

Welcome Back to Bealtaine

**Newsletter: Summer 2025** 



Psychotherapy the



Welcome to all of you who have been engaging with me over the last number of years and to those of you who are new to this newsletter. I hope you enjoy a browse through its contents and I wish you renewal and plenty of joy this season!

May 1st marks the arrival of the Summer season and the Celtic festival of Bealtaine. It

marks the half way point between the Spring Equinox and the Summer Solstice. With fresh colour in the landscape, bird song and the buzz of insects we delight in all that the summer

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 Sometimes the universe offers us interesting full circle moments. I'll share a recent case of personal and professional merger. So firstly a little history. Around 1970 my husband's parents bought a house dating back to the early 1900's in Rosbrien in Limerick. The house which had

My husband, Gerry, and his siblings were reared in Rocheville. Most of his parent's grandchildren,

known as 'Rocheville'.

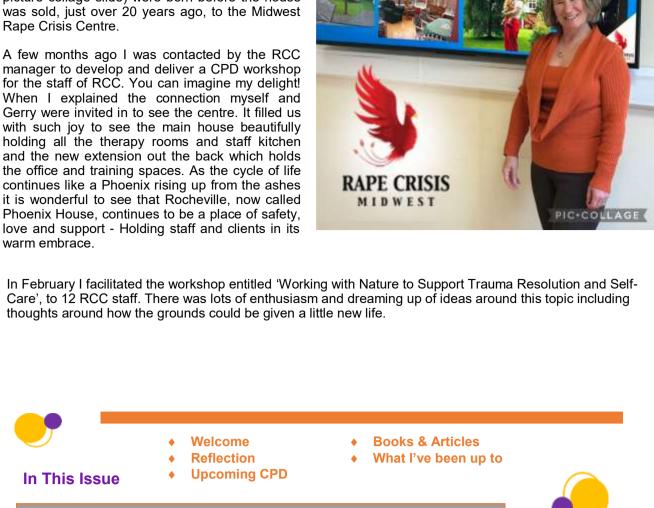
picture collage slide) were born before the house was sold, just over 20 years ago, to the Midwest Rape Crisis Centre. A few months ago I was contacted by the RCC manager to develop and deliver a CPD workshop for the staff of RCC. You can imagine my delight When I explained the connection myself and Gerry were invited in to see the centre. It filled us with such joy to see the main house beautifully holding all the therapy rooms and staff kitchen and the new extension out the back which holds

previously been owned by the Roche family (we believe of the Roche's Feeds business) was

including two of our children, (seen in the old

continues like a Phoenix rising up from the ashes it is wonderful to see that Rocheville, now called Phoenix House, continues to be a place of safety, love and support - Holding staff and clients in its warm embrace. thoughts around how the grounds could be given a little new life.

Welcome Reflection **Upcoming CPD** In This Issue **Upcoming CPD Offerings** 

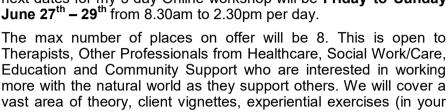


Online 3 Day Ecotherapy Workshop



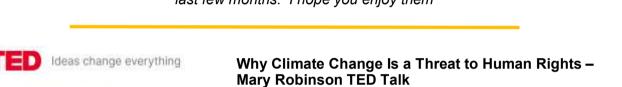
- winter and summer are the best seasons for me to offer the Online
  - version of my Ecotherapy Workshop. In keeping with that logic the next dates for my 3 day Online workshop will be **Friday to Sunday June 27**<sup>th</sup> **– 29**<sup>th</sup> from 8.30am to 2.30pm per day. The max number of places on offer will be 8. This is open to
    - more with the natural world as they support others. We will cover a vast area of theory, client vignettes, experiential exercises (in your own garden or close by outdoor space), practical advice, and much

The weather is generally harsher in Winter and accommodation is more costly and less available in my area in Summer, hence I find



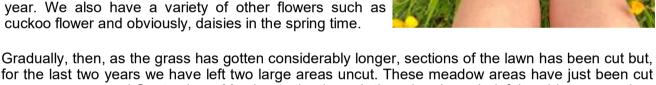
time supporting us by providing natural pauses and anchors for our nervous systems. 'I really appreciated being in your therapy space on day 3 and seeing how you bring the natural environment into the room and use it with clients. Hearing the personal responses from your clients was very impactful."

