

Allison Priestman- I am a member of the Embodied-Relational and Wild Therapy training collective and have worked extensively with Nick Totton. My professional bodies are the European Association for Body Psychotherapy and Chiron Association for Body Psychotherapists. I continue to be stretched, stimulated and nourished by my work with clients, supervisees and trainees. I have a fascination for wild processes and belief in their capacity to hold and heal us.



Stephen Tame - an experienced relational body psychotherapist and trainer. I aim to take a non-expert approach to my work. I continue to learn from clients, trainees, and the living environment of which we are a part. Clients' relationships with the other-than-human is a current lively interest.



Dates:

14th to 19th March 2019: 5 nights at Unstone Grange

16th to 21st May 2019:

5 nights at Middlewood Study Centre in Roeburndale

5th to 10th September 2019:

5 nights at the camping barn in Roeburndale

25th & 26th January 2020:

A final non-residential weekend in Bristol

Booking: Contact Stephen: stephentame@gmail.com

Tel: **01626 438 279** or Allison: info@allisonpriestman.co.uk

Tel: **01453 731226** to explore joining the course. If we haven't previously met we will need an extended conversation with you.



"I loved this experience. The time, settings and facilitation supported me to let go of my head and to sink into other parts of me; wilder, quieter, more instinctual and open. Relating to nature and other than human in new and deeper ways. I found myself hanging out with nature spirits, animals and dancing with the wind. Not things I would necessarily have expected. The wild therapy course has given me confidence to take clients outside appropriately and to risk bringing more wild into the therapy sessions"



Bringing Therapy into the Wild and Wildness into Therapy

A one year course with

STEPHEN TAME

and

ALLISON PRIESTMAN

Three residentials in Derbyshire and
Lancashire followed by
a final weekend in Bristol
March 2019 - February 2020

Cost £1900

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.

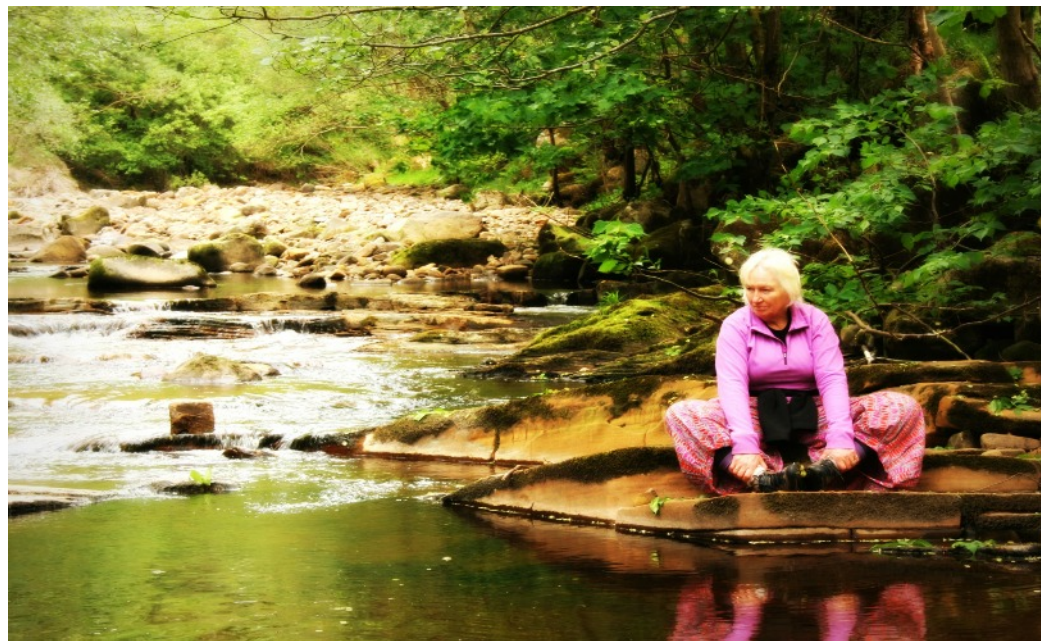
This year course gives you the opportunity to work with and learn from wildness as it manifests in the client-therapist relationship.

We'll start off in March at 'base camp', Unstone Grange: www.unstonegrange.co.uk, a slightly shabby, comfortable residential centre in a beautiful part of Derbyshire.

We then move to wild and wonderful Roeburndale: www.middlewood.org.uk in May (the study centre) and September (the camping barn, shown in the cover photo), and complete at an urban setting for the final weekend early in 2020.

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 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 six or so people who have recently completed the two-year Embodied-Relational Therapy training www.earthworks.co.uk and there will be no more than twelve members.



"The Wild Therapy course has left me with an increased awareness with life outdoors and a growing wish to connect with other creatures and life forms. Group process became a growing part of our discovering wildness in its many forms and possibilities to work with that wildness in ourselves and clients both inside and outdoors. It was a great mix of fun, exploration, moving times and challenging ones. Would recommend it to anyone interested in expanding and exploring ideas of work and personal development and our relationship with earth"