

Environmental Arts Therapy UK



Community and connection - Summer 2024



Summer edition compiled and edited by Gary Nash – June 2024

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Words from Midsummer

Lighting the mid-summer fire – Gary Nash, London, Hertfordshire

My collaboration with pioneering Environmental Arts Therapist and Dramatherapist, Ian Siddons Heginworth, over the past ten years has led to a greater integration between my work in the art studio and my work in nature as I bring the outside in and work psychologically and therapeutically in outdoor spaces.

The workshops and courses that we developed over this time have led to a growing community of environmental arts therapists and led to the group exhibition *Touching Nature: Touched by Nature*, in 2020, and the joint publication *Environmental Arts Therapy: Wild frontiers of the heart*, edited with Ian in 2020. The book was released just as fear of the approaching pandemic began to take hold, and the exhibition took place between Nation-wide lockdowns in the autumn of that year, here in London.

Since 2022 we have returned to Highgate wood to deliver the Introduction to Environmental Arts Therapy course, workshops for IATE students, and Vanessa is running the monthly practitioners Circle of Trees group. These achievements are gradual and take time and are driven by the need to understand the vital connections between Nature, psychotherapy, creativity, and the environmental climate emergency.

In this edition we focus on the two current Introduction to Environmental Arts Therapy courses, one in London in Highgate Wood and the other in Woodland in Derbyshire. The intention of these courses is to share the knowledge that we have developed over many years and to gently support practitioners from the arts therapies to bring Nature into their work and bring their work into Nature.

At a time of increasing crisis and suffering on our planet the arts therapies are being shaped by social and political forces that ultimately generate change, one of those changes is the joining of ideas and communities so that we can grow and support each other's creative practice. Two of our summer events invite therapists of art and drama, movement, and nature to come together as a community of therapies, firstly the summer gathering of Environmental Arts Therapists, an EATUK event on Saturday 29th June in Highgate, London, and secondly, the arts therapies summer conference on Friday 19th and Saturday 20th July at UHerts School of Creative Arts in Hertfordshire sponsored by EAT UK.

Both events are included in this edition and for conference details for on campus or online tickets please follow this link:

<https://herts.configio.com/pd/2199/university-of-hertfordshire-art-therapy-50th-anniversary-conference-on-campus>

It is with great pride that Marianne and Ian offer you their Patreon page: “a virtual forest where we might water the roots of your soul life a little as you journey through the turning year. Here you will find previously unseen writings by Ian and Marianne Siddons Heginworth. Our longing is that we Inspire a deepening in your journey with the circle of trees”.

Made with much love Ian and Marianne at: patreon.com/IansiddonsHeginworth

Contributions from practitioners

The images, words, and caring attention to self, other, and nature as described by our contributors, reflects on the growing ways and locations in which creativity, the arts, and nature are developing in the world through our creative and environmental arts therapy practices:

Special Feature:

Introduction to Environmental Arts Therapy courses in Sheffield and London

When Ian and I first started running the one-year post-graduate programme in environmental arts therapy in 2013 we quickly realised that training at this level would limit access to an area of practice that was being rapidly developing in many related areas of health and education. During the seasonal one-day workshops we had been approached by counsellors, psychologists, social workers, film makers, artists, and forest school and forest bathing practitioners who were disappointed that they couldn't go on to train and asked whether we could run a course that would introduce them to the principles of safe, therapeutic practice outdoors, underpinned by the vision described by Ian:

Environmental arts therapy is a new and unique creative arts therapy that does not fit into any of the existing modalities. This is because:

1. *Environmental arts therapy is practiced outdoors and enjoys a profound and intimate relationship with the natural world, inspired and shaped by the locations that it inhabits.*
2. *The foundation of environmental arts therapy is its unique relationship with the turning year (the cycle of the seasons) and metaphors, myths and traditions relating to each month, so its therapeutic processes are imbedded in the natural passage of time.*
3. *Environmental arts therapy is multimedia, combining visual arts, drama, movement, voice-work and ritual, all practiced outdoors.*

The idea to develop an introduction course came in response to this request from the many creative people who attended the seasonal workshops that Ian delivered from 2012-2019. The course was designed to provide a practical and theoretical framework to consider when taking your practice outdoors.

