

Bringing Therapy into The Wild and Wildness into Therapy

**A weekend of ecopsychology for counsellors, psychotherapists,
bodywork and shamanic practitioners**

The world of psychotherapy, counselling and similar practices are waking up to the crucial connections and disconnections between therapists, clients, and nature. Also suitable for anyone wanting to connect with their own **wild nature!**

This weekend workshop offers you the opportunity to include the other-than-human in your work, and **rewild your practice**, both indoors and outdoors, in your mind and body, and in the connection you offer to those you work with. We will be exploring the beautiful, **wild environment** at Middlewood Trust in the remote Valley of Roeburndale. We will gather as a group in the yurt, round an outdoor fire, and in 2's and small groups outdoors in the **woodlands, river and meadows**. A residential weekend with all food provided - bring a tent and sleep outdoors or share a bunk room in the eco house. There is an option for you to find your own accommodation close by if staying on site doesn't suit your needs.

At this time of year, the Autumnal colours, leaf mulch and fungus at Middlewood are in such abundance - not to be missed!

This weekend is an ideal taster for the One Year Wild Therapy training, originally created by Nick Totton, author of 'Wild Therapy' which will be running again with Jayne and Leonie in 2021-22.

Cost: £260 – **early bird £220** by 7th September - **Inclusive of all food and accommodation.**

For more information and to book: **contact Jayne: mail@jaynejohnson.co.uk – 07913 656 889 or**

Leonie: leonieguest@talktalk.net - 07759 007664

Leonie Guest: I have been working as a Core Process Psychotherapist for 15 years, and as a Wild therapist for 6 years. I run the Hastings and St Leonards Eco-therapy group and have also completed an in-depth shamanic training that greatly informs the way I work. <http://leonieguestpsychotherapy.co.uk>

Jayne Johnson: I have a passion for working alongside nature as a supportive friend and wise teacher. I am a trainer on the year-long Wild Therapy training course, Embodied-Relational Therapy courses and my own version of nature based Shamanic Dance workshops, following the cycles of the year. www.shamanismembodied.com