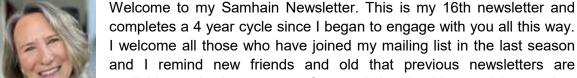
**Newsletter: Winter 2024** 

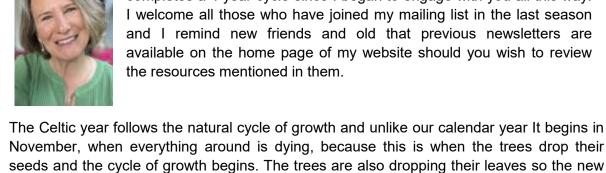


Welcome Back to Samhain!



Psychotherapy the



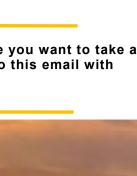


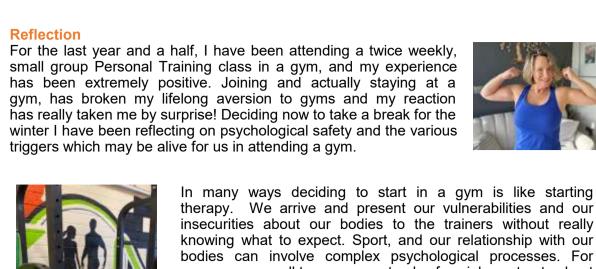
I welcome all those who have joined my mailing list in the last season and I remind new friends and old that previous newsletters are available on the home page of my website should you wish to review the resources mentioned in them. The Celtic year follows the natural cycle of growth and unlike our calendar year It begins in November, when everything around is dying, because this is when the trees drop their

between the living and the dead was the thinnest and our ancestors stood beside us. As more darkness comes to us over the Winter season here is a little invitation from the Kerr and Lemke book mentioned below: 'Go out in dusk. Let the dusk seep in and sing its song through you.' I hope you find some joy in old traditions based on nature and the cycle of life this Samhain.

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

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".

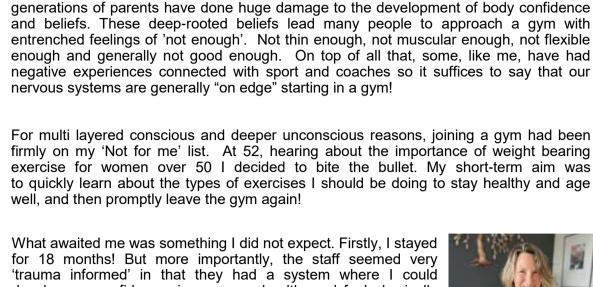




women we are all too aware, not only of social constructs about body image, but that we live in a culture where, our bodies can be objectified and sometimes shamed, so starting in a gym brings added pressure. However, this is not just an issue for women, as many men also feel pressured to live up to a masculine stereotype.

While it's easy to blame the era of social media and its influence on body image,





care and respect.

firmly on my 'Not for me' list. At 52, hearing about the importance of weight bearing exercise for women over 50 I decided to bite the bullet. My short-term aim was to quickly learn about the types of exercises I should be doing to stay healthy and age well, and then promptly leave the gym again! What awaited me was something I did not expect. Firstly, I stayed for 18 months! But more importantly, the staff seemed very 'trauma informed' in that they had a system where I could develop my confidence, improve my health, and feel physically and psychologically safe. Every age group, every level of fitness, and every body type was welcomed and encouraged with smiles, enthusiasm, and professionalism. Now at 54, I probably feel stronger, more powerful and more empowered in terms of what my body can do than ever before. I have also changed my own

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

2025.

This

So my message is delight in all your body can do. If you are deciding to seek support to make change, remember that your journey may be loaded and you need to be treated with

preconceived perceptions on what a 'gym body' looks like and I realise there is no such thing - just an multitude of amazing

wonderful bodies that can surprise us every day.



- The fee for this workshop is €375. Numbers will be capped at 8 places so sign up via the link below. https://forms.office.com/r/tx5vgNkiYa
- Here is some feedback from my last online workshop held in July 2024: "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

Professionals from Healthcare, Social Work/Care, Education and Community Support. 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 more.



## 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." Workshop #2: In Person 3 Day Ecotherapy

My 3-day Ecotherapy in person workshop will run over a Friday Saturday and Sunday in the Spring. Dates are to be confirmed but

This will count for 16.5hrs CPD it is also open to Therapists, Other

planning for Friday 28th—Sunday 30th March 2025.