The first Introduction course enabled me to design and deliver a London based course run over a 4-month period and to work with Vanessa and Ian to deliver the programme. Since the 2020 pandemic Vanessa and I have returned to Highgate Wood where the course is continuing to give art, dance and movement, drama, and Integrative psychotherapists, as well as counsellors, artists, and forest school tutors access to this much needed way of working. During this time a graduate from the one-year course also started a residential introduction to environmental arts therapy course near Sheffield, Derbyshire. Both courses are described here and are open to anyone interested in taking their creative work outdoors.

Introduction to Environmental Arts Therapy: A weekend woodland retreat Derbyshire.

6th-8th September 2024

Near Hathersage, Derbyshire.



Environmental arts therapist Cecilie Browne and integrative psychotherapist Simon Turnbull have been running the introduction course on their therapeutic woodland in Derbyshire, just outside Sheffield, for the past three years.

In these challenging times many professionals are looking for alternatives to working face-to-face in enclosed environments and the outdoors offers many benefits which the training will explore. This weekend is suitable for practitioners at all levels of experience, serving both as personal and professional development as well as positive self-care in the midst of the hustle and bustle of contemporary life. It will also give a good introduction to the field for those considering taking their therapy work outside. This event is suitable for arts therapists and others in the caring professions (please contact us on the email below if you are unsure about suitability). Maximum group size 12.

There will be a mix of activities over the weekend with an emphasis on experiential workshops which encourage a deeper personal connection with the natural world and it's inhabitants. You can expect:

- A warm welcome with hot drinks and delicious vegetarian meals included.
- Ritual opening and closing to hold the sacred space of the retreat.
- An introduction to the ideas behind Environmental Arts Therapy and eco-therapy.
- Practical and creative workshops which will include a combination of mindfulness in nature, journeying, art-making using natural materials in the environment, reflection and sharing.
- Discussion of issues around working therapeutically in the natural world.
- Fireside sharings – bring songs, instruments, stories, poems.

Please note: This is an off-grid experience. We have a compost toilet but no running water and very limited phone signal. We encourage participants to see this as an opportunity to experience a simpler way of living, close to nature.

Food and camping: All meals and hot drinks are included in the fee. Food will be home-cooked vegetarian/vegan meals. If you have any dietary requirements, let us know and we'll do our best to accommodate. We have tents for those unable to bring their own, available on a first-come-first-served basis. No large tents please, due to limited pitch sizes. Please bring your own sleeping bag and mat if you can, as well as warm clothes, waterproofs and sturdy shoes.

Transport: Oaks Wood is 10 miles outside Sheffield and accessible by car. There is a train station at Hathersage 2 miles from the wood and we can arrange pick-up for at agreed times. Sheffield is 2 hours from London by direct train: change here for Hathersage.

Access: The camp is a ten minute walk up a steep hill and the ground around the camp can be uneven. We can take camping gear and offer lifts to the camp at the top for those that need it. Please get in touch for further queries about accessibility.

A unique opportunity to experience a training weekend delivered in the context of an off-grid camping retreat in private woodland in Derbyshire. Suitable for all levels of experience:

CPD certificates available.

Cost: £318 (early bird/student) £356 includes camping and full vegetarian home-cooking.

For more information please do not hesitate to contact Cecilia on ceciliebrowne@yahoo.co.uk or call 07504 696926.

Cecilie Browne, MA Art Psychotherapy, Environmental Art Therapy cert. Cecilia has worked in arts and mental health as a community artist and art psychotherapist for over 20 years, running workshops and developing projects with diverse community groups. She worked as an art psychotherapist in schools for many years as well as working in private practice

using integrative arts-based approaches with adults. Over the last few years she has been co-developing eco-therapy workshops and retreats in a co-owned piece of woodland with her partner.

Simon Turnbull, UKCP accredited integrative psychotherapist. Simon taught mindfulness and Buddhism for 30 years during which time he trained as a counsellor, initially working in residential and day care settings for people with drug and alcohol problems. After training as an integrative psychotherapist, he has worked in private practice in Sheffield for 15 years. He has completed additional trainings in Body Psychotherapy and as a Shamanic Practitioner and works both indoors and outside in woodland in Derbyshire.

Introduction to Environmental Arts Therapy – 4 days over 4 months in Highgate Wood, London.

This course is for art therapists, psychotherapists, clinical psychologists, educators, counsellors, and others who wish work with nature in the consulting room or move their practice out-of-doors. The series of one day workshops introduce the ideas and practice of working therapeutically in nature. It consists of experiential exercises and reflective time to deepen knowledge and skills in this area of psychotherapeutic practice.



