

PSYCHODRAMA IN NATURE

“Spring Cleaning for the Soul”

25th & 26th March 2023

This is the first in a series of seasonal workshops which will be based at Birkhill Woods and will integrate psychodrama with nature.

The workshop experience begins in the village of Lochwinnoch, where we will meet and make our way collectively to the shed in the woods ‘up the track’. This journey will become part of the Warm Up, which is the first phase of any psychodrama. We will pay attention to how it feels to move through the sometimes-rough terrain of the beautiful countryside and arrive at the end of the track to a warm fire, cuppa and check-in to start the weekend officially.

During the workshop we will spend time indoors, move outside into the surrounding woods and fields, and come back together to reflect on our experiences. We will work creatively in action, group members will have the opportunity to explore their connection with nature through psychodrama, and reflect on how our environment reflects our internal landscapes.



THIS FIRST WORKSHOP CELEBRATES SPRING, WHICH MARKS A TIME IN NATURE OF NEW BEGINNINGS, RENEWAL AND GROWTH AND PRESENTS AN OPPORTUNITY FOR US TO REFLECT ON WHAT HAS BEEN, AND TO MOVE FORWARD INTO NEW PHASES OF OUR LIVES.

THIS TIME OF YEAR BRINGS A NEW SENSE OF ENERGY AND FOCUS AS EVERYTHING BURSTS INTO LIFE. THIS WORKSHOP IS AN INVITATION TO USE YOUR CREATIVE ENERGY, IN CONNECTION WITH NATURE, TO LET GO OF OLD HABITS, MAKE SPACE FOR NEW THINGS IN YOUR LIFE, DO THINGS DIFFERENTLY AND TRY OUT NEW WAYS OF BEING.

PSYCHODRAMA IS ABOUT STEPPING INTO ACTION AS SPRING IS ABOUT STEPPING INTO LIFE.



Prices:

£250

Reductions available for students.

Location:

Birkhill is the perfect venue for combining psychodrama and nature. It houses a studio space purpose built for creative group work whilst having a rustic and environmental feel. The only toilet is an outdoor compost toilet with a beautiful view of the hills.

Public Transport:

Train to Lochwinnoch Train Station from Glasgow Central where you will be met and driven to and from the venue.

Driving:

Either make your own way directly to Birkhill. The track is off road and bumpy so only attempt this if you are happy to bring your vehicle over rough terrain. Or park at Lochwinnoch Train Station and you will be met and driven to and from the venue, back to the station at the end of each day.

Lunch:

Lunch will be provided. There are also facilities on site to heat food and make hot drinks if you prefer to bring your own. There are no shops nearby so we will stay on site during breaks. Tea and coffee will be provided.

Accommodation:

This is not a residential weekend but if you wish to stay nearby and enjoy the sights and events that Lochwinnoch has to offer there are several Air BnB and glamping options. If these are out-with the village you will need to make your own travel arrangements to get there from the village.

Village:

If you are staying nearby, Lochwinnoch is a beautiful village which has a range of great places in nature to explore including Castle Semple Loch, Parkhill Woods, RSPB Nature Reserve, and Clyde Muirshiel Regional Park. It also has 3 very different pubs, The Brown Bull, The Three Churches, and The Corner Bar and a great chip shop!

Emma Hagen is a UKCP and BPA accredited Psychotherapist, Supervisor and Senior Trainer.

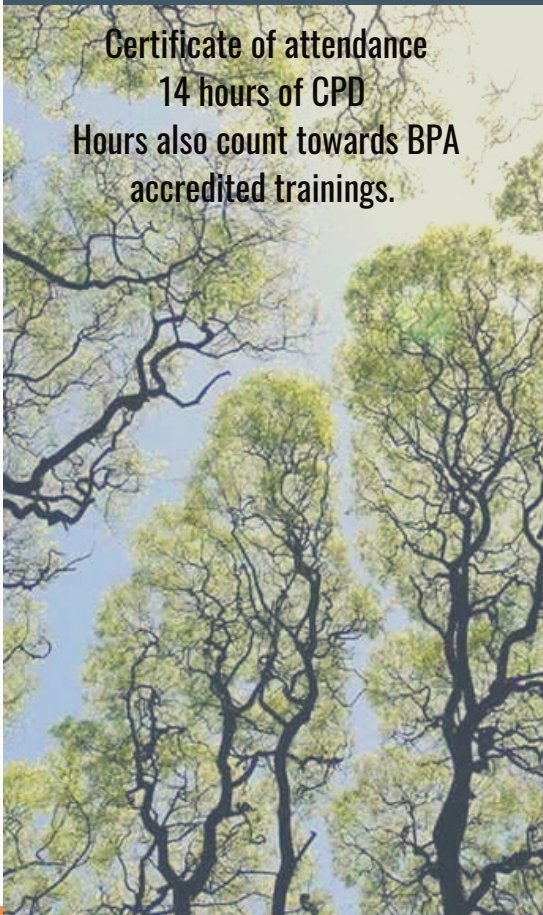
She is dual trained in Person-centred Counselling (Strathclyde University) and Psychodrama Psychotherapy (Northern School of Psychodrama), and holds the UKCP Child and Adolescent Proficiency Marker.

Emma has worked extensively as a psychotherapist, supervisor and trainer in a freelance capacity, in both private practice and for organisations. She has held employed posts with the Children and Young People's Team at Glasgow Women's Aid, Freedom from Torture, and Barnardos Here and Now service within HMYOI Polmont.

She has a particular interest in working therapeutically outdoors and offers walk and talk supervision in and around Lochwinnoch.

She is a Senior Trainer with Psychodrama Scotland.

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Certificate of attendance
14 hours of CPD
Hours also count towards BPA
accredited trainings.