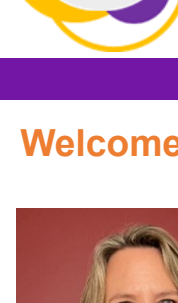


**My newsletter is optimized to display on mobile devices, but if it does not display properly on your Windows PC or MAC, please see attached PDF or go to the newsletter download on my website**

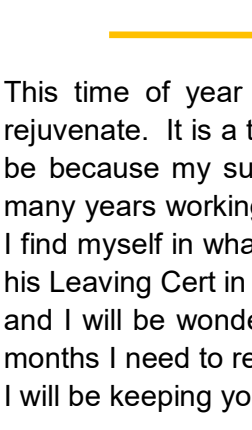


Newsletter: Autumn 2023

**JOANNE HANRAHAN PSYCHOTHERAPY**  
Training The Wild Atlantic Way

www.JoanneHanrahan.ie

## Welcome to Another Lughnasadh!

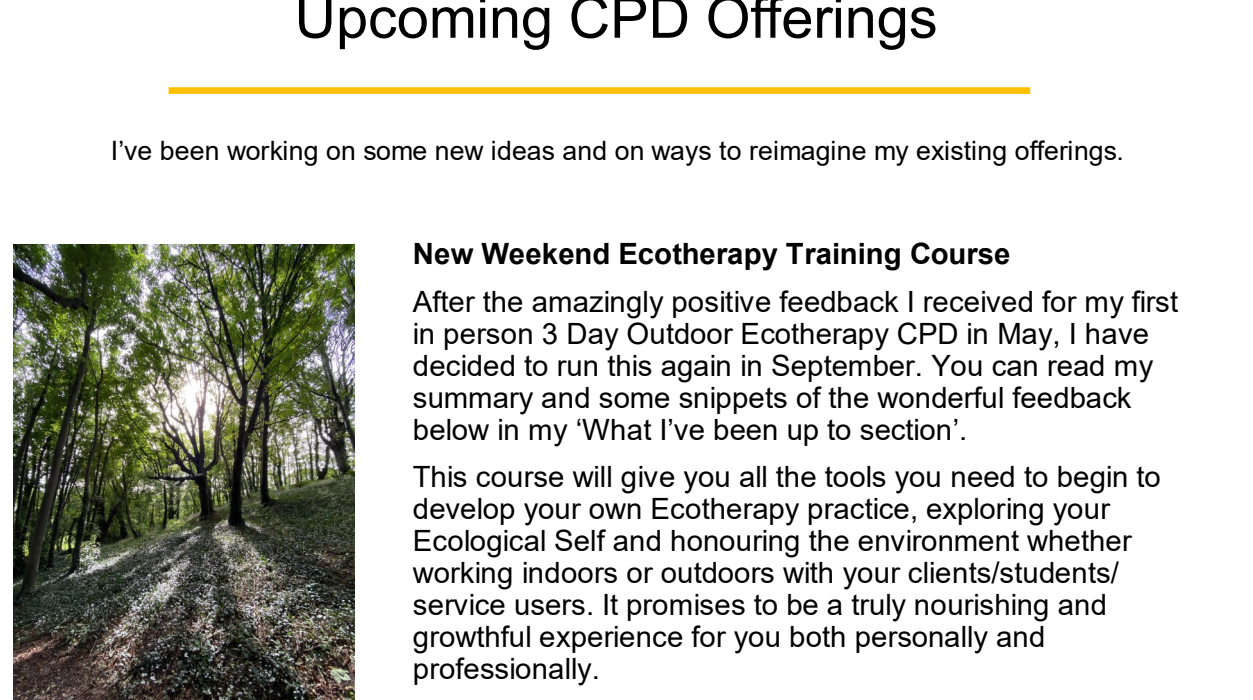


### Welcome

Welcome back 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, abundance, and anticipates the harvest to come. First fruits give us an opportunity to cultivate gratitude. We may also be beginning to harvest the first fruits of our personal growth throughout the year.

This time of year for me, includes some time off work, a freer schedule and time to rejuvenate. It is a time before, what I consider as, the new year of work, begins. This may be because my summer break is the longest break I take or it may also be a legacy of many years working in the second level school system. This year seems a bit different as I find myself in what feels like a liminal space, a space of transition. My youngest child did his Leaving Cert in June, and in September I expect that my three children will be in college and I will be wondering who will be home for the weekend! Over the next few weeks and months I need to reflect on how I want to step forward into this new phase of life. No doubt I will be keeping you posted!