The course begins with a theory overview exploring the practical and ethical boundaries of an outdoor arts psychotherapy practice – discussing the challenges and benefits of moving outdoors, for us and our clients. All the sessions take place outdoors in Highgate wood where we look at ways in which nature and natural cycles can come into the therapeutic space and relationship and what happens when we move outdoors.

Working in nature is informed by the practice of environmental arts therapy with day one focusing on attunement and solo work in nature. Day two focuses on pairwork and therapeutic practice in the wood accompanying another in a simulated therapist and client role. Day three and four work with the natural metaphors and seasonal themes as described in Ian's book *Environmental Arts Therapy and the Tree of Life: A monthly guide for your soul's journey on this beautiful Earth* (2008).

The course aims to enhance and develop practical skills through experiential and taught exercises designed to build confidence in taking therapeutic practice outdoors.

Location: The Introduction to Environmental arts therapy is run through Environmental Arts Therapy UK and takes place in Highgate woods, North London. The sessions take place outdoors, or within temporary shelter in woodland and are informed by the practice of environmental arts therapy. Environmental Arts Therapy UK have validated this course and approved the course content and structure.

Who can apply?

This course is offered to trainee and qualified practitioners in psychotherapy, counselling, clinical psychology, and the arts therapies (art, drama, music, dance/movement or integrated). The course is for therapists and trainees who wish to enhance and extend their existing practice by developing their skills and knowledge around working with nature and natural cycles and working outdoors.

Course facilitators:

Vanessa Jones, Dip. AT MAAT, EAT Cert, Trained MBCT Mindfulness Teacher. She is a Baat registered private practitioner, working outdoors in nature as an art therapist within her private practice and the NHS since 2010. She is also co-founder of the Elders Group with colleague Deborah Kelly and is published in *“Wild frontiers of the heart”*, Siddons Heginworth, I., & Nash, G., Routledge, 2020. Her work within the NHS is published in *“Ecotherapy: theory, research & practice”*, Eds Jordan. M & Hinds, J, Palgrave, 2016

Gary Nash, Dip. AT MAAT, EAT Cert; has over twenty years of art therapy experience working in adult mental health, voluntary sector, learning disabilities services & mainstream education. He is a Baat registered Supervisor and Registered private practitioner. He runs an environmental arts therapy group in London and is co-editor of *Environmental Arts Therapy: Wild frontiers of the heart*, Routledge, 2020.



EAT UK Summer gathering Saturday 29th June 2024

EAT UK Gathering – Midsummer 2024 – Highgate Woods, London.

Good News - We are planning a gathering for EAT UK members, trainees, colleagues, and networks on Saturday 29th June 2024.

The setting will be Archway, Waterlow Park, Highgate Woods & Queens Wood.

Gary, Vanessa, Jamie, and Simon have planned a day to gather, reflect, and share a day together wandering across the wonderful places in North London where environmental arts therapy was taught by Ian Siddons Heginworth. Ian pioneered the training over a ten-year period and the course was hosted by the London Art Therapy Centre.

Not everyone will have met or worked with Ian, but we are mindful to provide a day which honours him, his heart, and his journey with us in spirit; an opportunity to be touched again by his words, and to gather together with the expanding and expansive community of love he has inspired.

This day then will also be a collective celebration of the ways in which his work continues to grow and inspire creative arts communities.

The day will include:

- Gary and Vanessa will run a workshop exploring the themes of the month and creative community building
- Jamie Bird introduces a workshop on creativity, climate crisis, and imagination
- Simon Woodward will lead an Environmental Arts walk between the different locations where the EAT training began back in 2012
- We will end in Highgate Woods for a picnic and music at the cafe

There will be a picnic and an informal meeting for all.

Date: **Saturday 29th June 2024.**

Time: 9.30am – 5.30pm

Event contribution: £25.00 – please contact gary.jnash@gmail.com to reserve your place.



50th Anniversary of Art Therapy at the University of Hertfordshire



50th Anniversary of Art Therapy Conference:

Placing art at the centre of practice, teaching, and research

Friday July 19th and Saturday 20th July 2024
9.00am – 4.30pm

The purpose of this year's art therapy conference is to provide a platform to share the innovative use of the arts in practice, teaching, and research. The focus is art-based practice, art-based supervision, and art-based research methods that have developed, or are emerging in contemporary art therapy in Britain and Internationally.

