

Wild Therapy



Bringing Therapy into the Wild and Wildness into Therapy

One Year Training

Allison Priestman
Jayne Johnson

March 2020 to January 2021

Derbyshire, Lancashire and Bristol

Bringing Therapy into The Wild and Wildness into Therapy

As the human world wakes up to our relationship with nature, and therapists of many kinds become aware of the crucial connections and disconnections between therapists, clients and nature, this training offers you the opportunity to re-connect with the natural world and to re-wild your practice. To immerse yourself in nature both outdoors and indoors, in mind and body, in the connections you experience in community, in yourself and with your clients.

- **Working out of doors** we'll allow ourselves to encounter and work with the other-than-human and the more-than-human - animals, birds, plants, spirits, hills, trees, rivers, lights, winds, dreams, ghosts; and bring them into the therapeutic process. We'll be exploring solo, in twos and threes and in the whole group.
- **Creating Community** through living, working, eating and playing together with each other and with our natural companions, we may soften from our human-centric view and deepen into sensing the value of all that lives. Connecting with these qualities within and between ourselves, we'll explore and discover how this may change and broaden our therapeutic work.
- **An exploration and celebration of therapy's wildness** - its capacity to transcend the limitations we place on our creativity and connectedness. We'll work on the edge between fear-based strategies and opening to our own wildness, welcoming spontaneity and the unknown as we notice and trust what arises.
- **The practical magic** of feeling into the innate wisdom of our interconnected wild nature, embodying this and bringing it into our therapeutic and personal relationships.

Cost: £2250 – early bird £2100 before 5th December 2019. Price includes accommodation and all meals. For **more** detailed course **information** and to book please contact: **info@allisonpriestman.co.uk. Tel 01453 731226**

This is an immersive, supportive, challenging, playful, down-to-earth training facilitated by Jayne and Allison, themselves immersed in the theory and practice of Wild Therapy. Explored and developed originally by **Nick Totton** and has been running for over 7 years. Allison and Jayne are members of the Embodied Relational Therapy and Wild Therapy training team.

Allison: www.allisonpriestman.co.uk **Jayne:** www.shamanismembodied.com