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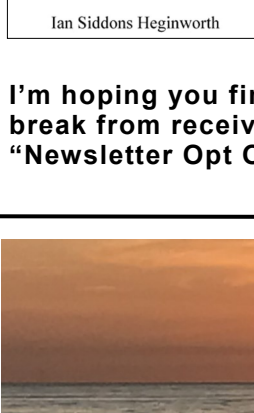


Newsletter: Winter 2022

JOANNE HANRAHAN PSYCHOTHERAPY  
Training The Wild Atlantic Way

[www.JoanneHanrahan.ie](http://www.JoanneHanrahan.ie)

## Welcome Back to Samhain!

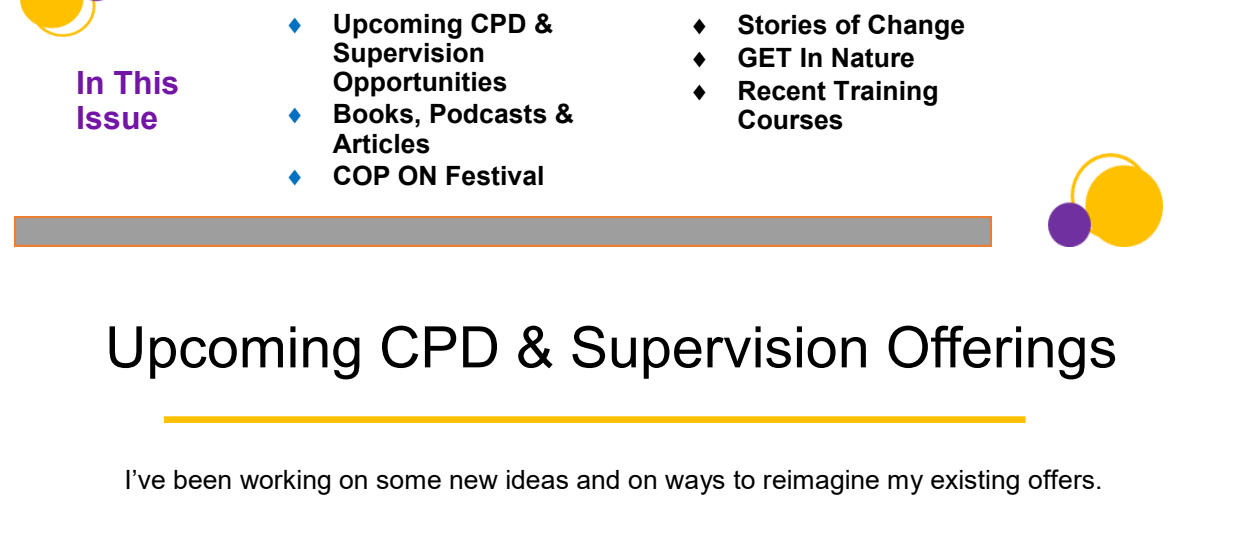


Welcome to my Samhain Newsletter. I hope you find something in its contents nourishing or thought provoking, as I mark the changing season with you all again.

The Celtic year follows the natural cycle of growth but it does not begin in Spring when life returns. 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. Traditionally Samhain offered us an opportunity to meet death and our ancestors from a place of love and respect. (Ian Siddons Heginworth in 'Environmental Arts Therapy and the Tree of Life')

May 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".



### In This Issue

- ◆ Upcoming CPD & Supervision Opportunities
- ◆ Books, Podcasts & Articles
- ◆ COP ON Festival
- ◆ Stories of Change
- ◆ GET In Nature
- ◆ Recent Training Courses

## Upcoming CPD & Supervision Offerings

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

### New Training Dates & Exciting Collaboration with The Therapy Academy

I am delighted to announce a new collaboration with the well-known Irish online CPD and training provider 'The Therapy Academy'. As a result I will be offering some of my existing and new training courses via their platform.

