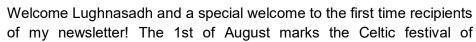




Psychotherapy the





Lughnasadh. It celebrates the first fruits and anticipates the harvest to come. Hopefully, after having some rest over the summer season or in the coming weeks of August, we will then begin to reap what we have sown in spring. It is 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".









organised Mater arrived. He would have been eleven this August. Named after a character in our children's favourite movie, Pixar's animated 'Cars', Mater quickly grew into his name and had the same traits as the character - lovable, loyal, nervous and often hilariously foolish! All three of my children are in college now. Mater saw us all through a hugely important period of our lives. He was a golden thread that wove joy into our lives despite any challenges we may have been facing. He brought ease and even tried his hand as a therapy dog for my clients!

The grief we have experienced with this loss feels different to others, maybe because he lived in the house with us and we all had the same relationship with him. It seems like we are all experiencing the same pain. The grief of losing a pet should never be underestimated. He was totally one of us and could completely and effectively communicate with us. We have learned so much and grown as humans by having this

beautiful creature in our lives. I will forever be grateful that he graced us, that we were together when we got the news of his death, that we were able to collect him and lay him out in our sitting room, and say our goodbyes before burying him together in the spot in the garden where he practiced being a mindful dog.

My message - delight in your pets and give love back to them in abundance just as they shower it on you, and if you know someone who is grieving the loss of a pet hold in your

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

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



In This Issue

am on Friday September 6th to 2pm on Sunday 8th. It counts for 16.5hrs CPD it is open to Therapists, Other Professionals Healthcare, Community Support. We will cover a vast area of theory, client

awareness the impact that that may be having on them.

My next free one hour online café will be held on Tuesday evening September 17th 2024 7.30-

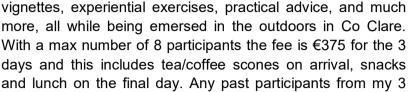
vignettes, experiential exercises, practical advice, and much more, all while being emersed in the outdoors in Co Clare. With a max number of 8 participants the fee is €375 for the 3

day online version of this training will get a 20% discount if they would like to join in person. Expression of interest form

Work/Care.

In Person Ecotherapy Workshop: Book Now for Sept. My 3-day Ecotherapy in person workshop will run from 10.30

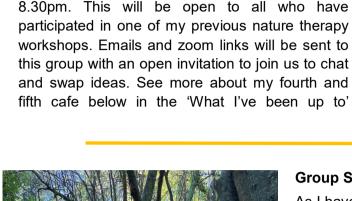
Social



Education

https://forms.office.com/r/Z7pKC1we7B Date for your Diary - Next Nature Network Café

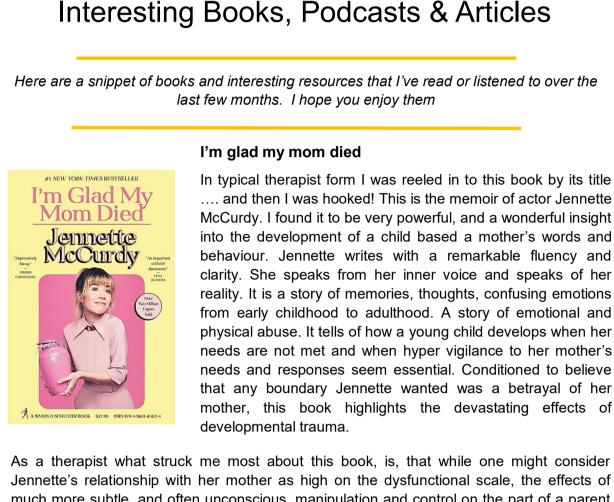
available here:



Group Supervision As I have mentioned in previous newsletters, in Spring of 2024 I completed a year-long piece of supervision work. I worked with a small group of therapists, monthly, using a unique hybrid outdoor in person (once per season in Clare) and online model. I thoroughly enjoyed this experience. I am now taking expressions of interest for a new group to form in Autumn/ Winter 2024. Based on where participants are

outdoors with your clients.

coming from I will either work with the same model as I have done 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



her story.