Keynote speakers:



Dr Susan Hogan, Dr Val Huet, Shaun McNiff & Claire Louise Vaculik



The conference host is Gary Nash

Both days will have a range of extended and immersive art making sessions using a workshop format facilitated by:

Vanessa Jones; Dr Jamie Bird; Dr Barbara Fish; Sophie Benoit; Marian Liebmann; Colleen Westling; Dr Abbe Miller, Pamela Whitaker, Stella Phipps, Emilija Meceliyte & Michiyo Zentner.

Workshop facilitators:



Marian Liebmann, Michiyo Zentner, Emilija Meceliyte, Dr Barbara Fish, Dr Abbe Miller, Dr Jamie Bird, Vanessa Jones, Pamela Whitaker, Stella Phipps, Colleen Westling, & Sophie Benoit.

Creative Partnerships:



The workshops planned for day one will focus on contemporary practice and the innovative use of the arts in therapy focusing on **working alongside and collaboration, embodied approach, Response Art, art-based teaching, art-based supervision, and art-based research**. The themes of the day include:

- Methods of integrating different art forms
- The central importance of body, movement, and expression
- The use of response art in its different formats
- Social justice and conflict resolution using the visual arts
- Working alongside and co-production.
- Systematic response art making – *el duende* one-canvas process painting

The workshops planned for day two will focus on contemporary practice and the innovative use of the arts in therapy focusing on **social action, taking art therapy outdoors, online innovations, Response Art and art-based teaching, Harms touch and art-based supervision**. The themes of the day include:

- Social Action and imagination at a time of climate crisis
- Virtual, AI, and online art therapy
- Environmental arts therapy – shaping the future of art therapy
- Rooted Arts: Online environmental arts therapy
- The Walking Studio: Taking art therapy outdoors
- Response art, self-care & harms touch – an immersive studio session

Event tickets:

Ticket 1 Price: 50 places on campus - £85.00 Early bird offer: £65.00

Ticket 2 - 50 places on-line - £85.00 Early bird offer £65.00

Early bird offer booking before 31st May 2024

Tickets available at:

<https://herts.configio.com/pd/22199/university-of-hertfordshire-art-therapy-50th-anniversary-conference-on-campus>

Venue: University of Hertfordshire, School of Art, Lindop lecture theatres and Todd building design studios, College Lane, Hatfield. AL10

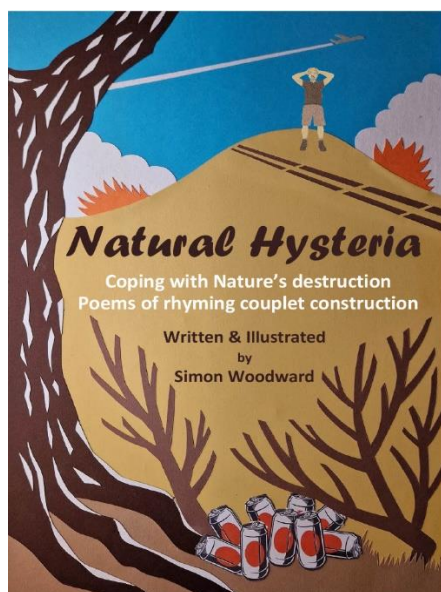
Online via zoom link:



Books and Reviews

NATURAL HYSTERIA

Simon Woodward Art Psychotherapist MA



Natural Hysteria's fiery birth occurred during the summer of 2022 heatwave. The front cover of *Natural Hysteria* (using a paper-cutting technique) illustrates this moment. Using poetry to express my eco-anxiety seemed to come naturally. The motivation to create these poems is best expressed through the start of the introductory poem:

*This collection of poems has the distinction
Of using humour about mass extinction
But laughter can preserve your sanity
When thinking about this calamity*

*In the Summer of twenty twenty-two
The worst of nightmares came true
An endless heatwave strikes
Bringing deadly temperature spikes*

Natural Hysteria contains a collection of twelve illustrated poems. The poems explore everything from conflicted feelings about my own impact on nature. For example, *Ethically Sourced Guilt* starts with:

*Exactly how long did my blueberries spend in the air?
Fills me with a quiet despair
Oh so juicy and seductive
But worryingly so destructive*

Or mounting anger over yet another report of government ineptitude or indifference. (This one was about the UK government's desire to resume fracking):

A BATH-FULL OF POLLUTION

*As the world continues to burn
We suffer another Tory U-turn
Deregulating and destroying green laws
To much neoliberal applause*

