



Conversations With Trees

A series of experiential workshops led by Rod London for counsellors, therapists, and mental health practitioners to explore and learn about their own relationship with the natural world, the essential role it plays in the lives of clients, and to deepen a field-relational approach.

What

Three afternoon workshops each focusing on a different tree species in Highbury Park, Kings Heath, Birmingham. Each workshop will include guided investigation, sketching, and meditation.

When

All three workshops will run from 1pm to 4pm on the following dates:

Monday 23rd May – the Alder

Monday 13th June – the Oak

Monday 11th July – the Willow

Where

The workshops start outside Highbury Hall and will be based mostly outdoors in the grounds of Highbury Park, with the final 30 minutes inside the Hall where toilets and refreshments are available. Car parking is available at Highbury Hall and in the park.

Who

The workshops will be of interest to practitioners who:

- Wish to explore a 'field-relational' approach which includes the natural world.
- Are curious about developing a phenomenological approach which incorporates both the inquirer and the subject of inquiry.
- Appreciate the necessity of personal 'grounding' to work effectively with trauma – including the shared traumas of climate change and global upheaval.
- Are interested in the role nature plays in general wellbeing and maintaining good mental health.



Further details

In these workshops, you will be invited to meet and get to know some of the trees in Highbury Park. In each workshop, participants will deepen their knowledge of the life of one tree species, the context in which it lives – and to appreciate their own 'lifespace'.

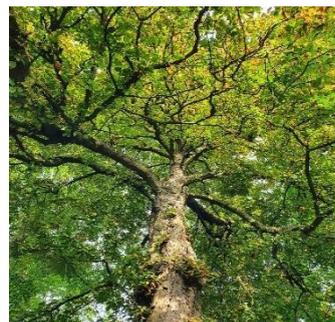
You will be guided, step-by-step, in investigating a tree. This investigation will integrate principles of Gestalt Therapy with the early scientific work of Goethe, Spinoza's concept of 'disciplined imagination' and the Japanese practice of forest bathing. You will have the opportunity to explore the characteristics of a tree, your relationship with it, and learn how your own vitality is influenced by the inquiry. The sessions will be structured around four central questions:

- Who are you?
- What are you?
- How are you?
- What do I take from you?

Each of the workshops will utilise all the available senses plus imagination, and provide moments for sketching, private reflection/meditation and work in pairs/small groups.

In the final section of the workshop in Highbury Hall, there will be opportunity for considering the application to your client work of what – and how – you have learnt.

All materials will be provided along with information about each tree. To ensure the best opportunities for individual and pairs/group work, each workshop will be limited to 10 places. A certificate of CPD hours attended will be provided.



Cost of workshops

Workshops booked individually: **£40**

All three booked in advance: **£90 (saving of £30)**

To book workshop spaces or for further information, contact Rod London:

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Roderic London – UKCP & BACP Accredited Gestalt Psychotherapist

Rod has many years teaching experience in schools, counselling/psychotherapy courses and has presented a version of this workshop at a national conference. He works as a counsellor and psychotherapist – including outdoor therapy – and has managed counselling/mental health services in schools, NHS, and university settings. He is co-director of Gestalt Birmingham and co-chair of the Gestalt Psychotherapy Training Institute.

