

**Nick Totton** I am a therapist and trainer with over 30 years experience. First trained as a body therapist, my approach has become broad based and open to the spontaneous and unexpected. My book *Wild Therapy* (one of twelve so far) is published by PCCS Books.  
[www.nicktotton.net](http://www.nicktotton.net)



**Allison Priestman** I am an experienced Embodied-Relational psychotherapist, supervisor and trainer working in private practice in Stroud. I am a trainer for the postgraduate training in Embodied-Relational Therapy. My aim is to support working from and being in Wild Mind for myself, clients, supervisees and trainees.  
[www.allisonpriestman.co.uk](http://www.allisonpriestman.co.uk)



**Dates** 5 nights at Unstone Grange, March 17-22 2016; then 4 nights at Middlewood Study Centre in Roeburndale, May 19-23; then 4 nights at the camping barn in Roeburndale, September 22-26; and a non residential weekend in London, early in 2017.

**Booking** Contact Nick ([nick@3-c.coop](mailto:nick@3-c.coop)/01726 817620) or Allison ([info@allisonpriestman.co.uk](mailto:info@allisonpriestman.co.uk)/01453 731226) to explore joining the course. If we haven't previously met we will need an extended conversation with you.

*"I remain hugely grateful for the experience. The training, the people, and the beautiful place*



*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  
**ALLISON PRIESTMAN***

*Three residentials in Derbyshire and Lancashire and one weekend in London*

*March 2016-January 2017*

*Cost: £1850*

*[www.wildtherapy.org.uk](http://www.wildtherapy.org.uk)*

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. This year course gives you the opportunity to work with and learn from wildness as it manifests in the client-therapist relationship.



We'll start off in March at 'base camp', Unstone Grange, ([www.unstonegrange.co.uk](http://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](http://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 2017.

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.

The nucleus of this group will be five people who have recently completed the two-year Embodied-Relational Therapy training course ; there will be a maximum of five other members.

*“A unique experience, enabling me to develop my ecological awareness and ground my psychological 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.”*