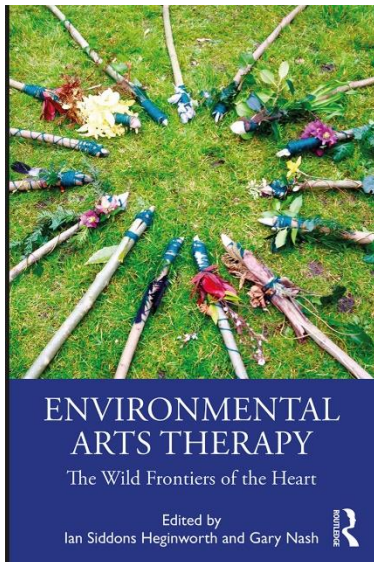
*Part of Brexit's appeal
Was the promise of a greener deal
But soon enough economic growth at all costs
Means green principles are casually tossed*

Each poem has an associated appendices that details the newspaper articles, academic papers and books that provide the inspiration for my ideas.

I want to donate part of the profits to either: *ClientEarth* which work in partnership across borders, systems and sectors, using the law to fight climate change, tackle pollution, defend wildlife and protect people and planet.

Rewilding Britain which works towards the large-scale restoration of ecosystems to the point where nature can take care of itself. please contact me via: sjwoodward42@gmail.com





Jamie Bird has written a review of the book *Environmental arts therapy: The wild frontiers of the heart* (2020) which appears in free online journal *Ecopoiesis*.

The edited book *Environmental Arts Therapy* (Heginworth and Nash 2020) is a particularly timely publication because of how news of climate change and biodiversity loss has increasingly become a mainstream item for consideration. It might be argued that it is what will define this time in human history, so anything that addresses the practical, political, social, psychological, or spiritual components of global heating and environmental degradation is to be welcome.

From an art therapy perspective, especially welcome are those interventions that address the emotional consequences of these unprecedented and monumental events.

The main impetus for the creation of this book was to bring together ideas and practices to emerge from the environmental art therapy training programme that has been offered at the London Art Therapy Centre since 2014. A majority of the contributing authors are alumni of that training.

The aim of the book is to demonstrate how art and drama therapy that is used out in the natural environment can be applied within different contexts and with different client groups. It can be placed alongside other recent publications on the topic of the arts therapies and their relationship to the natural environment, such as *Nature-Based Expressive Arts Therapy* (Atkins and Snyder 2018). Perhaps also to earlier, more explicitly psychodynamic works, such as *Imagining Animals: Art, Psychotherapy and Primitive States of Mind* (Case, 2005). Environmental arts therapy is defined here as 'an arts-based approach to working therapeutically in outdoor spaces and emerges from the creative exchange that has occurred between the ecopsychology movement and the arts therapies professions and communities.' (Heginworth & Nash, 2020, p.2). To this is added that the 'therapeutic combination of the arts and nature, human and other-than-human, is informed by a growing awareness and interest in the work of ecopsychology which considers our interdependency and interrelationship with the Earth' (ibid p.2).

A fundamental principle that underpins ecopsychology, and ecotherapy, and in turn environmental arts therapy, is that there is a need to address the separation that exists within social structures and individual behaviors between the human and the non-human. That separation extends to that between self and other, and parts of self. Ecopsychology seeks to create a reciprocal relationship between the human and the non-human. These are ideas that align with deep ecology (Naess 1990) and transpersonal ecology (Fox 1995), and which emerge frequently throughout this publication.

This publication adds to the literature about how art therapy can engage with both the physical qualities of natural materials, and the metaphorical qualities of the non-human and how that represents interpersonal and intrapersonal processes. It also adds to ideas about the role of the arts therapies within a collective response to climate crisis.

For the full review please access following this link:

https://en.ecopoiesis.ru/reviews/article_post/bird-j-book-review-environmental-arts-therapy-the-wild-frontiers-of-the-heart

Social Action Art Therapy in a Time of Crisis – by Dr Jamie Bird

Book review – Gary Nash

Abstract

This review considers a book centered on theories and models of social action art therapy and how it can work effectively for individuals and groups experiencing crisis. Drawing upon various ecologies, climate psychology, and eco-art therapy, this book addresses various responses to climate change, especially the role of imagination in creating alternative versions of the future. The review helps to understand how a social action approach to art therapy serves as a way of addressing the political and collective components of climate change as well as other moments of crisis, including asylum, refuge, and domestic abuse.