'Thank you for a unique training experience. You covered all areas, it was important to be the client again for me experiencing the process and to be reminded of how the natural environment can mirror what's happening for one at an unconscious level and at the same



Interesting Books, Podcasts & Articles

Mary Robinson TED Talk I have always been inspired by Mary Robinson. passion and fearless activism in support of human rights continues at 80 years of age. The climate crisis and its effects has long been something she has addressed, and in recent years she is co-founder of 'Project Dandelion' a





## National Counselling and Psychotherapy Conference

The glad rags were on for my talk 'Considering Nervous System Regulation in the Therapeutic Space' at the PCI College Ireland, National Counselling and Psychotherapy

With a conference theme of 'Mind, Body Spirit a Holistic Approach to Therapeutic Practice', I was delighted to bring some of my knowledge, experience, and perspectives to the

Holistic is defined as the belief that parts are interconnected and can be explained only in reference to the whole. This very much reflects my belief in Body and Trauma Informed

This event gave me the opportunity to highlight some of the intersections of Psychotherapy and Neuroscience, and give examples of the numerous considerations in bringing ease to

Great to meet and engage with over 20 participants (not all in photo) on such an important area of consideration in integrative psychotherapy. Psychotherapy Meets Training the Wild Atlantic Way Neuroscience

I was back speaking at Extreme Networks Ireland biannual

Transition Year Programme in February. This is a great multifunctional 2 day careers offering for students in the Midwest. I

to be made and stories shared. trees, in a place which has supported me both personally and professionally. I was so glad to have planned and facilitated this

Nature Network Café #9

There is something very gentle and rewarding about opening up my bi monthly café zoom links and just seeing who will pop by, so to speak! In March four of us shared experiences of the change in the clock and the affects the extra evening day light had on our wellbeing. We drew to

A thoroughly enjoyable and informative day. It was great to meet and hear from the other speakers, Brian Pennie, Steve Taylor, Kathryn Ledden, Gus Murray, Ray Tonge and Christine Moran. There was also a nice sense of interconnectivity in the panel discussion with myself, Brian and Steve. **IAHIP** Webinar Neuroscience and Nervous System Regulation in the therapeutic space was the topic for my talk for members of the Midwest branch of IAHIP in April.

Welcome to the
National Counselling &
Psychotherapy Conference 2025

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mind places we go, or the outdoor activities we do at this time of year, that really help us regulate our nervous systems and resource us for the challenges of life. The NATURE NETWORK CAFE # 9 small group size gifted us extra time for new connections Training the

community vigil with Deep Ecologist Jenny O'Hara.

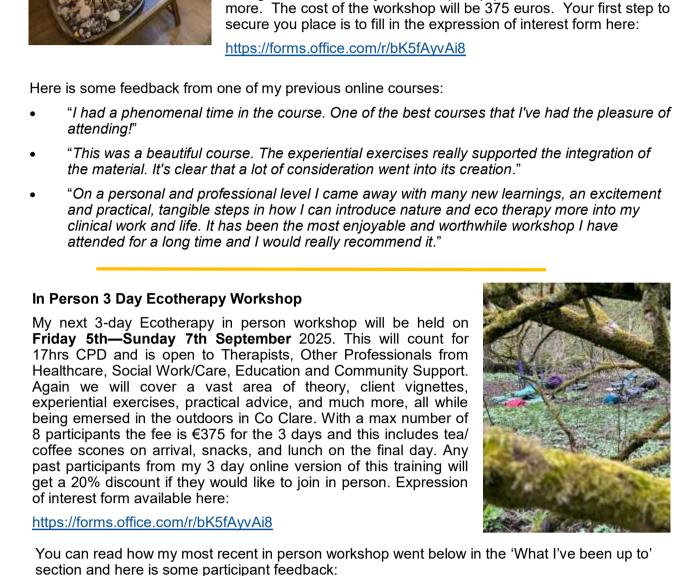
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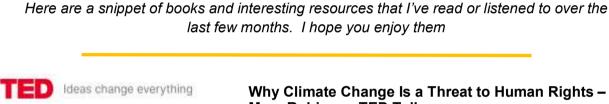
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**Extreme Networks TY Programme** 

life There was time to slow down, make meaning, and notice the

Earth's bounty. As dusk fell we delighted in bird song and even offered a few human songs back! The true magic, was co-created by all those who joined us, along





I've been up to'

Mary Robinson

to human rights

No Mow May

Why climate change is a threat

https://pollinators.ie/no-mow-may/

Festival Safety in Ireland

March

all three, and we loved it!

sea in Liscannor Co Clare.

Conference in April.

approximately 250 strong audience.

non-pathologising, approaches to therapy.

our clients' and our own nervous systems.

clinical!

