



## Wild Therapy

with

**Nick Totton**

**Location: Edinburgh**

**Dates: 4-5 May 2019** (Two day workshop)

**Cost: £240** (including non-refundable £100 deposit)

---

### CONTENT

Psychotherapy has recently experienced the turn to relationality, and the turn to the body. Now we are beginning to see the turn *outside* – out of the consulting room, out of the obsessive focus on the private world of humans, and towards a realisation that we are wholly dependent on the wider world of which we are a part, on the other-than-human and more-than-human, on the wildness that surrounds and contains our familiar domesticity. But just as important as taking therapy outside is what happens when we bring it back into the therapy room, and find that it has *changed* – leading us to revise our conceptions of what therapy is, and of the relationship between individuals and larger networks, in ways which support a deeper, humbler and wilder approach to our work.

On this workshop I will present one particular model of outdoor work: Wild Therapy, which is a book, a training course, and a practice ([www.wildtherapy.org.uk](http://www.wildtherapy.org.uk)). The core of the workshop will be a direct experience of working outdoors, at Arthur's Seat; we will build up to this and build down from it through a mix of emotional and theoretical work. The weekend will not be tightly structured, but open to what arises in individuals and the group.

Many approaches to outdoor therapy are still based on the question: 'How can we *use* the natural world?' – meaning in this context 'How can we use it to our psychological benefit?' In Wild Therapy we approach the other-than-human in a respectful, relational spirit, not graspingly, but with empty and open hands. Going outdoors is very useful in highlighting new possibilities in the work; it is especially helpful in re-training the therapist to work in a more open and spontaneous way, letting go of what many clients experience as our reserved and distant attitude, and shifting to a less individualistic approach to therapy which make space for the wider networks in which both we and our clients participate.

**Nick Totton** is a psychotherapist, trainer and supervisor with 35 years' experience. He originally trained as a neo-Reichian body psychotherapist. He has spoken, taught and published widely on body psychotherapy, psychotherapy and politics, and ecopsychology. He established a training in his own synthesis, Embodied-Relational Therapy, which has been thriving for around twenty years; and more recently set up the related but distinct practice of Wild Therapy. His book *Wild Therapy* (one of eleven so far) is published by PCCS Books, and *Embodied Relating: The Ground of Psychotherapy* by Karnac. He has a grown up daughter. He lives in Cornwall with his partner and grows vegetables. [www.nicktotton.net](http://www.nicktotton.net)

*The workshop is open to anyone who wants to explore working with people outdoors, or who already does so; this is not restricted to psychotherapists, but participants will need to be familiar with looking at their emotional world and helping other people do so.*

*To register please email [info@egi.uk.com](mailto:info@egi.uk.com)*

---