Keywords: social action, social justice, art therapy, environmental arts therapy, climate change, nature, creativity, art-based research



Social Action Art Therapy in a Time of Crisis by Jamie Bird, Routledge, 2022 – the full book review can be accessed by following this link:

https://en.ecopoiesis.ru/reviews/article_post/nash-g-book-review-social-action-art-therapy-in-a-time-of-crisis-by-jamie-bird-london-routledge-2022

Irene Malvezi, Art Psychotherapist and Artist – Brentwood, Essex.

In April 2023 I opened the **Brentwood Arts Therapy Centre**. It is the materialisation of a vision I had for many years to bring Art Therapy to my local community in Brentwood, Essex.

The **Brentwood Arts Therapy Centre** is an inclusive, safe, and inspirational space, offering professional mental health support through Art Therapy. Alongside my private practice I also deliver other arts therapeutic workshops, sometimes in collaboration with other professionals in the field. My most recent outdoor workshop was Art AI Fresco, painting the bluebells in the woods.

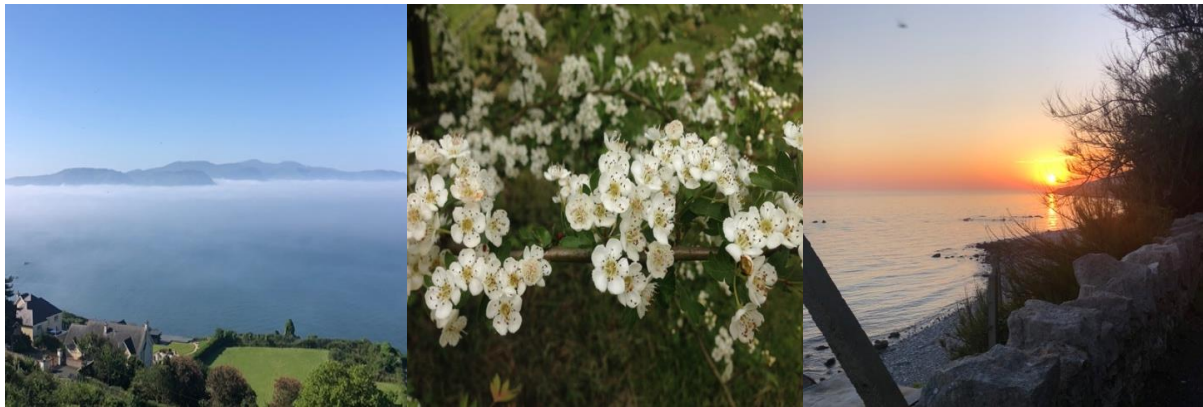


I am open to receive other Art Therapists interested in hiring the premises for talks, Environmental Arts Therapy or to do collaborative work with me. For outdoor workshops, Weald Country Park is within walking distance from the Centre.

Please check the website at: <http://www.brentwoodartstherapy.org.uk>

Circle of Trees in Edinburgh this Summer... Rachel-Clare Campling - Edinburgh

In the early summer this year I've been exploring the wonders of the Great Orme limestone peninsula in North Wales - charmed by morning misty vistas, warmed by long sunny days, and soothed by glowing evenings...



Back in Edinburgh (where summer rain is now liberally watering us all) the Circle of Trees Environmental Arts Therapy group is meeting once a month on a Saturday at beautiful and secluded Bawsinch Wildlife Reserve beside Duddingston Loch. This is within Edinburgh city and easily accessible from the city centre by bus, bike, or car.

**Summer dates are: Saturdays 8 June, 6 July and 17 August 2024, 11.30 - 3.30pm.
£40 per session (sliding scale for those on lower income £25-35)**

Newcomers and regulars are invited to join this group of 6-8 to work and play with monthly themes, guided by the Celtic Ogham tree calendar. We do this within a structure that offers containment as well as freedom to follow your heart...