3

day

Date for your Diary - Next Nature Network Café

My next free one hour online café will be held on an evening in May date to be confirmed. I've been running these gatherings for a year and a half now and I'm really enjoying them. It just feels like a nice space for likeminded people to meet up and have a chat and natural easy seasonal themes help slow us down and take stock of ourselves. It's also a great way for me to meet people from my mailing list that I haven't met before. Emails and zoom links will be sent in advance with an open invitation to join. See more about my ninth cafe below in the 'What

As we begin May many of you may be considering joining the biodiversity initiative 'No Mow May'. Myself and my husband have been experimenting with our garden cutting routine over the last couple of years and are embracing this as something we believe we can offer. It's a way we feel we can lend a helping hand to the natural world around us. In fairness to Gerry, he does the cutting and I do the directing! So I'm glad to have him onboard for the hard work part! As you will see from the links below there are various helpful ways you can change your approach to grass cutting. Here is what we have tried: Delayed cutting - no part of the garden has been cut before May (or end of April). This has resulted in plenty of dandelion growth, providing a great food source for early pollinators. I've seen lots of bees enjoying them so far this

workshops.

Dermot Whelan - The Mind Full Podcast with Kat & Mick

Ledden from Psycare Ireland. Psychedelics, Mental Health &

As the summer approaches we come into the season of music festivals. I recently learned about the vital work of the charity 'Psycare Ireland' with Dr Kat Ledden and her brother Psychotherapist Mick Ledden. Psycare staff provide a safe and

I had such laughs and fun with the psychotherapists and educators

Inviting participants to connect deeply with themselves and the rest of nature, I aim for two full days and much of the third to be spent outdoors 'hail rain or shine'. This time the weather gods provided

So much food for thought with this inspiring group as we spent Mother's Day weekend in the embrace of Mother Earth. A deep

natural This 3 day workshop was jam packed with experiential learning, Ecotherapy principles, practical considerations and ideas on how to bring nature more into our work. We spent 2 days in the woods in Ennistymon and the third in my therapy room and garden by the

in-person Ecotherapy

world

was

It's always wonderful to witness the ideas that participants dream up and plans they go away with. Consciously bringing nature more into their own lives and aiming to make their clinical practice less

once a year around September. Mowing paths through them has been helpful and in one section, outside my therapy room, I've had a spiral path which I like to walk in my bare feet. In September cut grass has been removed so as not to fertilise the soil – but this is no mean feat! Only cutting once produces a 'long flowering meadow' but it takes a few years for many flowers to come. In our case we have had lots of various grasses, red and white clover, buttercups, selfheal, speedwell and knapweed. The long grass has attracted lots of insects and a huge extra influx in Goldfinches which I have really enjoyed in the last couple of summers. Check out these links for some more inspiration! https://www.rte.ie/brainstorm/2024/0430/1446592-no-mow-may-pollinators-nature-bees-butterflies/ The nature of art therapy: uniting human and planetary health

> This is an interesting short article I came across, shared on LinkedIn by David Key. Published in the International Journal of Art Therapy's, special issue on Nature-based Art Therapy, it is a nice snapshot of papers. Studies mentioned include Nature based work with all ages from very young toddlers to those with dementia. There is also examples of work with differing issues from cancer to mental health and community activism. Wonderful to see the ever increasing studies, programmes and literature in the field of Ecotherapy. Personally I find nature based art work to be hugely symbolic and engaging and always include it in my

https://www.tandfonline.com/doi/full/10.1080/17454832.2025.2458382#d1e190

ND FULL

women led global campaign for climate justice. Despite lots of setbacks including the US withdrawal from the Paris Agreement her voice is a stalwart strength on the global stage. Her TED talk recorded 10 years ago in May 2015 is

https://www.youtube.com/watch?app=desktop&v=7JVTirBEfho

well worth a listen and still very relevant.

secure space for those at festivals who are distressed, overwhelmed or vulnerable after taking drugs. Kat was also a speaker at the PCI National Psychotherapy conference I spoke 3 Day In Person Ecotherapy Workshop

## benefits of increased nature connection to Mind, Body and Spirit. Highlighting the importance of our return to feeling part of the natural world, and shifting from an Egocentric to a more Eco-centric world view.

I also brought focus to the large body of research on the

ran an interactive session on subject choice and career research to a great group of curious students . Always glad to help the Extreme team in Shannon as they continue their great work in giving TY students early insight into work life.

Vigil for the Trees I had an amazing evening in March with community coming together to honour the fallen trees of storm Eowyn. Born out of the visceral experience I had at the sight of the fallen

Almost 20 of us gathered in the Glen in Ennistymon Co Clare in mindful reflection. Allowing space for joy and sorrow and being with

cycle

of

with the trees, the saplings, the river, and the birds as we experienced our unity and oneness together. Thank you for reading !!

This is now the 18th edition of my newsletter. Thanks for being part of my newsletter community and for taking the time to read them. reel free to share with anyone you think would enjoy the content and email me with feedback or suggestions for future issues. ne Hanrahan Psychotherapy

Joanne Hanrahan Psychotherapy