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".

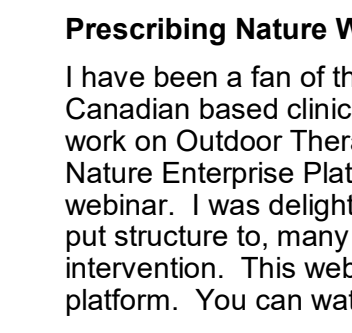


### In This Issue

- ◆ Welcome
- ◆ Upcoming CPD
- ◆ Books & 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.



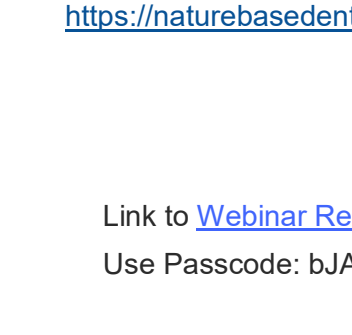
### New Weekend Ecotherapy Training Course

After the amazingly positive feedback I received for my first in person 3 Day Outdoor Ecotherapy CPD in May, I have decided to run this again in September. You can read my summary and some snippets of the wonderful feedback below in my 'What I've been up to section'.

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 22nd Sept to Sunday afternoon on the 24th – exact times and details to follow. Cost is €300

This tends to book put quickly, so please fill in this expression of interest form to secure your place. <https://forms.office.com/r/zqHv9if0q>



## Interesting Books, Podcasts & Articles

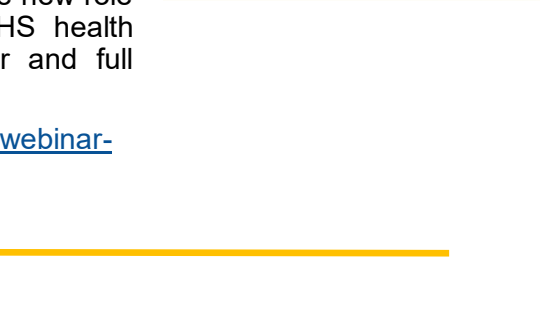
Here are a snippet of books and interesting resources that I've read or listened to over the last few months. I hope you enjoy them

### Prescribing Nature Webinar with Nevin Harper

I have been a fan of the work of Nevin Harper for a number of years now. Nevin is a Canadian based clinical counsellor and outdoor educator and I have mentioned his work on Outdoor Therapy in previous newsletters. In May the Irish based 'Connecting Nature Enterprise Platform' <https://naturebasedenterprise.com/> hosted Nevin on a live webinar. I was delighted to be able to attend. In his presentation, Nevin looked at, and put structure to, many important factors to consider before designing an outdoor intervention. This webinar was free and was later made freely available on the platform. You can watch the webinar and find the presentation slides here; <https://naturebasedenterprise.com/news/1551415>

Link to [Webinar Recording](#):

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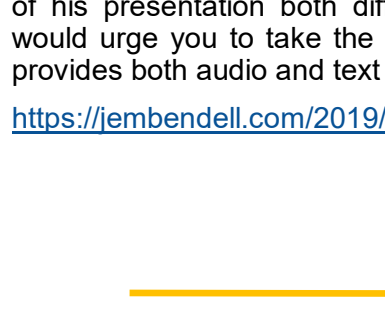
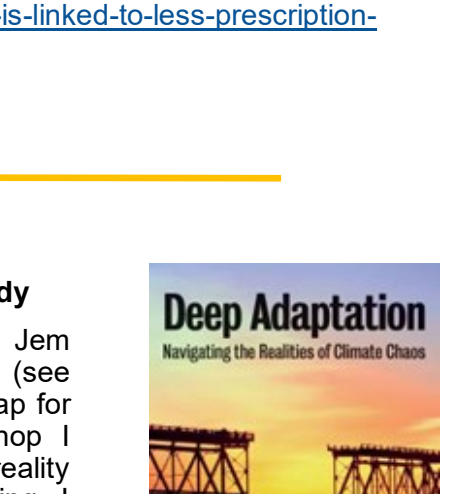


Key Takeaways: Prescribing Nature Webinar with Nevin Harper  
Published on May 19, 2023

### Healthy Spaces for Work and Study

Like the Connecting Nature Enterprise Platform, Ecosystems Knowledge Network is another great resource and networking space, this time based in the UK.