Date for your Diary – Next Nature Network Café

My next free one hour online café will be held on Thursday 21st November 2024 from 7.30-8.30pm. Big News: Up to now this offering has only been open to those who participated in one of my previous nature therapy workshops. However this is now open to all on my mailing list. If you'd like an invite to the Network

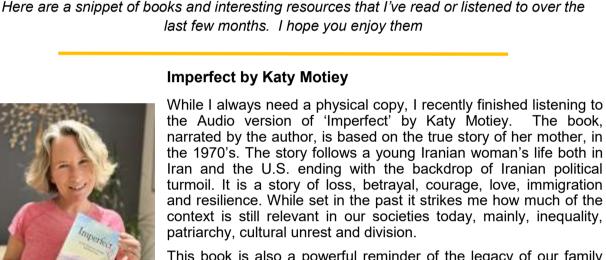
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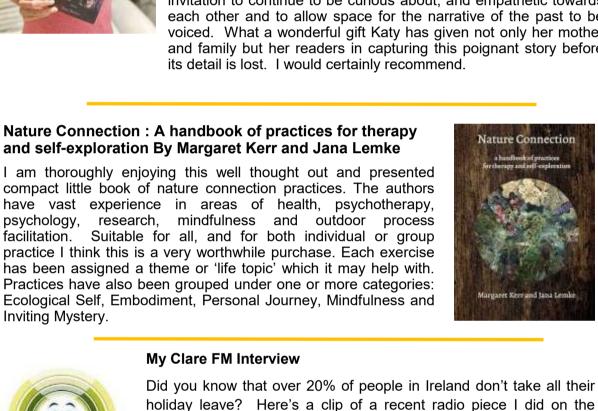
integration of the material. It's clear that a lot of consideration went into its creation." "On a personal and professional level I came away with many new learnings, an excitement and practical, tangible steps in how I can introduce nature and eco therapy more into my clinical

Cafes, please email me and let me know. Emails and zoom links will be sent with an open invitation to join us to chat and swap ideas. See more about my sixth cafe below in the 'What I've been up to'



Imperfect by Katy Motiey





clare fm

health.

Winter?

simple activities to try. Enjoy!

https://tinyurl.com/29euzvvx

I really enjoyed this short series of Manchan Magan podcasts on John Moriarty sent to me by my good friend, psychotherapist Shane Sheehy. Manchan introduces Moriarty as 'Irelands most underrated deep thinker, a philosopher of the ditches and the hedgerow, a druid or a mad Gaelic Shaman'. In seven short episodes, each just between 8 and 21 minutes long Manchan has

## https://tinyurl.com/nrx7aya4 The Bog Shaman: Manchan on Moriarty

importance of taking time off for your physical and psychological

Psychology, Psychotherapy, Neuroscience, Research, Nutrition, Social and Therapeutic Horticulture and much much more. We immersed ourselves in the woods for 2 days and garden to my therapy room and We gave ourselves permission to let go of all the usual business of the head and to experience ease, fun and emotional depth while being safely held by the group and the environment. We had lots of experiential learning and discussions about theory and practice of Ecotherapy and helping ourselves and those we work with connect deeply with Great feedback from the group included: "I thoroughly enjoyed this immersion in the mystical landscape of county Clare. A very informative and relaxed learning experience with nature as our classroom" "Overall I came away with what I wanted from the course, to feel and ground my own was in the company of a true expert in this area".

I hosted my 6th Nature Network Cafe in September. Lots of lovely sharing of experiences on how Nature supports us in the co-creation of therapeutic space, and

Chiara Santin filled us in on what brought her to write her book 'Rewilding Therapy' and we all delighted in spending the hour together. One of the group, teacher and psychotherapist Ann McKirdy, closed our session

saying

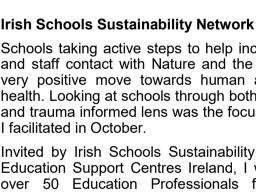
"Ar scáth a chéile a mhaireann na daoine" which literally

translates as "people live in each other's shadows". This means that we are shielded from the sun by each other, we rely on each other for shelter, and we rely on and build each other. A beautiful way to describe our evening of leaning into each other and sharing our

or

ʻsean

connection with nature before working with others. I liked the practical examples and felt I



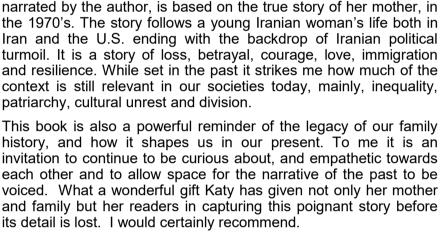
**Kyrie Farm** 

filled me with hope.

For more info on Transforming Touch Training in Ireland see

Professionals from Healthcare, Social Work/Care, Education and Community Support. Again we will cover a vast area of theory, client 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 days and this includes tea/coffee scones on arrival, snacks and lunch on the final day. Any past participants from my 3 day online version of this training will get a 20% discount if they would like to join in person. Expression of interest form available here:

**Group Supervision** Last Call for my 2025 Supervision Group. Grab this opportunity of a unique supervision offering! Just one place left in my next hybrid online and in person outdoor supervision group. Starting Spring 2025 this year long group will meet monthly. Supervision will be a mix of online and 4 outdoors sessions in Co Clare. Participants are not required to be working outdoors

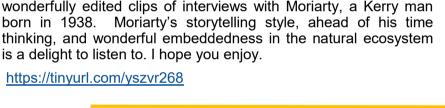


Nature Connection

rgaret Kerr and Jana Lemke

The Bog Shaman:

