

Outdoor Psychotherapy Autumn 2020 Training Events	
Online Outdoor Psychotherapy CPD Training	Experiential Outdoor CPD Workshop for Therapists
Sat November 7 th , 14 th and 21 st 2020 8.30am - 2.30pm BST	Sat September 19 th 2020 10am - 5.00pm BST
Price: €300 (15Hrs CPD)	Price: €120 (6hrs CPD)
Online Via Zoom	Ennistymon Co. Clare
Max number of participants 12	Max number of participants 10

All events are Delivered & Hosted by **Joanne Hanrahan MSc - MIAHIP**

Are you an IAHIP Accredited or Pre-Accredited member interested in integrating nature into your therapy practice or taking therapy sessions outside? If so, these highly interactive and practical courses may be of interest to you.

There is much to be reflected on when embarking on therapy outside of the traditional frame of the room. Consideration must be given to a number of practical issues, client and process suitability as well as important theoretical underpinnings. Fundamental to Psychotherapy and Counselling is the therapists' own growth and awareness through personal therapy. Similarly, in working outdoors with clients, the therapists' own relationship with nature, their comfort and sense of regulation in natural environments is of paramount importance.

Joanne Hanrahan MSc, accredited member of IAHIP, is offering two unique trainings in the coming weeks one fully Online and one Experiential Day in Ennistymon, Co. Clare.

Online Outdoor Psychotherapy CPD Training

This course will help you learn of the background, theoretical underpinnings and practical implications of seeing clients outdoors. You will gain knowledge of clinical vignettes and explore how you might consider integrating nature more into your practice. It will be held fully online but will be very interactive and include nature-based exercises in a place local to you.

Experiential Outdoor CPD Workshop for Therapists

Explore your own process outdoors, engaging with the natural world and with other like-minded professionals. This workshop will compliment a core outdoor psychotherapy training or can give you a taster of how it may be to work outdoors prior to considering a further training. If you are already seeing clients outdoors this will provide a space for you to discuss your practice and gain more experience of being a client in the outdoors. Also, very importantly this will be a day to give yourself time to 'just be' in nature.

For more information on both CPD trainings and the facilitator's background visit <http://www.joannehanrahan.ie/index.php/therapist-training/>

Contact joannepsychotherapy@gmail.com with any questions or to book your place.