In June I attended a very interesting webinar which addressed practical applications of research in the area of nature and wellbeing. Francesca Boyd presented on her research and the importance of developing the relationship with nature on university campuses, while Billy Styles spoke about the new role of 'Nature Recovery Ranger' in some NHS health facilities. Again this was a free webinar and full access is being given to the recording here: <https://ecosystemsknowledge.net/resources/webinar-library/healthy-spaces/>



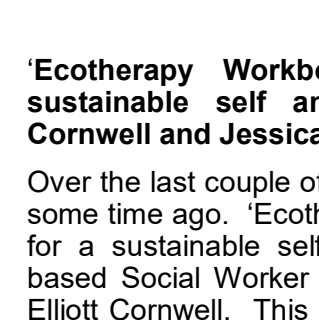
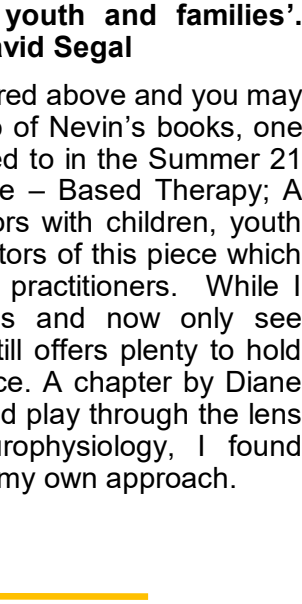
### Health benefits of Connection with Nature

Here's a super very short video done by the World Economic Forum as a summary of the health benefits of Connection with Nature: It may be useful to share on your social media feeds or on a website?

<https://www.weforum.org/videos/finnish-scientists-say-time-in-green-spaces-is-linked-to-less-prescription-drug-use>

### Deep Adaptation: A map for navigating climate tragedy

I was recently introduced to the work of Professor Jem Bendell, strategist and educator on social change (see below). I listened to his work – 'Deep Adaptation: A map for navigating climate tragedy', in advance of a workshop I attended on the topic. I have to say I found the harsh reality of his presentation both difficult and compelling listening. I would urge you to take the time to read/listen to it. This link provides both audio and text options of the paper's contents. <https://jembendell.com/2019/05/15/deep-adaptation-versions/>

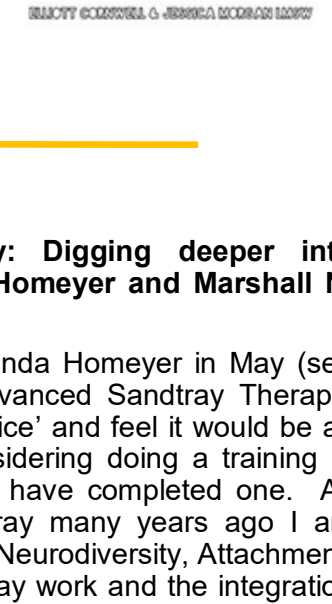


### 'Nature – Based Therapy: A practitioners guide to working outdoors with children, youth and families'. Nevin Harper, Kathryn Rose and David Segal

A webinar with Nevin Harper was shared above and you may be interested in his work. I have two of Nevin's books, one of which 'Outdoor Therapies' I referred to in the Summer 21 newsletter the other is entitled 'Nature – Based Therapy: A practitioners guide to working outdoors with children, youth and families'. Nevin is one of the editors of this piece which includes chapters from a number of practitioners. While I don't work with children or families and now only see adolescents occasionally this book still offers plenty to hold my attention and to inform my practice. A chapter by Diane Ackerman which looks at nature based play through the lens of the Polyvagal Theory and neurophysiology, I found particularly relevant in many ways, to my own approach.

### 'Ecotherapy Workbook: Guided practices for a sustainable self and planet'. Created by Elliott Cornwell and Jessica Morgan

Over the last couple of months I revisited a book I bought some time ago. 'Ecotherapy Workbook: Guided practices for a sustainable self and planet', was written by US based Social Worker Jessica Morgan and illustrated by Elliott Cornwell. This is a workbook filled with exercises, reflective practice worksheets, free writing space, supporting concepts and practical implementations for taking the work from the page to planet. This has some exercises to complete yourself or it might be a good tool to ask a class of students to engage in or to choose parts for ecotherapy groupwork.



### 'Advanced Sandtray Therapy: Digging deeper into clinical practice' by Linda E. Homeyer and Marshall N. Lyles

I had the pleasure of meeting Linda Homeyer in May (see below). I bought her book 'Advanced Sandtray Therapy: Digging deeper into clinical practice' and feel it would be an interesting read for anyone considering doing a training in Sandtray Therapy or those who have completed one. As someone who trained in Sandtray many years ago I am particularly enjoying chapters on Neurodiversity, Attachment, Trauma and Resilience in sandtray work and the integration with current psychological thinking.

