

TOOLS FOR TRAUMA

WORKING WITH ANXIETY AND TRAUMA THROUGH EMBODIMENT IN THE OUTDOORS

ESSENTIAL INFO:

- ✦ **Date:** Monday 2nd August 2021
- ✦ **Location:** Outrageous Woods, West Acre Estate
- ✦ **Time:** 9.00am – 4.30pm
- ✦ **Cost:** £95
- ✦ **Maximum Group Size:** 16 people
- ✦ **Course Tutor:** Jon Cree



WHO IS THE COURSE FOR:

Anyone wanting practical tools & techniques to support learners suffering from anxiety and trauma using the outdoor environment.

Suitable for: Forest School Practitioners, Outdoor Educators, Teachers, Teaching Assistants, Early Years Practitioners, Play Workers,

WHAT WILL THE WORKSHOP COVER:

This workshop will open discussions and practise about how we, as outdoor practitioners, can support our children through times of anxiety and trauma. Topics will include working with sensory preferences, embodiment and integration, recognising the importance of working with ourselves as well as our learners, and the key role forest school and outdoor learning can play in supporting emotional regulation. Calling upon current neurological understanding, Jon will offer participants the opportunity to try out new practical ideas as well as reaffirming our understanding of the emotional benefits of Forest School and nature based learning.



The workshop will include:

- ✦ Exercises in 'Grounding' and 'centring' – how we feel safe in the place and in our bodies
- ✦ Polyvagal theory and the 5 touchstones of somatic, body-based practise.
- ✦ Feelings; Feeling Sensations; and Emotions – how do these link and what outdoor practises help.
- ✦ How we, as practitioners, co-regulate with anxious learners.
- ✦ Sensory Processing in the outdoors. How movement and tuning into place at same time regulates our bodies and feed the 8 senses.
- ✦ Working with play and story in the outdoors to explore dysregulation and regulation of the 3 branches of the autonomic nervous system.
- ✦ Attachment to people and place – a look at how attachment and it's nature can inform trauma.
- ✦ Self-care for the outdoor practitioner – the 4 steps to helping us to make us feel 'lighter' and cope with others and our own trauma. Feeding our own emotional needs.....'working with compassion fatigue'.

DOMESTICS & CATERING:

We will be spending the day in our new woodland camp area. Please be aware that we have no indoor space so will be outside all day. Please ensure you bring appropriate outdoor clothing to be comfortable. We have a woodland shelter to use in wet weather and the campfire is always burning!

Hot drinks, and refreshments will be provided throughout the day but please bring a packed lunch.

VENUE INFORMATION:

We are lucky enough to be allowed to play in our woodland site by the kind permission of the Birkbeck family. It is easily accessible from main road routes.

Address – Outrageous Nature Woodland, West Acre Estate, B1153, just off the A47 (about 15 mins west from Swaffham). Please look out for directions and map in pre-course information.

ABOUT THE COURSE LEADER:

Jon Cree is a rare creature usually found rummaging around his natural habitat of the woods, paddling in his canoe or hibernating in a hammock. He is easily identified by his charismatic hats, giggly infectious laugh and a slightly squeaky voice when excited.

Being a social creature he is at his best when in company and is a long time earth educator, Forest School leader, storyteller and environmental trainer. He has worked with numerous groups of all ages over the last 30 years, within the UK and internationally.

ABOUT THE OUTRAGEOUS NATURE COMPANY:

The Outrageous Nature Company is a Community Interest Company that helps get the ball rolling for people to be out together playing in nature. You can follow us on Facebook (search for the Outrageous Nature Company and look for the dung beetle logo!) or check out our website - www.outrageousnature.com

BOOKINGS & PAYMENT:

Please fill in the online booking form found on our website here - www.outrageousnature.com/events-courses Please make sure that you have taken a look at our terms and conditions before booking. Your booking will be confirmed via email and precourse information sent nearer the course start date. An invoice with payment instructions will be sent to you upon booking.