



Restoring, Regenerating and Rewilding

A WildCATs Residential

Rewilding Our Selves, Rewilding our Practice

Dundreggan Rewilding Centre,
Glenmoriston, Scotland

28th – 30th September 2023

*This extended residential, endorsed by **CAT Scotland**, is for counsellors, psychotherapists, psychologists, psychiatrists etc. who are familiar with relational therapy/Cognitive Analytic Therapy (CAT).*

We are very excited to be offering an opportunity to come together in Glenmoriston for a residential experience offering the space for restoration, regeneration and rewilding of our Selves and our practice. The recognition of the need for us all to find ways of reconnecting with nature, as well as embedding this into our practice as mental health practitioners, is becoming increasingly central to our collective dialogue. As we explore ways of supporting ourselves, each other, and those that we work alongside to overcome difficulties and distress and enable meaningful opportunities for change.

Recently there has been a lot of focus on rewilding projects across the world, as many who feel passionate about the impacts of the climate crisis and the profound loss of biodiversity see rewilding as one of the solutions. However, we need to also be cautious that (particularly within the Highlands of Scotland) rewilding of large estates doesn't become yet another form of land colonialism – a repetition of the intergenerational traumas of the Clearances that resulted in the displacement and disconnect of communities from land, nature and subsequent loss of language, heritage and culture.

Hence, we are seeking to provide residential experience that looks to embrace and encourage us to find a way of reconnecting with landscape and nature, within the beauty of the Highlands of Scotland, whilst ensuring we are mindful of the local narrative of displacement and social injustice. This is a residential experience about reconnecting with Nature, learning to allow Nature to be our co-therapist and to find its way into the spaces in between – those liminal spaces. This will be a space for us to share our learning about rewilding therapeutic practice and explore the meaning of outdoor therapeutic practice. But, at the same time, a place where we might explore the possibility of rewilding ourselves - a rewilding experience within, between and around.

What to expect

The residential will involve a mix of solo and group experiential exercises, reflective exercises, teaching, and re-wilding practices. It will involve moving and walking through natural terrains. A list of recommended clothing and equipment to bring will be provided.

Who is the course for?

This residential experience is aimed at clinicians who are familiar with relational therapies/CAT and who are interested in connecting with Nature, exploring how to take therapy outdoors and use Nature as a co-therapist. Clinicians that practice or have undertaken relational therapy courses or who have completed the Introduction to CAT course, current trainees on CAT Practitioner courses, and qualified CAT practitioners/psychotherapists are all welcome. You are not required to have had any prior experience of working therapeutically outdoors or with Nature.

Venue

We are delighted to be able to hold this residential at the Dundreggan rewilding centre situated in Glenmoriston, 1 hour from Inverness. The estate is run by Trees for Life, a charitable organisation, whose vision is “of a revitalised wild forest in the Scottish Highlands, providing space for wildlife to flourish and communities to thrive”. For more information go to

<https://treesforlife.org.uk/rewilding-centre/>

Cost

The cost is £375.00 per person, which includes the residential experience, accommodation for 2 x nights and full board. A deposit of £100.00 will secure a place on the course.

Booking and Cancellation Policy

There are only 20 places available, on a first come first served basis.

A deposit of £100.00 and completed booking form are required to reserve a place. The remaining balance will be required 4 weeks in advance, by 28th August 2023. Full refunds less the £100 deposit can be made prior to 28th August 2023. After 28th August 2023 a 50% (less the £100.00 deposit) refund will be provided.

Cheques are payable to The Outdoor Psychologist

Online banking transactions are payable to,

The Outdoor Psychologist Ltd -

Acc. number 31496684 Sort number 23-69-72 (Bank account with Mettle)

Please include your name and 'WildCAT booking' as a reference.

Accessibility

The experiential exercises do involve movement through natural terrains and wild habitats. We are keen to support those with accessibility needs to attend the residential. Please get in contact to discuss your individual needs with us, so we can explore how we can best accommodate you.

Facilitators



Amanda Copeland is a UKCP accredited cognitive analytic psychotherapist, mental health nurse and eco-psychotherapist, with over 27 years experience working in the NHS with adults, children and young people and families. Amanda has undertaken ecotherapy training, which has transformed her practice and works independently in the Brighton area.
www.changing-futures.com



Dr Abi Tarran-Jones is an HCPC Registered Clinical Psychologist and CAT Practitioner, with over 10 years experience working in the NHS with adults of all ages, carers, families and teams. Abi has undertaken specialist training and supervision, in the delivery of outdoor and nature-based therapy. She runs her own independent practice, The Outdoor Psychologist Ltd, offering therapy, supervision and consultation to clients, clinicians and organisations respectively, in the North Yorkshire and Teesside area.
www.theoutdoorpsychologist.co.uk



Nick Barnes is a child & adolescent psychiatrist & CAT Practitioner working with the Highland CAMHS service & has over 20 years' experience of working alongside children and families, having been particularly focused on working within communities, to ensure support is accessible & meaningful for young people. Nick is a co-lead for the ecoCAMHS network & a sustainability champion for the Royal College of Psychiatry. Currently, as an Honorary Senior Lecturer with University of Aberdeen, Nick is undertaking a study into the impact of rewilding on young people's mental health and wellbeing.

For queries and course booking please email

wildcatstherapy@gmail.com