Manchán on Moriarty



What I've Been Up To

The clocks go back, but now is not the time to hibernate

Do you notice that you connect with the rest of nature less in the

Well this is a great article to help you, even in the darker months. Published in The Guardian and based on the work of Miles Richardson and his team at Derby University here you'll find Eight

by

the

sea

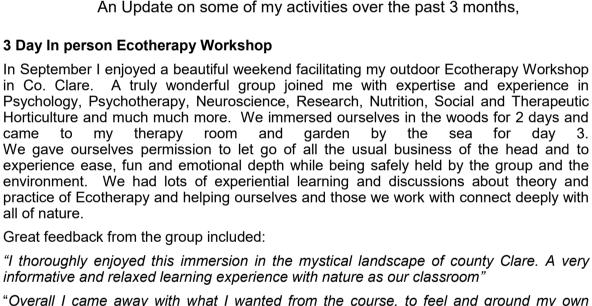
for

Training the Wild Atlantic Way NATURE NETWORK CAFE #6

It feels like we've

Great engagement and

Editorical Material



**Nature Network Cafe** 

in our own lives.

with

Ecotherapy experiences.

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Irish

aptly

**Extreme Networks California USA** 

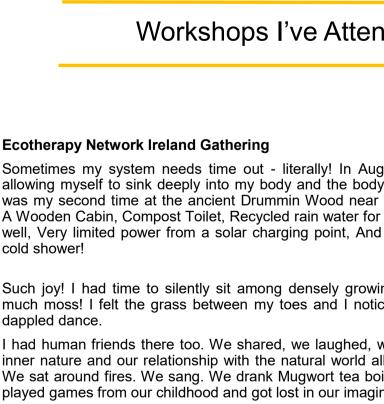
care and Work/Life Balance".

experiential exercises.

energy from this team.

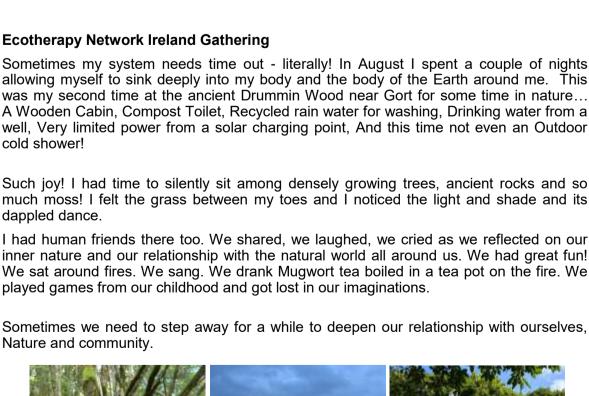
It was great to be back facilitating a session for the Extreme Networks Legal team in October. This was the second time that I was 'zoomed' in to join them at their onsite summit in San Jose California. Following on from our previous session on "Psychological Safety & Empathetic Leadership", this time we brought our focus to "Mindfulness, Self-

cracked the system now at reducing my sense of being 5,000 miles away! All worked well with having a team member on the ground helping with getting the boardroom set up, so that I could see everyone, and with gathering all the materials needed for the



developmental A truly nourishing few days spent with psychotherapists, psychologists, trauma specialists

Thank you for reading !!



Transforming Touch Developmental Trauma Training Having completed my certification in Transforming Touch Therapy early in 2024, I returned as an alumni to another wonderful 4 day training with Steve Terrell in Dublin in September. This approach, which includes regulation focused interventions, helps promote health, build reduce the effects of stress and

and body workers from Ireland, UK, Spain Sweden, Canada and Australia!

https://www.austinattach.com/transforming-the-experience-based-brain/dublin-ireland/

You will find out more and ways you can help on the Kyrie Farm website. If there happens to be any philanthropists in my network this is an ecologically and trauma informed venture to take note of!! https://www.kyriefarm.ie/



Joanne Hanrahan Psychotherapy



PIC-COLLAGE

Such joy! I had time to silently sit among densely growing trees, ancient rocks and so much moss! I felt the grass between my toes and I noticed the light and shade and its I had human friends there too. We shared, we laughed, we cried as we reflected on our inner nature and our relationship with the natural world all around us. We had great fun! We sat around fires. We sang. We drank Mugwort tea boiled in a tea pot on the fire. We played games from our childhood and got lost in our imaginations.

I certainly felt amongst my tribe at Kyrie Therapeutic Farm's conference on 'Recovery Oriented Mental Health', in October at the Royal Irish Academy. Eoin Galavan first introduced me to John McKeon's visionary plan to develop a Therapeutic Farm on a site in Co Kildare in 2021. Since then following the journey of the Kyrie Farm team and watching their enthusiasm, determination and drive to bring a revolutionary offering to Mental Health care in Ireland has been inspiring. The conference was a wonderful opportunity to meet more of the team members and hear updates on the progress, and it

This is now the 16th 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 anvone you think would enioy the content and email me with feedback or suggestions for future issues. anne Hanrahan Psychotherapy camor, Co. Clate, treland nnePsychoherapy@gmail.com i3:87:713:3737