Rewilding Therapy

As a therapist what struck me most about this book, is, that while one might consider Jennette's relationship with her mother as high on the dysfunctional scale, the effects of much more subtle, and often unconscious, manipulation and control on the part of a parent

can led to extremely unhealthy or crippling outcomes. These effects are seen daily in therapy. I'd recommend this book to anyone. I listened to it on Audible and it is narrated beautifully by the author which I think really added something very poignant to the sharing of

I had the honour of being asked to read an advance copy of Chiara Santin's book "Rewilding Therapy", and to write an endorsement for the publication. This book is thoroughly

deserving of an endorsement and I would very much

recommend it to all health professionals interested

Uprooting

Ecotherapy. This is my published write up... It is with great enthusiasm and gratitude I welcome and endorse "Rewilding Therapy". As an Ecotherapist who has researched and brought my Psychotherapy, Supervision and group facilitation practice outdoors over the last 10 years, I believe this book is a wonderful addition to the literature in the field. Chiara, expertly weaves an impressive depth of academic reading, with her own personal natural growth story. Her poetry and reflections, along with her sharing of vignettes from her work with individuals, couples, families and community groups outdoors, are a gift to the reader. In addition, her Ecosystemic model offers a theoretical framework for psychotherapists from all modalities to consider their ecological practice. Chiara's inspiring book is a book of hope. It encourages us to "rethink, re -vision, re-landscape mental health services" and reminds us that working, for the good of people and planet "together we are

> Marchelle on what seemed like a magical journey. Big issues such as colonialism and life as a black woman are explored as Marchelle comes to her own inner peace in this garden and this book left me not only pulled out to my own garden and patch of earth but with much to think about. An excellent read for all who believe in the healing power of Nature and strive toward a

> I have mentioned the great work of Miles Richardson and his team of researchers in Derby University in previous newsletters. The team are involved in research on nature connectedness and the benefits of nature for wellbeing. They regularly produce userfriendly handbooks for the public, based on their work. The latest edition is 'Connecting Families with Nature: Activities to connect young children and their families to nature'. Lots of ideas here for the toddlers and pre-schoolers and adaptions for bigger children.

community of respect and hope.

Connecting Families with Nature

<u> https://tinyurl.com/56m3xveb</u>

Uprooting is a beautiful memoir based on a year in the life of Trinidadian Psychiatrist and Psychotherapist Marchelle Farrell. After studying and practicing in the UK for many years Marchelle's move to an old country cottage with an endearing but in need of love garden, marked a turning point in her home coming to herself and the land. This is an eloquently written piece, winner of the 2021 Nan Shepherd prize and recently longlisted for the 2024 Wain Wright Nature Writing prize. Marchelle's personal process of healing and embedding through her developing relationship with the garden is layered and gradual and she often likens part of it to the therapeutic relationship. Marchelle has a great knowledge of plants and at the beginning of the book I found myself googling their images but I soon gave up on that and just let my imagination join

Rewilding

Therapy

Marchelle Farrell **UPROOTING**

Eco Supervision by Joanne Hanrahan

https://tinyurl.com/2zwwmb6v

Connecting Families with Nature

the experiences of my supervisees, in the early

My first article on Eco Supervision has been published in 'Inside Out', The Irish Journal of Humanistic and Integrative Psychotherapy. This is a reflection my experiences, and

development of my eco supervision practice. It includes thoughts on outdoor supervision and online supervision with an embodied and ecological lens. The article is available to read via this link - I hope you enjoy.

not a tree, we are a forest".



Nature Network Cafes

NATURE NETWORK GAFE ##4

Clare Local Development Company Workshop

groups and all those in Clare simply needing a hand.

