

Nick Totton I am a therapist and trainer with nearly 30 years experience. Originally a Reichian body therapist, my approach has become broad based and open to the spontaneous and unexpected. I am deeply involved with ecopsychology and addressing climate change. My book *Wild Therapy* (one of ten so far) is published by PCCS Books. www.nicktotton.net



Jayne Johnson I have experienced many journeys of both inner and outer landscapes to find myself in a place where I can truthfully say I am a Wild Therapist, indoors and outdoors. My life work also includes my own ever changing version of Western Shamanism, connecting us with our roots in this Land we walk. www.shamanismembodied.com



Dates 5 nights at Unstone Grange. March 12-17 2015; then 4 nights at Middlewood Study Centre in Roeburndale. May 28-June 1; then 4 nights at the camping barn in Roeburndale, September 3-7; and ending with a non residential weekend in London, January 23-4 2016.

Booking Contact Nick (nick@3-c.coop/01726 817620) or Jayne (mail@jaynejohnson.co.uk/0785 414 6986) to explore joining the course. If we haven't met we will want to know a bit about you. There is a deposit of £300, with the rest payable by agreed instalments.



"I remain hugely grateful for the experience. The training, the people, and the beautiful places supported me to open up and more fully step into myself, personally and professionally."



Bringing therapy into the wild, and wildness into therapy

A one year course with
NICK TOTTON
and
JAYNE JOHNSON

Three residentials in Derbyshire and Lancashire and one weekend in London, March 2015-January 2016

Cost: £1850

www.wildtherapy.org.uk

WILD THERAPY

An exploration and celebration of therapy's wildness: its capacity to transcend the limitations we place on our creativity and connectedness. Working outdoors in comparatively undomesticated settings encourages us to bring the other-than-human and more-than-human – animals, birds, plants, trees, hills, rivers, winds, dreams, ghosts, spirits – into the therapeutic process. Spending time 'in nature', as we say, can help us appreciate that we are never anywhere else, always inhabiting and encountering our own nature.

In living, working and creating community together, and meeting other species in the outdoors, we may come to a stronger recognition of the interdependence of all beings: moving from a more hardened, human-centric view to a softer recognition of the value of all that lives. Bringing these experiences back indoors, we discover how they change our therapeutic work, moving us to work in a less constrained and habit-bound style when we are in the therapy room as much as when we are outside.

Wild Therapy supports the spontaneous and the unknown, trusting what arises of its own accord. It celebrates embodiment as a central aspect of our existence, moving back and forth between the training room and the spacious, elemental vessel of earth and sky, inviting us to transform fear-based, defensive practice into contact-based, adventurous

practice: enriching both our therapy work, and life on earth.

We'll start off in March at 'base camp', Unstone Grange (www.unstonegrange.co.uk), a shabby, comfortable residential centre in a beautiful part of Derbyshire; and move to wild and wonderful Roeburndale (www.middlewood.org.uk) in May (the Study Centre) and September (the camping barn, shown in the cover photo), and then to an urban setting for the final weekend early in 2016. The sequence will take us into increasingly wild environments, and finally into the city to explore how the journey has changed your relationship with familiar domestication, and how you can use Wild Therapy in your therapy work. Throughout the course we will be working solo, in pairs and threes, and in the whole group. The central structure, repeated with variations, will be to go into the outdoors; to encounter the other-than-human; and to come back into the group to share and process our experiences. At least once on the course there will be a whole day spent outdoors on your own.



“A unique experience, enabling me to develop my ecological awareness and ground my psychotherapy practice in a deeper connection to the Earth and all entities which share it ... The residential venues have a magical quality to them and the whole experience was, for me, immensely therapeutic.”