All are welcome - you don't need to be a therapist or other practitioner to join us!
Feel free to let any Scottish friends & acquaintances know about this group - for more info:

Rachel-Clare Campling, Dramatherapist & Environmental Arts Therapist, Edinburgh

Whatsapp: 07766 256911

Email RachelC@phonecoop.coop

Facebook page: Firebird Feather Environmental Arts Therapy

Join our Facebook group: Environmental Arts Therapy Scotland

Summer Wildness

Whenever I stop
I hear skylarks soaring
Ever higher like the sun
Long, light, luminous summer days

Elemental life
Wind and sun and rain and mist
Birdsong fills my heart

Tide comes in and out
Rhythm soothes me, tells me there
Will be time and place

The bay fills up, full moon
Pulling the green crystal tide
Up over the rocks

This place whispers
You can rest now, let it go
Let go of all that is not turquoise sea and light

A restful Summer and a zestful Solstice to us all!
Rachel-Clare Campling

Environmental Arts Therapy Workshop...the fire of June

Sunday 23rd June 10:30am - 3:30 pm

St Ann's Community Orchard, Nottingham



This experiential outdoor workshop for 6-8 people is held in the protected space of St Ann's Community Orchard in Nottingham. We will explore themes and stories particular to the time of year with links to the Celtic Ogham tree calendar. It is an opportunity to reflect on the turning of the seasons inside and outside the human heart, using simple art and embodiment. In June we will work with the fire of Holly, at the strongest part of the solar cycle and work with the discovery of our own 'shining'.

Being with nature can provide safe and simple holding for deep therapeutic work and rejuvenation. This introduction to environmental art therapy is offered at a reduced rate to cover costs. We will be actively seeking feedback with a view to offering a year-round "Circle of Trees" group beginning in November.

The workshop is co-facilitated by Richard Arkwright and Mary Nieder. Richard is a Dramatherapist and outdoor practitioner. Mary worked for many years within the NHS before retraining in Art Psychotherapy. Both have recently completed further post-graduate training in Environmental Arts Therapy. We look forward to meeting you and exploring the natural world together.

Come prepared to be outside in the Orchard whatever the weather and bring a packed lunch. Hot drinks are provided. Parking is available on Ransom Rd.

Fee: £40 a lower rate of £30 is available, please contact Mary at: niedermmary@googlemail.com

The Heroines Path – Wye Valley



Holding the Lions Paw Retreat

5th-7th July 2024

The Heroines Path invite you to join them for their gathering this year at a 15 acre eco- retreat centre in the Wye Valley.

This is an intimate and small retreat for just 13 women who wish to spend a weekend in nature through immersion into environmental arts therapy, somatic embodiment and esoteric practices. Woven into the weekend will also be storytelling, women's circles, music, song and voice work and forest bathing.

All are welcome, whatever part of your personal journey and the Heroine's Path you find yourself on.

Contribution: £450 - luxury Yurt accommodation and all meals included

Contact Laura Butt at: lauraarttherapy@gmail.com

A few spaces remain, to join or to find out more information about our collective please visit www.heroinespath love

ENVIRONMENTAL ARTS THERAPY QUARTERLY SUPERVISION GROUP in BRISTOL

Lydia Boon and Anna Lichtensteiger: email info@openspacealchemy.co.uk

This supervision group is open to qualified therapists that use art and creativity as an integral part of their therapy practice and with an additional qualification in environmental arts therapy (or an equivalent eco-therapy training), who would benefit from a supportive peer supervision group to grow and develop their skills and practice in utilising nature and natural spaces within their therapy work.

This group will offer a supportive, safe and encouraging space to reflect upon your professional practice with your clients, when establishing or developing an environmental, arts therapy (EAT) approach. The group size will be limited to 8-10 participants, to ensure enough space to consider what is pertinent and relevant to the individuals within the group, whilst also utilising the diversity and wealth of experience of the group as a whole and nature itself as 'co-supervisor'.

We have two more days being offered this year (2024), the next one will be on July 13th and one on October 12th. The day will run from 9am-5pm at a cost of £115 (lunch and



refreshments included); situated in the beautiful diverse woodlands on the edge of Bristol at Leigh Court, BS83RA.

To find out more and inquire about booking a place, please get in touch by sending us an email at info@openspacealchemy.co.uk.

queer earth

A day of
environmental arts,
eco somatics,
ritual & rest
London,
27th July 2024

This workshop invites participants to open their senses to imagine, feel, think, and create in conversation with the landscape. Through a mix of experiential movement, ritual, rest, and artmaking with natural materials, we'll discover more of our felt relationship with ourselves and the natural world. Earth, elements, trees, sky, wingbeats, natural cycles, and weather will support the emergence of our time together.

Opening our senses to the environment we explore a belonging and self that is inherently animalistic, that naturally participates in the sensuous pleasures of speaking with and as part of the landscape.

As Queer and Non-Binary artists, facilitators and environmental arts therapists Ly and Becca are interested in exploring how embodied encounters with the more-than-human earth can reflect and enliven vast and diverse qualities of being, challenging ideas of fixed identity with its fluidity and continual transformation.

