

# CAT Cumbria: Nature Retreat Day

Who? This event will be facilitated by Vanessa Tobin & Caroline Dower  
Where? Rydal Hall, Rydal, Ambleside, Cumbria, LA22 9LX <https://rydallhall.org>  
When? Saturday 9<sup>th</sup> March 2019 – 10.00am – 5.00pm (coffee and arrival 9.30am)

## Aims of the day:

- \* To provide a reflective space for CAT therapists to pause and restore, with the assistance of natural surroundings.
- \* To encourage us to inhabit both our minds and our bodies.
- \* To consider our reciprocal roles with ourselves, others, and with the natural world.

The day will involve a mixture of group and individual activities, held indoors and outdoors. Some of the activities will involve movement, and some will involve stillness.

## Background:

For millennia, humans have lived in intimate existence with nature. We are intrinsically related to water/food/seasonal changes and to climate. Technological development has allowed us to live in urban environments but this has caused a disconnection from nature. It makes sense that when we spend time outside in nature we feel different; a reconnecting to something that we are intrinsically related to perhaps.

## Facilitators:

**Vanessa Tobin:** I am a clinical psychologist and accredited CAT practitioner who works within the NHS and in independent practice. Increasingly I am interested in how being outdoors in natural settings can help to facilitate our thinking as well as restoring us emotionally and physically ([www.naturaltherapyoutdoors.com](http://www.naturaltherapyoutdoors.com))

**Caroline Dower:** I am an Integrative Psychotherapist and CAT practitioner, currently Head of the Counselling Service at Durham University. I have an interest in embodiment in talking therapies, exploring how relational patterns are represented in our movement patterns with others and with the environment around us.

## Requirements:

As we will be moving, indoors and outside, throughout the day, it would be useful know of any mobility issues, either in advance or on the day. We will endeavour to find adjustments to ensure the widest participation in the day. Everybody is welcome. As we know, the weather in this country can vary considerably, so bringing layers, a waterproof, and suitable walking footwear (for muddy fields, uneven ground etc) is advised.

Cost will be **£25** per person and includes tea/coffee. In terms of lunch, you are welcome to bring your own packed lunch, or purchase food from the onsite teashop: <https://rydallhall.org/about/tea-shop>

To secure a place a **£15 deposit will be required by January 18th**, with the balance payable by **Saturday 23<sup>rd</sup> February 2019**. If you wish to stay over the night before and/or after, then there are a range of guesthouses in and around Ambleside, including:

<https://rydallhall.org/stay-with-us/rydal-hall>

<http://www.theglenrothay.co.uk/the-badger-bar>

<http://www.rydalllodge.co.uk>

Please contact Vanessa Tobin for further information and booking:  
[ambrosepsychology@gmail.com](mailto:ambrosepsychology@gmail.com)