



WILD AS WELL

Ecotherapy in Nottingham and Nottinghamshire

An eco-psychological and nature-based approach to recovery and healing.

This disconnection from nature is a fundamental developmental trauma. We experience it as individuals, and we experience it as a collective.

When our natural belonging in the world is replaced with separation, we are immediately lost. We no longer trust that the earth provides for us, or that there is enough. When we forget we are nature, we no longer believe that we are enough, either. *

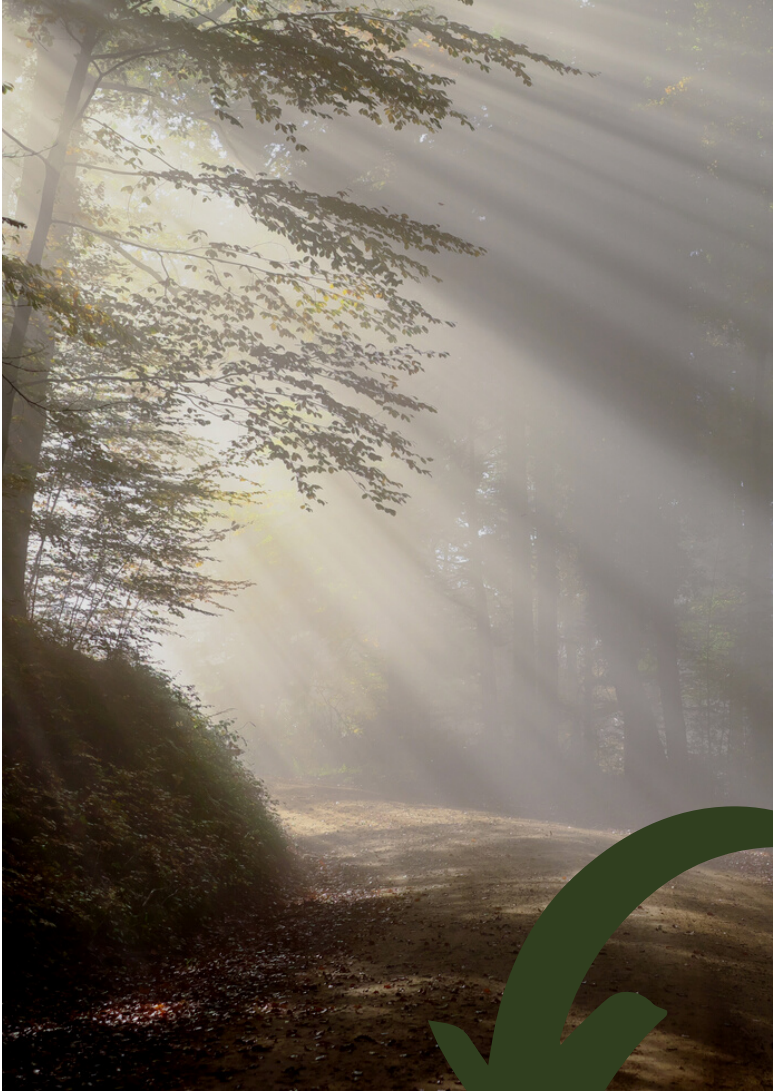


Ecotherapy (as a specific rather than generic term) uses activities and exercises that emphasise the notion of “mutual healing and growth” (Chalquist, 2009) where the reciprocity between human and nature enhances an individual’s wellbeing, which then promotes positive action towards the environment, which in turn improves community wellbeing (Pedretti-Burls, 2008).

Source:

*Disconnection from Nature: A Collective Developmental Trauma – Christine Marie Mason (xtinem.com)

WHAT DOES ECOTHERAPY LOOK LIKE..?



Nature-Based Activity

The participant is invited to spend time in focused activity in contemplation and in sensory mindfulness. Activities include wandering; land art, sit spot either alone or with the support of the Ecotherapist

Ecotherapeutic Intervention

The Ecotherapist uses mirror, tracking and guiding skills to encourage the participant to access their own unique wholeness alongside working through ongoing emotional and relational challenges

Grounding

Each session begins with a nature-based mindfulness practice that connects a person to their senses and locates them in the present moment in presence with human and non-human companions.

Check in

Each participant shares how they are feeling and alongside the Ecotherapist a focus is agreed for the session.

Gratitude Practice

Each session ends with a mindfulness practice that gives gratitude and appreciation to self, others and the natural world.

Check out

Each participant shares how they are feeling and what they are taking home with them as a reflection or practice to continue.



KATE WHYATT IS WILD AS WELL

CERTIFIED LEVEL 4
NATURAL SELF ECOTHERAPIST

With a 15 year career across Nottingham City and Nottinghamshire County Council adult social work teams specialising in intensive intervention and reablement



Natural Academy Practice Model Natural Self Ecotherapy (NSET)

Our applied model for this is NSET an integrative and evidence informed approach to supporting people's healing and growth. The model has its roots in psychotherapy and ecopsychology, and is trauma informed.

The approach emerges from 30 years of experience in psychology, psychotherapy, and nature-based interventions. The deep influences include Person Centred Psychotherapy, Wild Mind by Bill Plotkin, Internal Family Systems, Polyvagal Theory, and the Natural Self Approach.

When you work as an Ecotherapist, applying NSET, you work with nature-based activities, a relational field that includes nature and therapeutic interventions that help participants cultivate wholeness, explore their personal healing and growth journey, and facilitate an ongoing and ever deepening of their 'Healing Dwelling Place'.

What you can expect as a participant is a caring and professional space, accessing the wonders and beauty of nature, with a supportive and compassionate fellow human being alongside them. The Natural Self Ecotherapist will gently guide and facilitate your healing, growth and encourage experiences of your innate wholeness. You will access the natural healing, trauma regulation and wisdom that being facilitated in natural spaces offers.

As an Ecotherapist I commit to:

Continuing Professional Development

Supervision

Peer intervention and reflective practice

Membership of Nature and Health Practitioners Network

<https://www.naturalacademy.org>





NOTTINGHAM & NOTTINGHAMSHIRE

Green Social Prescribing

The programme is being delivered nationally by the Department of Health and Social Care, Department for Environment, Food and Rural Affairs, Natural England, NHS England and NHS Improvement, Public Health England, Sport England, Ministry of Housing Communities and Local Government and the National Academy for Social Prescribing.

Nottingham and Nottinghamshire participated as one of the seven pilot sites across the country.



WILD AS WELL

Is a Trusted Green Provider offering ecotherapeutic support to all adults with assessed health and social care needs.

Mental Health Level 0-4

*Staff Wellbeing sessions also provided

Public Health

Nottingham and Nottinghamshire Integrated Care System's vision for the 1.2m people is for every person to "enjoy their best possible health and wellbeing" with joint up services "tackling inequalities in health and lifespan"

Staff wellbeing is at the heart of delivering good health outcomes