Ly and Becca hold inclusivity as central to their work. They are passionate about supporting nature kinship to inspire, heal and support inclusive and diverse perspectives and expansive ways of being in the world. Becca Parkinson is a Dance Movement Psychotherapist, Open Floor Movement Teacher, and has studied with Helen Poyner in non-stylised and environmental movement. (www.movinglandscapes.org). Ly Orrock is an Art Psychotherapist. They work in the NHS, private practice and run workshops on inclusion & diversity through a creative lens. (www.creativetherapiesinnature.org)

London: July 27th 2024

Time: 11-5pm

Place: East London

Cost: Sliding Scale pay between. £30/£40/£50

Booking: becca@movinglandscapes.org



Welcoming new members to Highgate Woods Monthly Circle of Trees: Sunday Prayers



This cherished circle meets mid-month to connect with the magnificent flow of life within us and our glorious Highgate woodland base in North London. If you wish to listen to the song of the birds and feel the movement of the sky and the wind, if you wish to celebrate the rain and the dappled sunlight, connecting with the constancy of Nature, following her turning within a group of experienced practitioners, then join us.

We welcome new members in September to follow in the footsteps of Ian Siddons Heginworth and Marianne Bonita Siddons Heginworth's environmental arts therapy Circle of Trees. Come play, share, create and be a part of these Sunday morning wild prayers. Booking in advance is required for a minimum of 3 months.

All participants have attended EAT trainings in the past and most are therapy practitioners. Autumn dates: 15th September, 13th October, 17th November & 8th December 2024
Time - 10.30 -12.30am - For more information and booking details
contact: vanessajonestherapy@gmail.com. £30 per session (Sliding scale fees available).

Environmental Arts Therapy Training Courses

A weekend retreat in the Woods: Introduction to Environmental Arts Therapy
5pm Friday 6th September to 3pm Sunday 8th September 2024



A unique opportunity to experience a training weekend delivered in the context of an off-grid camping retreat in private woodland in Derbyshire. Suitable for all levels of experience:

CPD certificates available.

Cost: £318 (early bird/student) £356 includes camping and full vegetarian home-cooking.

For more information, please contact: Cecilie ceciliebrowne@yahoo.co.uk

Environmental Arts Therapy course in London



Introduction to Environmental Arts Therapy Certificated course with Gary Nash & Vanessa Jones

This course over four months will introduce you to theory, safe practice, individual, pair-work and group work outdoors in woodland in Highgate, London.

This course is for arts therapists, psychotherapists, clinical psychologists, counsellors, educators and others who wish work with nature in the consulting room and to move their practice out-of-doors. The series of one day workshops will introduce the ideas and practice of working therapeutically in nature. It will consist of experiential exercises, self-reflection, working in pairs, group work, and reflective time to deepen knowledge and skills in this area of nature-based therapeutic practice using the arts.

Course dates: Saturday 12th April; 10th May; 7th June; 5th July 2025.

Saturdays 10-4pm: 4 sessions over 4 months

Venue: Highgate Woods, Muswell Hill Road, London. N10 3JN

Time: 9.30am – 4.00pm (GMT)

Initial deposit £85

Total course fee: £485 with payment by instalments.

Early bird fee £460 booking before 30th March 2025

Course deposit: £85 via Eventbrite

<https://www.eventbrite.co.uk/e/introduction-to-environmental-arts-therapy-course-tickets-910690809727?aff=oddtcreator>

EAT UK News

All courses and workshops are on the EatUK website: www.environmentalartstherapyuk.co.uk

The website is available to all to share workshops, events, gatherings, and website addresses, so please do let the website person know any updates that can then be added. Simon

has kindly set up the website and we are now looking for a volunteer to support with the Newsletter editing.



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EDITORIAL: THE RELEVANCE OF ECOPOIESIS AND A POIETIC ECOLOGY FOR THE CREATIVE ARTS AND ARTS THERAPY

This issue of the *Ecoipoiesis* journal focuses on the work of the nature-assisted arts therapies, based on ecoipoiesis and a poietic ecology. In the era of the Anthropocene, we believe that the ecological arts therapies can implement a life-affirming creative initiative for sustainable development, one which allows humans to maintain health and well-being and to live in good relationship with their earthly home and the global web of life, appreciating its gifts and maintaining its beauty as an essential quality for all beings.