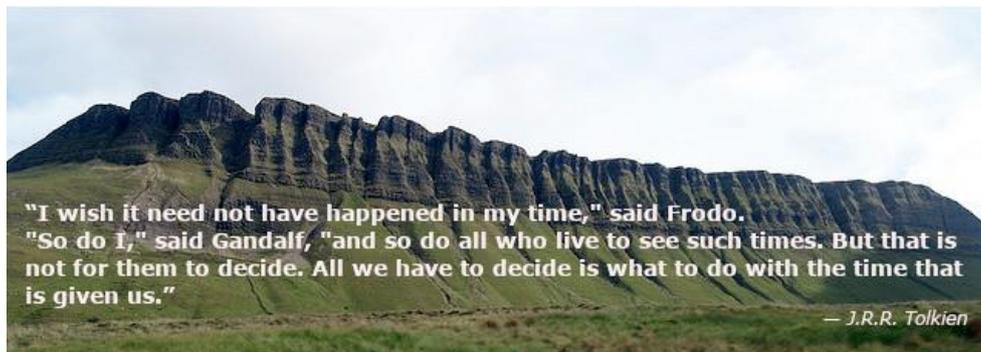


Embodying Place & Time

weekend ecotherapy workshop, sligo

with Therese O'Driscoll and Matthew Henson

Fri 30 Sept (eve) – Sun 2 Oct 2022 (lunchtime)



Therapy never happens in a bubble, it always has a setting, a physical place and time, and a socio-political context. This weekend workshop offers an introduction to embodying place and time in the therapeutic encounter.

Employing an ecotherapy lens and integrating western psychological wisdom with indigenous traditions, we will draw upon a wide range of creative and experiential training methods, embracing spontaneity to meet and explore whatever emerges. Through practices that bring us fully into our bodies, we will find our therapeutic ground by connecting with ourselves, each other and the other-than-human 'natural' world. We can never be anywhere other than where we are, so that is where we will start, with a phenomenological exploration of this place, this time, here and now.

The workshop is aimed at practising psychotherapists, counsellors, art therapists, dance movement therapists, psychologists, etc, or students in those disciplines. It might also be of interest to anyone in the broader caring professions; social workers, teachers, youth workers, medical practitioners, alternative and complementary practitioners, etc. It is equally suited to those looking to work in an ecologically informed way with clients and to individuals looking for ecologically informed personal development. The workshop can serve as a standalone experience, or as an introduction to ecotherapy for anyone thinking about a more in-depth training. No previous formal qualifications are required.



Overlooked by Benbulbin and Knocknarea, the workshop will take place at An Talamh, a wild working garden situated in West Sligo and home plus garden/cabin studio of Therese. The surrounding landscape has been a teacher of how to garden and how to receive the influence of the wider environment and its many inhabitants.

The cost of the 15 CPD hour workshop, including facilitation by two trainers, lunches and evening meals, is €230 (€210 early bird, if booked before 30 June). A range of affordable accommodation is available locally.

Therese and Matthew are both registered psychotherapists (IAHIP) with more than 50 combined years in practice. Therese is also an accredited supervisor, offering eco supervision. Her work integrates an interest in the healing relationship, our relationship with nature and the use of creativity. Working through words, poetry, dreams, the body moving and dialogue with place, she offers a safe, contained and healing space. Matthew is a qualified psychotherapy trainer and draws upon his training in existential-phenomenology and wild therapy to facilitate deeper human-nature connectedness. He is particularly interested in the therapeutic mutuality which occurs when we fully engage with the other-than-human.



Further details or to book a place, please contact:

Therese odriscoll.therese@gmail.com or Matthew info@matthewhenson.ie
www.thereseodriscoll.ie www.matthewhenson.ie

We look forward to working with you