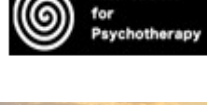


Welcome to Samhain!

Welcome Samhain! The 31st of October and the 1st of November mark the Celtic festival of Samhain. It welcomes the completion of the harvest and the darkness and rest of winter. It was believed that the barriers between the physical world and the spirit world break down during Samhain. Just as the ancient Celts welcomed the faeries and spirits I wish you a magical season!

To remove your name from my Mailing List, please [click here](#).
Questions, Suggestions or Comments? Email me at JoannePsychotherapy@gmail.com



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A Transformative Initiative for Ireland's Health Services



Earlier this year, in May, I was invited by Dr Eoin Galavan (Senior Clinical and Counselling Psychologist with the HSE Adult Mental Health Services) to discuss the set up of Kyrie Farm and advise on the benefits of Nature Based Interventions. On September 1st, I was also invited to the Open Day for Kyrie Farm and got to meet many of those who are involved in bringing this initiative to life. While this is still a Greenfield site, it was great to imagine the landscape and horticultural design concepts that will add to this healing environment. Kyrie Therapeutic Farm will be differentiated from other mental health services available in Ireland by combining a healing ingredient with the natural environment, a sense of community and healthy food all playing a central role. The core philosophy of the farm is shaped by a number of important considerations including being trauma informed and recovery focused. For more information, check out their website. <https://www.kyriefarm.ie/>

Horizon Europe Research : GETInNature



I've recently been involved in a number of exploratory sessions with European academics and practitioners on developing research funding proposals under the Horizon Europe program. The initiative is led by Dr Tadgh MacIntyre who is an Environmental Psychologist at Maynooth University, specialising in fundamental motor cognition, well-being and human-nature interactions. The GETInNature initiative is focused on developing nature based therapies across a wide and diverse population base. I am delighted to be involved in helping bring a clinical perspective to the academic research proposals. I'll keep you updated as how this progresses.

RTE LyricFM: Ireland's Changing Nature



I had the honour of being interviewed for this wonderful 3 part radio documentary series by Anja Murray about Ireland's changing relationship with the natural world, over the ages, and up to the present day. I'd encourage you to listen to all 3 podcasts with some fascinating inputs. My interview is during the 13-19 min section in episode 3 (link below). We speak a little around Nature and psychological wellbeing. Interestingly, this clip catches us both 'dropping down' as we step outside after a detailed discussion in a room. <https://www.rte.ie/radio/lyricfm/clips/22009208/>

CPD Training Opportunities



Outdoor Psychotherapy Core Training (Online 15Hrs CPD)
I'll be running my *15 Hour Outdoor Psychotherapy Core Training (Online)* for the 6th time this coming January. This popular course has had great feedback from all participants and generally sells out quickly as I limit it to a max of 10 participants. As members of my mailing list, you have early access to booking and I'll be putting it on my website for general booking in the coming week. The next course will run over 3 Sundays in January from 8:30am to 2:30pm on 16th, 23rd & 30th January 2022. If you'd like to book now, just drop me an email or keep an eye on my website for further details.

Experiential Outdoor Process & Skills Workshop (6Hrs CPD)
My *in person* 1 Day Experiential Outdoor Process & Skills Workshop won't be back until at least February 2022 due to other training and teaching commitments. I'll be back in contact once dates are confirmed. The venue will again be in The Glen, Ennistymon Co. Clare. This day has had great feedback from all participants so check out the details in the below link. <https://www.joannehanrahan.ie/outdoor-experiential-training>

Useful Links & Articles

Here is a selection of some useful and interesting resources that I've come across online over the past few months. I hope you enjoy them

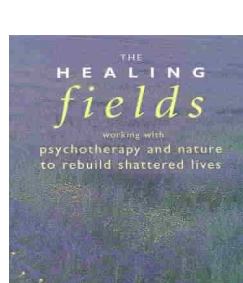
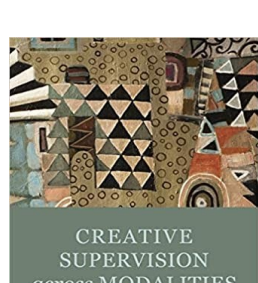
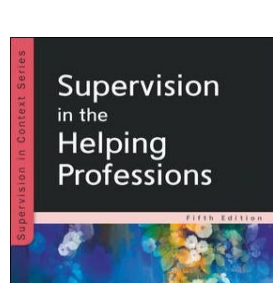
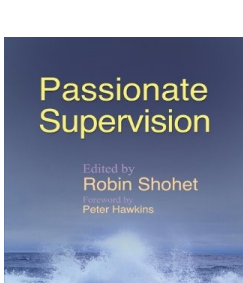


