



“Nature as co-therapist”

*A systematic introduction to
Nature-guided therapy
for counsellors and therapists*

A 3-day workshop at

The Sustainability Hub Buildings, Keele University,
Newcastle-u-Lyme, Staffordshire, ST5 5BG

Organised by

Green Age at Blore Heath Farm

in association with the

***Counselling Psychology Short Course Programme
of Keele University***

Three linked days:

Saturday, January 14, 2012

Saturday February 11, 2012

Saturday, March 17, 2012

From 9.30-16.00

Course details and booking form

Course aims

A growing body of research attests to the healing power of a contact with nature, yet how do you facilitate nature-contact in the course of “conventional” therapy sessions, which often take place in a room? How can you harness the healing power of nature ethically, sensitively and effectively? More generally, how can you mobilise the self-healing potential of your client?

This workshop, based on the presenters’ development work over the past 5 years, will help you find an answer to these questions. We suggest that clients can be helped to access natural settings, at their own pace, and in non-threatening ways. Broadly, we argue that you can use “Nature as a co-therapist.”

The workshop is open to experienced therapists / counsellors working in any relevant therapeutic tradition and setting who want to learn to harness the healing power of “Nature as a co-therapist”. A limited number of places are available at a discounted rate for counsellors or therapists in- training (see below).

Indicative topics

- Personal development in counsellors’ / therapists’ Earth awareness.
- Nature-connectedness concepts and principles.
- Research perspectives in nature-connectedness, ecotherapy, green care and care-farming.
- Therapeutic Strategies for using nature in counselling and therapy.
- Linking nature-work to therapy models – e.g. person-centred therapy.
- Practical and ethical issues.

Workshop structure

The workshop will be held over three days (from 9.30 – 4.00), so that participants can consider ideas and principles, incorporate them into their personal development and therapy work, and share experiences. Sessions will be essentially practical, with a touch of theory and research thrown in. Some of the exercises will help you to “bring nature into the therapy room” and others will stimulate you to take clients “outside into nature”. On Days 2 and 3 it is hoped that participants will report back and discuss how far they have been able to implement ideas personally and therapeutically.

The workshop leaders

Janet Heath has a Diploma and an MSc in Counselling Psychology and is a person-centred counsellor, with interests in energy therapies including dowsing, who has researched nature as an important adjunct to “conventional” counselling and uses it regularly in her own work with cancer patients and in private practice. She farms with her husband David on a mixed farm in Cheshire and finds inspiration from daily walks in the woods and riversides where she lives.

John R. Hegarty is a Chartered Psychologist and part-time university lecturer with a special interest and therapy practice in using nature in hypnosis and psychological healing, especially with cancer patients. He lives at Blore Heath Farm in Staffordshire and, whilst not exactly tree-hugging (!), loves being amongst trees and tending hedgerows and woodlands. John is a director of the not-for-profit company, “Green Age at Blore Heath” (www.green-age.org.uk) which aims to develop nature-connected services in health and social care.

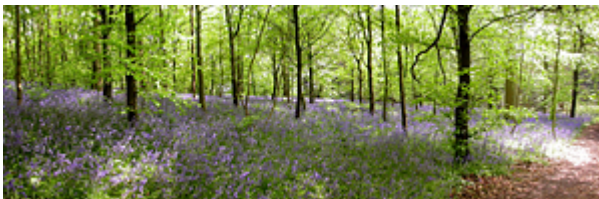
About the venue

The “Keele Hub for Sustainability” building is a stunningly-converted farm at the entrance to the 650-acre Keele University campus near Newcastle under Lyme in North Staffordshire, dedicated to teaching and research in sustainable living (www.keele.ac.uk/keelehub).



One of the Keele “Sustainability Hub” buildings, a converted barn

It has ground-source heating, water harvesting, solar panels and a superb setting. The Keele woods, with many specimen and rare trees, (www.keele.ac.uk/arboretum/) are adjacent and we’ll visit them during the course.



Bluebells in the Keele woods.

What to bring with you

We will be going outside for a walk in some sessions, so please bring wellies or boots and wet weather gear. You may wish to bring a camera to have a visual record of sessions. If you have any other queries, please don’t hesitate to contact us.

Certification

Participants attending all three sessions will receive a Keele University Certificate of Attendance. However, please note that the course is not “credit-bearing”.

Fee

£195 for three days, including refreshments, lunches, and detailed course notes and resource list. Students enrolled on a counselling course may apply for a limited number of bursary places (£65 for the three days). Please email John Hegarty (j.r.hegarty@gmail.com) with a short letter of application, giving your course details and the name of your course leader or other academic referee who may be contacted.

Booking

To book, please complete the order form (below) with a cheque for £195 (payable to "Blore Heath Care Farm Ltd.") to:

Dr John Hegarty, Blore Heath Farm, Market Drayton, Shropshire, TF9 2EG.

Please note that places are limited and will be allocated on a first-come, first-served basis. If you have special access or dietary requirements please indicate in a covering note with your order.

For more information

Please contact:

- John Hegarty at j.r.hegarty@gmail.com Telephone 01630 653912, or
- Janet Heath at lowerkeygreen@hotmail.com Telephone 07801 415490

Cancellation

Unavoidable circumstances may arise and you may cancel up to three weeks before the first session for a full refund of the fee (we will return your cheque). After that, until one week before the first session, we reserve the right to refund less a 10% cancellation fee. Later cancellations cannot be refunded, nor can we refund subsequent non-attendance at one of the course days.

Workshop organisation

- The workshop is organised by us with the help of *Green Age at Blore Heath*, a not-for-profit social enterprise offering nature-based healing and support on "care-farm" models. For further information see the Green Age website at www.green-age.org.uk.
- The Counselling Psychology Professional CPD Programme at Keele University is organised by Dr Maggie Robson and colleagues (contact details on www.keele.ac.uk/psychology).

(Booking form on next page.....



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Booking form: "Nature as co-therapist".

Please send with cheque or official order to:

Nature Workshops, Blore Heath Farm, Market Drayton, Shropshire, TF9 2EG

Please reserve ____ place (s) at the 3-day workshop (Jan 14, Feb 11, March 17, 2012);

SURNAME _____

INITIALS _____ TITLE _____

ADDRESS _____

_____ POSTCODE _____

PHONE _____ EMAIL _____

DIET/ACCESS: Please indicate any special requirements overleaf.

EITHER

I enclose a cheque payable to "Blore Heath Care Farm Ltd" for £195

OR

I enclose an official order - please invoice me. **NB Please include name and address for invoice if different from above.**

Signed _____ Date _____

Booking conditions

- Course numbers are limited: please book as soon as possible. Bookings are accepted subject to availability and receipt of payment or order.
- The full course fee for each delegate (or official order) should accompany each order.
- Cancellations with a full refund will be accepted up to 3 weeks before the course begins; refunds thereafter are as detailed in the course particulars (above).
- Substitutions of named delegates may be made but please advise of contact details.
- Bookings will be acknowledged upon receipt (usually by email) and course joining details sent to named delegates.
- Course materials will be available during the course.
- The organisers reserve the right to cancel courses that have not recruited to a minimum number by three weeks prior to the course date, whereupon named delegates will be notified and either an alternative course offered or a full refund made.