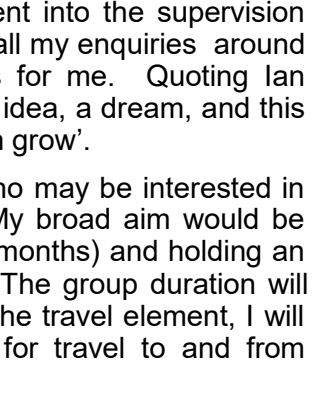
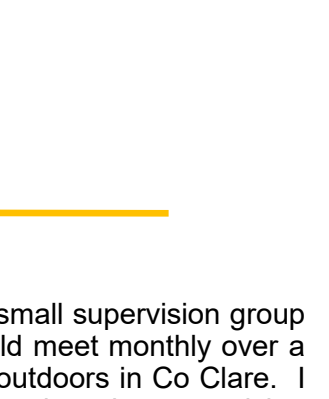


I will be delivering my very popular 3 day online Ecotherapy programme via the Therapy Academy platform in January 2023. There will be no change to the very successful formula and this 15 hour CPD will remain as highly interactive and experiential as ever and I will facilitate it live on Saturday 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> of January from 8.30am to 2.30pm. 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. Numbers as usual will be capped at 10 and places can be booked directly at the below link.

<https://www.therapyacademy.ie/details/webinar/1167>

I will also be delivering a new 2 hour CPD on Eco Health & Wellbeing. This is a great standalone session for anyone who wants to learn about the importance of connecting with the natural world and the symbiotic relationship between humans and the planet. It would be suitable also, for those of you who have already done other Ecotherapy trainings in the past (with me or elsewhere) as well as introduction for those who are considering further training in Ecotherapy. This workshop will be facilitated live on November 29<sup>th</sup> from 7pm to 9pm. There is no limit on the number of participants and can be booked via the Therapy Academy website

<https://www.therapyacademy.ie/details/webinar/1168>



### My Hybrid Online and Outdoor Supervision Group

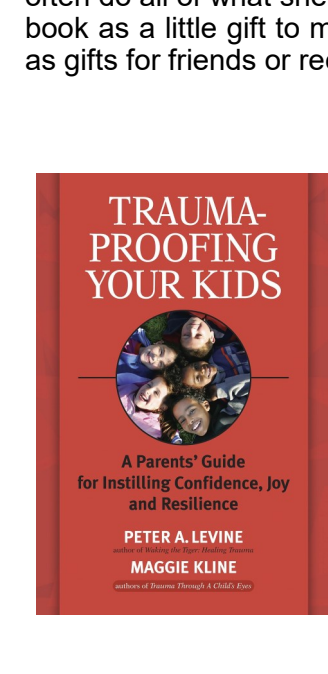
As mentioned in the Autumn newsletter, I had hoped to facilitate a small supervision group from Sept/Oct 22 through to next May. The idea was that we would meet monthly over a defined period and meet 4 times in-person (once in each season) outdoors in Co Clare. I absolutely love the idea of bringing place, the body and movement into the supervision process. However 'between the jigs and the reels' I couldn't align all my enquiries around the dates and schedule, and there was learning in the process for me. Quoting Ian Siddons Heginworth again 'all things begin gently with a seed, an idea, a dream, and this must lay dormant and await its proper time and season before it can grow'.

My next step to relaunch this, is to ask all accredited therapists who may be interested in this idea to please send me an email to register your interest. My broad aim would be monthly Friday sessions (most likely skipping a couple of summer months) and holding an in-person outdoor session in Clare in each of the four seasons. The group duration will touch into all four seasons. While some may be concerned about the travel element, I will work to schedule the 4 in-person sessions at times that allow for travel to and from Ennistymon, which is only 25 mins from the Motorway exit at Ennis.

Once I have some further expressions of interest, I will propose dates and allow potential participants to consider times, dates and any professional boundary issues and then will move ahead with 4 participants.

## 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

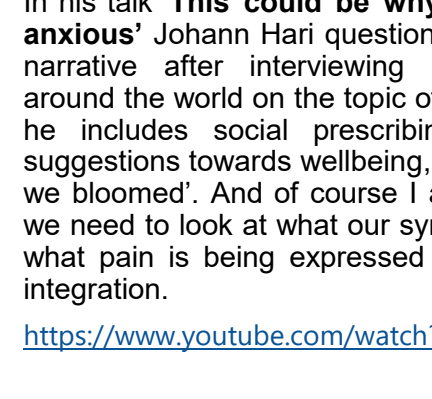


Recently I was taking a holiday and wanting to find something from our bookshelves to take with me. My daughter, now in college, suggested two books I had bought for her when she was in her teens. She had enjoyed them and, as it turned out they did not disappoint her non-teenage therapist mom! Both books are stories about young girls living in very different worlds from us. Deborah Ellis's 'The Breadwinner' is about a girl's life under Taliban rule and Aubrey Flegg writes superbly about a young girl disabled by landmines in Angola in 'The Cinnamon Tree'. Both initially printed about 20 years ago but sadly the issues remain the same. War, trauma, abuse of power and corruption often exacerbated by western greed, fill the pages. Both are thought provoking short reads. The Cinnamon Tree was my favourite though, with its amazing portrayal of African nature, the cultural belief that we are nature, the traditional rituals, and deep rooted attachment to the land.

