

***An invitation to connect with
Nature as Dynamic Co-Partner:
Masterclass – next date tbc 10am-4.30pm***


Catherine Gorham



About the day

This is an experiential virtual workshop suitable for coaches, supervisors and therapists looking to develop their skills in connecting with nature (outdoors and virtually) to facilitate a deeper level of noticing and internal processing in their clients and self as instrument.

The content of the day will be underpinned by some light ecotherapy theory with plenty of practice, including the somatic exploration of creating a holding container in an unstructured environment. There will be guidance on ensuring psychological safety and integrating nature's gifts through different lenses including:

- Attachment
- Transference
- Ego states
- Systemic regulation and movement (with 2 outdoor exercises within the workshop)
- Embodiment.

Our working container for the day will be co-created to ensure everyone feels they can bring a degree of safe vulnerability, curiosity and play; the contracting will model that required of any practitioner taking a client outdoors and will support the sense of shared intimacy that is integral to this work.

Signing up

Please contact me directly if you'd like to book a place or have a conversation about this. The fee is £125 to be paid in advance, discounted to £99 for those who have attended the AC virtual workshop July 2020.

Previous testimonials for this workshop:

"Now I really get what's different about Nature as Dynamic Co-Partner – it's so much more powerful than just walking outdoors with a client. I enjoyed the practice and learned how to attend to the psychological safety of the client."

"A profound enlightenment as to the power of nature within the coaching context. Where it had previously provided a pleasant but passive backdrop for me to work and be with clients, I now have techniques which will facilitate my coachees to relate their area of inquiry using the dynamic force of nature and ensure they feel safely contained within the chosen outdoor space."

About me

I am an independent EMCC Accredited Coach at Senior Practitioner level/Accredited Supervisor and Member of the Association for Coaching. I have recently completed 5 years as Master Coach for Frontline, a charity developing leaders in social work, where I supervised the community of 25 experienced coaches nationwide to hold their own and their coachees' vulnerability within a complex, highly emotionally charged system.

I have integrated my passion for the natural world into my coaching and supervision practice, drawing on specialist ecotherapy training, and now offer masterclasses to others wishing to develop their expertise beyond their 'walk and talk' practice.

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