



## **Wild at Heart – Somatic Ecotherapy Immersion Professional Program**

**Kauaeranga Outdoor Education Centre, Thames Valley**

**14<sup>th</sup> to 24<sup>th</sup> March 2023**

We notice it ourselves. We notice it in others. The experience of groundedness, unity, wholeness, connectedness, peace... when we spend time in the natural world. Ecotherapy is not a new concept. It has been an inherent aspect of our existence on Earth for as long as we have been here.

It's only a recent development in human evolution where being in nature is something that we go and "do." Prior to this, our interdependence with nature was an obvious necessity. Consequently, as research is showing, the absence or forgetting of this necessity is resulting in many harmful and discouraging effects, both personally and collectively.

Ecotherapy, then, involves the intentional re-connection with the natural world as a profound gateway to our own healing and renewal.

The primary **professional modalities** that inform this training are: Somatic Ecotherapy, Nonviolent Communication (NVC), Hakomi Mindful Somatic Psychotherapy, Internal Family Systems, Creative Arts Therapy, and Mindfulness. Some specific attention will also be given to working with trauma.

**Facilitators:** Toni McLane, Dr Paris Williams, Bren Whitmore

Fee: Early bird before Jan 31<sup>st</sup> \$2950 after that \$3250

More info and registration: [www.restorativerelationships.co.nz](http://www.restorativerelationships.co.nz)