In my last newsletter I included a link to a podcast with Dr Patricia Hasbach, a renowned U.S. researcher in the field of Ecotherapy. Her new book 'Grounded: A guided journal to help you reconnect to the power of nature - and yourself' is a beautifully presented hard covered colourful little gem of a book. Done as a journal I personally would find it a sin to write into it! However I am thoroughly enjoying the simplicity of the reflections and exercises designed to get you to slow down and make contact with the natural world. Although I often do all of what she suggests anyway, I'm still enjoying the book as a little gift to myself and would consider buying more as gifts for friends or recommending to clients.



**The End of the Age of Abundance (and the Beginning of the Age of Scarcity)**  
Why the 21st Century is Turning Out to Be an Era of Accelerating Catastrophe



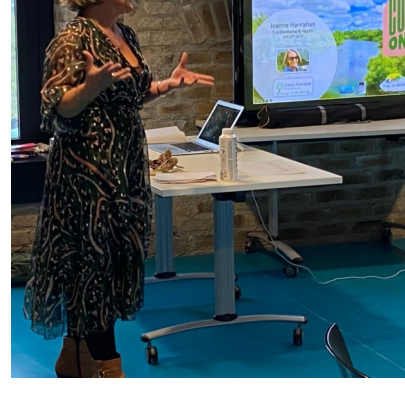
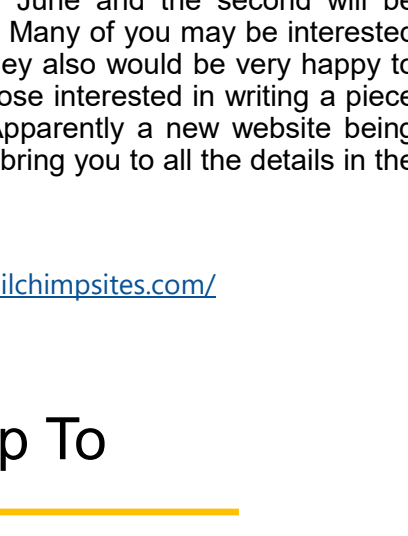
Here is link to an article that will take you about 10 minutes to read. It may not be all comfortable reading but I found it to be very powerful and thought provoking. Prompted by a recent speech by French President Emmanuel Macron, Umair Haque wrote this piece. He skilfully highlights how climate change in far away places which don't seem real to us may start to hit the pocket of us western consumers and then maybe the west will finally awake to the horrors and begin to take real action.

<https://eand.co/the-end-of-the-age-of-abundance-and-the-beginning-of-the-age-of-scarcity-9222a316c8e1>

Here's a 20 min TED talk worth a listen to.

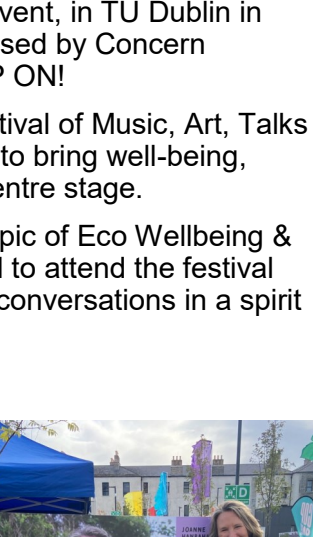
In his talk 'This could be why you're depressed or anxious' Johann Hari questions the dominant medical narrative after interviewing many leading experts around the world on the topic of depression. I love that he includes social prescribing and nature in his suggestions towards wellbeing, 'as the garden bloomed we bloomed'. And of course I agree with his view that we need to look at what our symptoms are telling us or what pain is being expressed - it is the only way for integration.

<https://www.youtube.com/watch?v=MB5IX-np5fE>



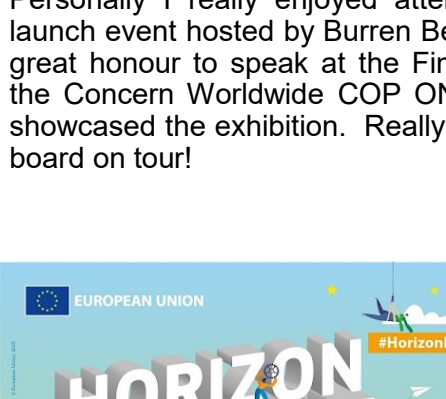
'Lasmugh' is the new Professional Practice Journal for the Outdoor Sector on the Island of Ireland. Its first edition was published in June and the second will be released mid-November. Many of you may be interested in this new journal and they also would be very happy to take submissions from those interested in writing a piece for the Spring edition. Apparently a new website being designed but this link will bring you to all the details in the meantime.

