

Self & Society

2015 Event Series

Wild Therapy: bringing therapy into the wild, and wildness into therapy

with Nick Totton

**Friday 13th Nov 2015
18:45 - 21:30**

**Location: 7-9 Breams Buildings,
London EC4A 1DT**

Nearest Station: Chancery Lane

**Book here:
<http://www.ahpb.org>**



‘Wild Therapy’ is a book (PCCS Books, 2011), and a training programme; behind both of these, it is an attempt to rewild therapy, to rebalance its current exaggerated tameness with a dollop of risk and spontaneity, celebrating therapy’s 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. 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.

Nick Totton

I am a psychotherapist, trainer and supervisor with over thirty years’ experience, originally trained as a body therapist, since when my approach has become broad based and open to the spontaneous and unexpected. My book *Wild Therapy* (one of ten so far) is published by PCCS Books. I live in Cornwall with my partner and grow vegetables.

www.nicktotton.net

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