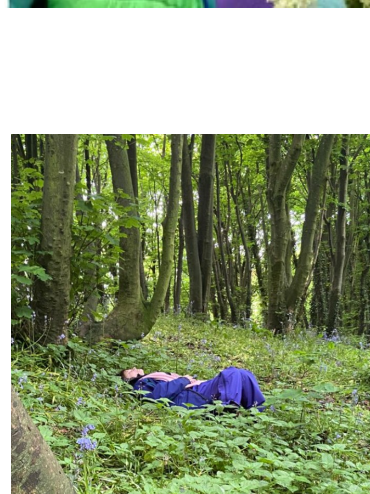


## What I've Been Up To

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

### May 3 Day Outdoor Ecotherapy workshop

It's hard to believe that it has been 3 years since I embarked on the journey of creating online, one day in person outdoor, and hybrid workshops tailored, to the most part, to health professionals, allowing them to embrace the natural world and integrate that increased awareness into their clinical support for clients. The joy I have experienced from this endeavour knows no bounds, as I have had the privilege of sharing my passion and experience with around 200 individuals through my various CPD offerings.



However, in May I had the honour of facilitating my very first full 3-day in person Ecotherapy workshop, conducted in the great outdoors. Eight exceptional psychotherapists, psychologists, and educators from across the country joined me for an enriching experience that transcended the boundaries of Co Clare and place in the captivating surroundings of Co Clare.

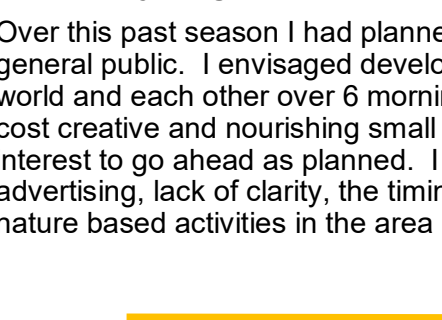
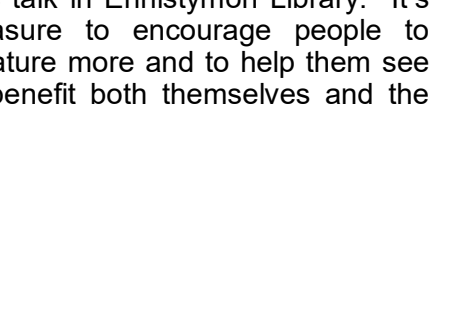


Together, we delved into profound discussions about life, death, the Earth, and the healing power of nature. For two days, we immersed ourselves in the serene woods and Glen in Ennistymon, allowing the natural world to guide our exploration. On day 3 we transitioned to my therapy room, garden and village of Liscannor, where we examined how our bodies responded to a very different environment and what it felt like to be a client by the sea, in a field, or in a garden.

The feedback I received from the participants was heart-warming. They left our workshop rejuvenated, brimming with fresh ideas, and a renewed sense of hope for their personal lives, their work with others and the interconnectedness of all life. Countless magical moments were shared and new connections fostered.

### \*\*\* Some of the super feedback \*\*\*

- *'It was such a joy to be a part of this group with everyone involved - Joanne as facilitator, all of the brave and open participants, and the living energies of the environments we have explored.'*
- *'I felt very inspired after the weekend as to how I can incorporate more of this approach into my work.'*
- *'I also found the experiential aspect of the weekend very helpful in terms of building confidence in undertaking ecotherapy with groups.'*
- *'I found that the experiential element of the course and the evolving group dynamic set amidst the splendour of spring led to a lovely weekend. Joanne facilitated the course brilliantly, was a gracious host and was open to all our questions. I thought the consecutive 3 day format worked really well, created an intimacy and an intensity of emotion at times, almost like a festival weekend, and has left me much to consider.'*



### Public Talk on Health and Wellbeing in the Natural World

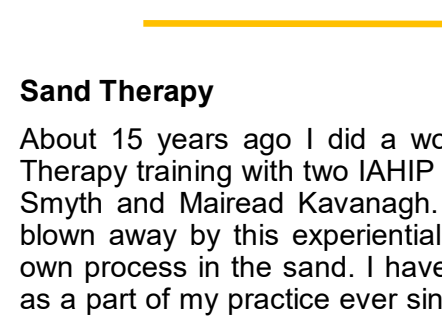
In May I was delighted to be sponsored by Healthy Clare and Clare County Libraries to deliver a public talk in Ennistymon Library. It's always a pleasure to encourage people to connect with nature more and to help them see how this can benefit both themselves and the planet.