Stanford researchers find mental health prescription: Nature
While the study stems from 2015 Research, it provides quantifiable evidence that walking in nature yields measurable mental benefits and may reduce the risk of depression. <https://news.stanford.edu/news/2015/june/hiking-mental-health-063015.html>



THE BRANCHES OF THE PERSON-CENTRED TREE: SOME POINTERS
An interesting Blog from Mick Cooper (Chartered Psychologist, and Professor of Counselling Psychology at the University of Roehampton) where he provides some useful pointers to give us a brief and systematic description of each of the principle 'branches', or 'tribes', of the person-centred approach. <https://mick-cooper.squarespace.com/new-blog/2021/9/29/the-branches-of-person-centred-therapy-some-pointers>

Book Recommendations



- **Passionate Supervision** by Robin Shohet
- **Supervision in the Helping professions** by Peter Hawkins & Aisling McMahon
- **Creative Supervision Across Modalities** by Anna Chesner & Lia Zografou
- **The Healing Fields** by Sonja Linden & Jenny Grut

At the moment I am nearing completion of a year long Supervision training. As I approach the end, my reading is geared towards my final essay! Having focused my training hours on outdoor supervision and/or work with therapists who work outdoors I am trawling through the books to see where supervision literature meets the natural world. Some years ago I read an excellent book by Linden and Grut called *The Healing Fields*. It focuses on the work of the Natural Growth Project where therapists helped victims of torture through horticultural therapy and other nature based approaches. I was thrilled to find a chapter in *Passion for Supervision* where Jochen Encke describes his concept of supervision based on his work at the same Medical Foundation London based project. Peter Hawkins and DCUs Aisling McMahon include an extended view of the contextual seventh mode in the well documented '7 eyed model' of supervision. Here they extend the context of supervision to include the 'more than human world', the ecosystem and the importance of a planet in crisis. Finally *Creative Supervision*, while not having a chapter on outdoor supervision has interesting chapters on, for example movement in supervision.

Outdoor Therapy Spaces on 3 Continents

I was thrilled to be featured for the second time in this super blog by Australian therapist [Jodie Gale](#). This time, she focused on the outdoor therapy spaces of 14 therapists across 3 different continents. Some great photos and ideas of where you could take your practice outdoors <https://psychosynthesis.online/taking-therapy-outdoors-in-nature/>



Developing New Skills - Somatic Experiencing

Over the past 3 years I have been training as a Somatic Experiencing Practitioner. While I was due to finish this approach to Trauma and Body Psychotherapy in May 2021, our final module was continuously delayed due to COVID. However, this in person model is now scheduled to take place in November, after which I will be have the internationally recognised SEP Qualification.

Somatic Experiencing (SE) is a body-oriented approach to the healing of trauma and other stress related symptoms. It is the life's work of Dr. Peter A. Levine, resulting from his multidisciplinary study of stress physiology, psychology, ethology, biology, neuroscience, indigenous healing practices, and medical biophysics, together with over 45 years of successful clinical application. The SE™ approach releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma.

'An Tairseach' is the Association of Somatic Experiencing™ Practitioners in Ireland. <https://www.tairseach.ie/>

Recent Training Sessions



My September Graduates
I had the opportunity to host another great bunch of therapists for my three day online Outdoor Psychotherapy Training. Deep learning for all, including myself. We shared three Sunday's as we explored the personal process and clinical practice implications of taking therapy outside and bringing nature in more. My next session will be in January so keep an eye on my website or subscribe to my mailing list for future dates.



In person Experiential Workshop
I had another great day in the woods in Ennistymon in August. I hosted a wonderful group of 10 Psychotherapists and Psychologists for a day long experiential workshop in Outdoor Therapy. They joined me in exploring their process in the natural world and we had really interesting discussions and thoughts on how these practitioners can bring clients outdoors. Keep an eye on my website or subscribe to my mailing list for future dates.



Celebrating a Big Milestone
I had a big milestone in my training practice in September when I joined the University of Limerick teaching team as a part time lecturer. I am co-facilitating the module on Counselling Theory and Practice on the MA in Guidance Counselling & Lifespan Development at UL. As a psychotherapist with a background in school Guidance and Counselling I'm very enthusiastic about helping with the development of these key frontline professionals. While the first 2 sessions were all online, I was delighted to attend the October session in person where I led the class in a mindful walk across the Living Bridge to start the day.

Thanks for taking the time to read my Newsletter. Feel free to share with anyone you think would enjoy the content and email me with feedback or suggestions for future

