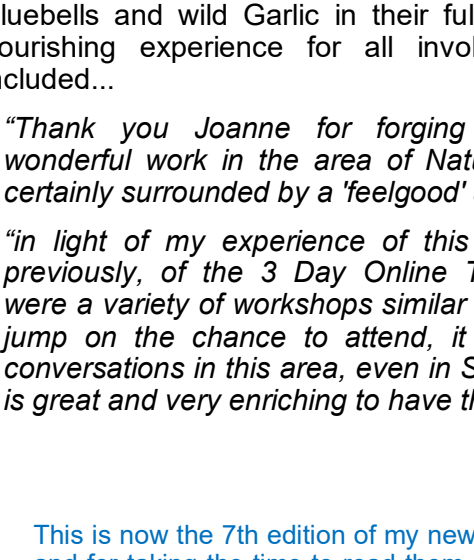
Psychology Today recently provided a summary of (and link to) research I referred to above on how nature based work interventions may reduce workers' stress and increase cognitive performance – this obviously seems like no surprise given all we are learning in the field but interesting to see a work based study.

<https://www.psychologytoday.com/us/blog/less-stress-more-peace/202205/nature-based-therapy-work-is-linked-reduced-stress>

What I've Been Up To

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

STORIES of CHANGE THE EXHIBITION



I'm thrilled to have been nominated and chosen as 1 of 8 in Clare and 1 of 40 in total 'Change Makers' to be included in this wonderful collection of stories and photos of people doing good things for...

- Earth Care
- People Care
- Fair Share

More on this in my next newsletter, but events around this initiative are now scheduled along the west coast of Ireland and are available to book at www.storiesofchange.ie including a Clare event organised by Burren Beo Trust. I'd recommend signing up for an event and following Stories for Change on social media, where, over the coming weeks, we will find out about the 40 changemakers with all sorts of great ecologically aware projects and businesses around the country.

Clare Local Development Company

Given my background I'm always interested in helping expand the knowledge in community on how stress and trauma affects the body and how we can help to increase ease. Therefore I was thrilled to be invited by Clare Local Development Company to deliver a 2 hour in-person Trauma Workshop to many of the CLDC team in May.

I felt privileged to support them in their work with refugees, asylum seekers, homeless, marginalised groups and all those in Clare simply needing a hand.



Extreme Networks Ireland

A new study published in the Mar '22 IJHEH (see link below) found that "a nature-based work intervention reduced workers' stress and improved their cognitive performance". As an advocate for increasing the understanding of the benefits of contact with nature for all.

It was a fantastic feeling to be back in person with a corporate client recently where I presented my latest workshop on Green Care as a tool to combat burnout and increase wellbeing. Mindful outdoor exercises, connecting with nature symbolism, group discussions, and learnings on nature-based health were enjoyed by the team.

Extreme Networks US

This season marked a big milestone for me as I delivered my first workshop in the US on the topic of 'Working as a Team post Pandemic'. I zoomed in from Ireland while a corporate Legal Team got together in person for the first time since COVID, in San Jose California! We had lively interaction as we considered Team and Trust Building in the new hybrid work environment, building Psychological Safety, Empathetic Leadership and much more! I even got the chance to teach them a new Irish word 'Foireann'!

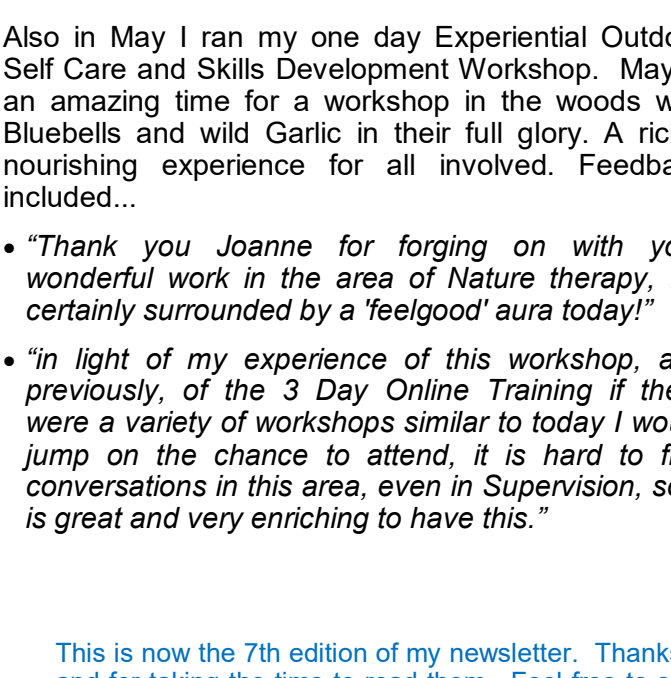
School's Out for Summer!

I regularly do talks in schools but this one was great fun. I had the opportunity to talk with my son and his pals as I completed 2 sessions with 6th years in Ennistymon CBS. We talked about the upcoming exams and the importance of self-care as well as...

- Regulating the nervous system
- Dealing with life stress,
- Resilience building
- We had laughs and fun with bouncy balls
- We tried Mindful chocolate eating too!

Leaving Cert Ready!

With both my Psychotherapy and Guidance Counselling hat on I also was happy to be involved in a webinar for Leaving Cert Students and their parents hosted by Julie O'Connor of Synergy Careers in June. We chatted about exam techniques, stress management and key things to remember in advance of the of the all-important state exams.



Recent Training Courses

Check out some of my recent CPD sessions completed in May

3 Day Ecotherapy Training

In May I ran my 3 day online Ecotherapy CPD with this great group of professionals. They deepened their connection with the natural world and explored how they can embrace nature more in their work in Medical, Psychotherapy, Educational and Community Group settings. Feedback included...

"I thoroughly enjoyed the sessions. I thought the experiential side was excellent and not having too many slides even better. Loved the reading recommendations and ideas around exercises"



1 Day In Person Experiential Outdoor Self Care and Skills Development Workshop

Also in May I ran my one day Experiential Outdoor Self Care and Skills Development Workshop. May is an amazing time for a workshop in the woods with Bluebells and wild Garlic in their full glory. A richly nourishing experience for all involved. Feedback included...

- "Thank you Joanne for forging on with your wonderful work in the area of Nature therapy, I'm certainly surrounded by a 'feelgood' aura today!"
- "in light of my experience of this workshop, and previously, of the 3 Day Online Training if there were a variety of workshops similar to today I would jump on the chance to attend, it is hard to find conversations in this area, even in supervision, so it is great and very enriching to have this."

This is now the 7th 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.