### Ecotherapy programme for the public

Over this past season I had planned on running a 6 week Ecotherapy programme for the general public. I envisaged developing a safe space to explore connection to the natural world and each other over 6 morning sessions and was very excited to offer this as a low cost creative and nourishing small group experience. However, unfortunately, I didn't get the interest to go ahead as planned. I will need to reflect on what may have been the issue, my advertising, lack of clarity, the timings and structure, the potential pool of attendees or other nature based activities in the area etc. Anyway I'm not disheartened!

## Workshops I've Attended

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



### Transformational Touch

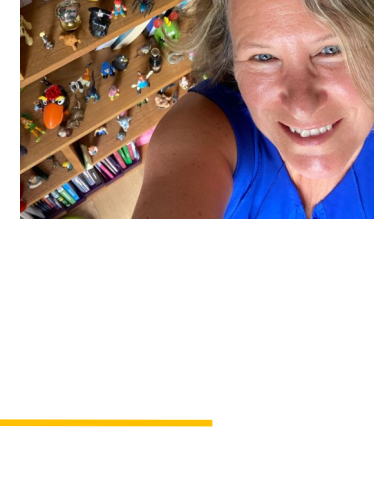
Over the years, particularly through my Somatic Experiencing training I've learned how touch can support Nervous System regulation when dealing with trauma. Being ever curious, (and a serial CPD attendee!) I decided to join Stephen Terrell live in Galway in May for Module 1 of the 'Transformational Touch Practitioner' training. It was a great few days where I broadened my knowledge on 'Regulation Focused Interventions', and their benefits to reduce the effects of stress, trauma and developmental trauma on the body. Learning about his approach to therapy and meeting a community of holistic therapists in Salthill (where I could get the sea dip in) was a win win!

### Sand Therapy

About 15 years ago I did a wonderful yearlong Sandtray Therapy training with two IAHIP therapists Margaret Collins Smyth and Mairead Kavanagh. I remember being totally blown away by this experiential training and exploring my own process in the sand. I have absolutely loved having it as a part of my practice ever since. Back then, I introduced a Sandtray and miniatures to my adolescent clients in my school counselling room. I found it to be an amazing non-verbal and creative tool to help them find their voice or start to process their troubles. As I watched their clients bury items or place them without comment, I began to realise how useful this symbolic way of working was in beginning to address trauma and adversity. In 2012 I started my adult psychotherapy practice and I could see how sandtray therapy could again help me. It was a testament to my then supervisor Alan Rodgers IAHIP for providing such a safe space for me. In the last 11 years I've continued to bring sandtray therapy to my adult clients and now supervisees. They've embraced engaging with the miniatures or simply regulated themselves running their fingers through the sand.



In May I spent 2 days attending a CPD on Sandtray Therapy with Dr Linda Homeyer, hosted by CTC – the Children's Therapy Centre. I delighted in hearing the increasing validation from the neuroscience and trauma literature of Sandtray therapy. Great to have the chance to have this refresher course.



### Hometree

You know when you come home from a workshop and somehow you feel changed? Well, in July I had the pleasure of attending a number of workshops as part of the 'Ardnaculla Summer School' run by the Hometree charity in Co Clare. I spent a day and a half learning, engaging, walking through fields, laughing and hearing about reforesting with native species, seed collection and planting, trees and mythology, folklore and history of ringforts and much more!

The most profound part of the weekend was an intimate gathering where social ecologist and author Easkey Britton, and Hometree CEO Matt Smith held space for me to reflect on the Deep Adaptation work of Jem Bendell.

Having researched, read and worked in the field of the relationships between humans and the natural world for almost a decade, I had never come across the work of Jem Bendell. His work invites us to face and try to process, without sugar coating, the certainty that climate collapse is an inevitable reality.

From a place of allowing ourselves to accept that, he invites us to act now by considering these 4Rs

- Resilience - what do I want to keep
- Relinquishment - what will I let go of
- Restoration - what can I bring back
- Reconciliation - with whom and what shall I make peace

I need to spend time with this now and process how I've changed since the workshop and how I will change. Maybe you too might start to give this some thought?

Also I encourage you to check out the great work being done at [www.hometree.ie](http://www.hometree.ie)

This is now the 11th 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.