PIC.COLLAGE

In early June I was delighted to be engaged by Clare Local Development Company to present in Lisdoonvarna and Ennis to groups of volunteers who work with immigrants. The topic was 'Understanding trauma and the Importance of Self Care'. I really enjoyed the conversations with these amazing people who are doing such wonderful work on the ground in Clare. It is great to see CLDC actively develop as a Trauma Informed Organisation. They first contracted me to work with their staff in 2022. At that time it was a privilege to meet staff who work with refugees, asylum seekers, homeless, marginalised

lare Local

Launching My New Logo

based

I'm absolutely thrilled to share my new logo for my training business! Designed by

Robinson who expertly guided me through

the process and creatively captured my brief. I think she caught the importance I put on the reciprocal relationship we have with the Earth and how an ecological mindset is vital for health and growth WITH the planet. I'd love to hear what you think.

> Training the Wild Atlantic Way

designer

graphic

What I've Been Up To

I was honoured to be invited to present at the IACP - Irish Association for Counselling and Psychotherapy Supervisors Forum in Athlone in May. I delivered a full day workshop to 90 Clinical Supervisors on a topic which I am very passionate about - bringing an Ecological lens to Supervisory Practice. With a growing number of therapists working in and with nature, and a future set to hold increasing climate related distress, I feel it is imperative that we see our work in health and wellbeing in the context of the wider eco-system. In May and July I hosted 2 more of my Nature Network Cafés, providing space for Ecotherapists to learn from each other. I welcomed psychotherapists from Ireland and the UK. The small group sizes made for perfect opportunity to chat about some of the practicalities of working outdoors with clients, including insurance and risks. We also looked at some resources including Chiara Santin's new book mentioned above. I find the swoping of ideas and resources in these groups really helps us all feel less isolated in our Ecotherapy practices. I'm facilitating these cafes every second month. They are a check in, networking space for those who have attended workshops with me over the last few years. I have to say I'm really enjoying them!

Training the Wild Atlantic Way

PIC.COLLAGE



Brussels

bridging

included:



this workshop in over a year and what an enjoyable experience it was! I was joined by two Irish psychotherapists and a mental health practitioner from Canada. We started at 830am Irish time Friday Saturday and Sunday which was 430am for my Canadian participant but she was up and ready to go each day! The small group size allowed for beautiful connections and learnings between us. Some of the very encouraging feedback

"I had a phenomenal time in the course. One of the best courses that I've had the pleasure of attending!" "This was a beautiful course. The experiential exercises really supported the integration of the material. It's clear that a lot of consideration went into its creation." "On a personal and professional level I came away with many new learnings, an excitement and practical, tangible steps in how I can introduce nature and eco therapy more into my clinical work and life. It has been the most enjoyable and worthwhile

workshop I have attended for a long time and I would really recommend it."

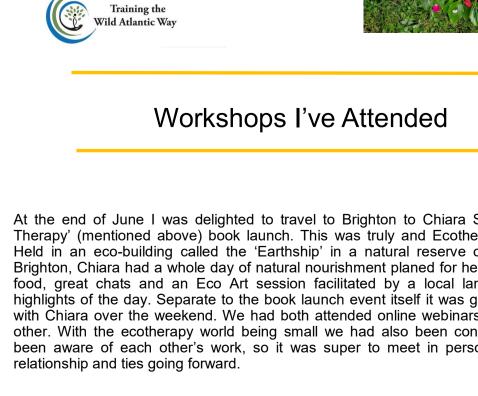
In July I ran my online 15 hour Ecotherapy workshop. This was my first time facilitating

Training the Wild Atlantic Way

ECOTHERAPY WORKSHOP *JULY 2024*

3 Day Online Ecotherapy Workshop







This is now the 15th 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. anne Hanrahan Psychotherapy annePsychotherapy@gmail.com 53 87 713 3737

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At the end of June I was delighted to travel to Brighton to Chiara Santin's 'Rewilding Therapy' (mentioned above) book launch. This was truly and Ecotherapy book launch! Held in an eco-building called the 'Earthship' in a natural reserve on the outskirts of Brighton, Chiara had a whole day of natural nourishment planed for her guests. Delicious food, great chats and an Eco Art session facilitated by a local land artist were the highlights of the day. Separate to the book launch event itself it was great to spend time with Chiara over the weekend. We had both attended online webinars presented by the other. With the ecotherapy world being small we had also been connected online and been aware of each other's work, so it was super to meet in person and deepen or