<https://lasmughjournal.mailchimpsites.com/>



## What I've Been Up To

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

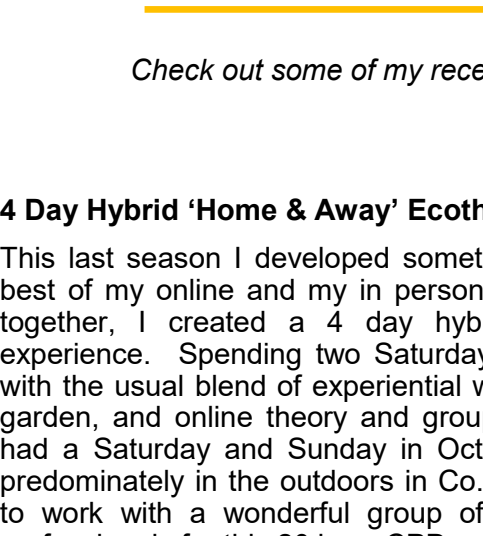
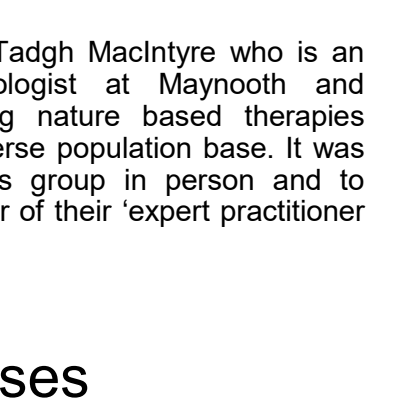


### COP ON Festival

In advance of COP27, the UN Climate Change Conference, I was really excited to be invited to speak at, a first of its kind event, in TU Dublin in October. The event, organised by Concern Worldwide, was called COP ON!

It was a Climate Action Festival of Music, Art, Talks and Workshops and aimed to bring well-being, creativity and community centre stage.

My workshop was on the topic of Eco Wellbeing & Health and it was wonderful to attend the festival and to be part of important conversations in a spirit of hope.



### GET In Nature

In August I visited Maynooth University to meet a number of the Irish researchers involved in putting together a proposal for Horizon Europe funding. The GETInNature

initiative is led by Dr Tadhg MacIntyre who is an Environmental Psychologist at Maynooth and focuses on developing nature based therapies across a wide and diverse population base. It was wonderful to meet this group in person and to contribute as a member of their 'expert practitioner panel'.

## Recent Training Courses

Check out some of my recent CPD sessions completed in Sept/October

### 4 Day Hybrid 'Home & Away' Ecotherapy Course

This last season I developed something new. Bringing the best of my online and my in person experiential workshops together, I created a 4 day hybrid nourishing learning experience. Spending two Saturdays online in September, with the usual blend of experiential work in participant's own garden, and online theory and group discussion. Then we had a Saturday and Sunday in October together in-person predominantly in the outdoors in Co. Clare. I was honoured to work with a wonderful group of Health and Education professionals for this 20 hour CPD.



★ ★ ★ ★ ★  
5.00 Average Rating

While this was my first time running this new Hybrid course, the feedback has been very positive with an average 5/5 Star Rating. Sample comments below. Keep an eye on my website for the next offering or email me to register your interest!

"Overall I found the course to be well balanced between researched theoretical information and experiential practice. It was lovely to be among like-minded people and to actually be outside. Joanne, your knowledge and personal experience from your study and practice of Ecotherapy as well as your passion, confidence and belief in what you are doing comes across and this, I think, helps to instil a sense of trust in the process of ecotherapy itself and in the learning process. I came away from the course with knowledge, ideas and a growing sense of confidence that I can build ecotherapy into my psychotherapy practice. This fills me with joy and optimism. Thank you."

"It felt like not only a good opportunity to learn about practicing therapy outdoors but also a time to connect to myself in nature. I loved the slowness of the course and the just 'being' element rather than having a lot of academic material."

This is now the 8th 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.

Joanne Hanrahan Psychotherapy  
Liscannor, Co. Clare, Ireland  
joannehanrahanpsychotherapy@gmail.com  
+353 87 713 3737

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