



Welcome to Bealtaine!

The 1st of May marks the Celtic tradition of Bealtaine, the start of the summer season, harvesting, and the 'bright fire' of the Sun. This year May day also brings us great excitement with the easing of restrictions! The sense of vibrancy which is apparent in the natural world is echoed in our hopes for increased fun, joy and community as we head into the Summer months. Maybe I'll even get to meet some of you!

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



In This Issue

- ◆ [Trauma Informed Nature Therapy](#)
- ◆ [Training CPD Opportunities](#)
- ◆ [Useful Links & Articles](#)
- ◆ [Book Recommendations](#)
- ◆ [Recent Fundraising](#)
- ◆ [Recent Training](#)

Trauma Informed Nature Therapy



I was really excited to have an article published in the Spring edition of *'Inside Out' the Irish Journal of Humanistic and Integrative Psychotherapy*. While I don't relish the experience of academic writing I wanted to conceptualise therapeutic outdoor psychotherapy from a trauma informed perspective. The article introduces some of the literature in the fields of Nature Therapy, Body Oriented Psychotherapy and Polyvagal Theory and explores examples of my clinical work in the context of that literature. You can read it here:

['Did you hear the birds? In this wind they're still singing!' Outdoor psychotherapy - A trauma informed perspective, by Joanne Hanrahan](#)

CPD Training Opportunities

Big News:

With the easing of restrictions, I'm planning to run my **in person** 1 Day Experiential Outdoor Process Work & Skills Workshop in the Glen, Ennistymon Co. Clare. I'm currently finalising the dates but expect it to take place in June. Please contact me to express your interest or keep a check on my website for details.



The Glen Ennistymon Co. Clare

My 15 Hour CPD Outdoor Psychotherapy Core Training (Online) has been very popular and sold out in February and April. My May course still has one place remaining. Next dates most likely to take place in August/September. Keep an eye on my website for or email me to log your interest.

My Introduction to a Trauma Informed Nature Practice is currently on hold as I revamp and refresh the content and move to a direct delivery via my own platform. Keep an eye on my website for updates.

<https://www.joannehanrahan.ie/therapist-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

Trauma and the Nervous System: A Polyvagal Perspective

- I think this 9 minute animated video is an excellent resource that explains how our Autonomic Nervous Systems works and how it responds to traumatic experiences and chronic stress. Well worth a watch.
 - [Animated Video on the Autonomic Nervous System](#)

Trauma Regulation and Nature

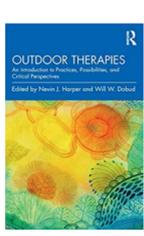
- On the theme of Nature and trauma regulation you may be interested in these two articles. One includes the findings of a University of California Berkeley study on nature and PTSD and the other is a nice example of how nature is being integrated into the nurturing of children in care in Scotland.
 - [How nature is integrated into the nurturing of children in care](#)
 - [Berkeley Study on Nature and PTSD](#)

The effects of cold water emersion on the vagus nerve

- Although I am now living by the sea for 9 years, this month marks my first full year of regular sea 'dipping' (Sea swimming would be too much of an overstatement!). Having braved the Atlantic throughout the seasons I can honestly say I absolutely love it. With lots of studies on the benefits of Green and Blue exercise I am also beginning to find some research on the effects of cold water emersion on the vagus nerve. Below is a link to an interesting article but I also hope to have some further links for you to review on this topic in my next newsletter.
 - [Can cold water swimming treat depression?](#)

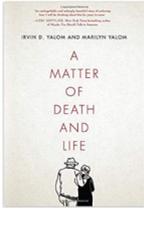


Book Recommendations



Outdoor Therapies: An introduction to practices, possibilities and critical perspectives.

This is a very accessible read with chapters on a range of outdoor therapies from wilderness to surf therapy. Each chapter presents theory as well as case vignettes and is easy to pick up and dip into as you have a coffee.



I've been a big fan of Irvin Yalom's writings and approach to therapy for many years. Having read his memoir Becoming Myself in October 2019 I was saddened to hear about the death of his beloved wife Marilyn the following month. This week, his latest book arrived in my post and I think it will be with true admiration that I will settle in to read *'A Matter of Death and Life; Love, loss and what matters in the end'*. *A matter of death and life*, an existential journey.

Fundraising while Enjoying Nature



Between Samhain (Halloween) 2020 and Bealtaine 2021 I have watched the changes in the natural world around me with more scrutiny than ever before while I walked 600km mostly within 5km of my home! Through this virtual Malin Head to Mizen Head challenge I walked the whole length of Ireland for charity. This all-weather experience in local nature awakened me to the very small and slow changes in the hedgerows, fields and trees and was a very nourishing experience through a difficult Covid period. While I'm not suggesting you take on a 600km walk I'd encourage watching a particular area of nature closely through seasons and enjoy the increased interest and mindful practice it will bring as you move among the other than human.



Recent Training Sessions

I had a very busy Spring season with running 2 separate sessions of my Outdoor Psychotherapy Core Training and facilitating a number of workshops for both the corporate and educational sectors.



Outdoor Psychotherapy Training April 2021

Last week, I worked with a wonderful group of ecologically minded Mental Health professionals over the 3 days in April. This group included a very progressive practice (Turas in Co. Louth) where 6 members of their team completed the training. They were joined by 4 other like minded Psychotherapists/ Psychologists from around Ireland. So fulfilling for me to see more therapists deepening their own connection with the natural world and seeing how in turn their clients and the planet will benefit.



Outdoor Psychotherapy Training February 2021

During February I was delighted to spend a very enjoyable 3 Saturdays with therapists from Ireland and the UK on my Outdoor Psychotherapy Online CPD training. We had a great group with loads of discussion, theory and plenty of nature based exercises in the participants gardens, despite some difficult weather. Great feedback with an average 4.86 out of 5 Star rating.



Workplace Wellbeing Programme

A big milestone for me in February and March as I expanded my Workplace Wellbeing programme with one of my corporate clients to their teams in the UK, Mainland Europe and Asia. It was really interesting to be part of a number of conversations around the shared COVID-19 experiences of people across multiple countries. It was also exciting to deliver a trauma informed perspective and wellbeing strategies from my therapy room in the west of Ireland to a truly global team!



Trauma Informed Schools Program

With the return to school in March, a Trauma Informed approach to Education has never been as important to the support the ongoing struggles of our young people. I was delighted to present on the topic to a large group of Guidance Counsellors in the Midwest Branch of the IGC.

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

