

Welcome to the WILD THERAPY COMMUNITY 'SCRAPS & MAPS'



**SPRING EQUINOX
2025
Edition No.1**



Welcome to the 1st Edition of our Wild Therapy creative collation. This e-news circulation is where we plan to share an eclectic mix of stuff from our personal wild scrapbooks of creative thought and imagery, map what's going on across the wild therapy universe with events and offerings, and bring together anything else that you want to share with our community. It will only be as good as the content you send us, so please get in touch (details at the end!)

We hope you find this new 'scraps & maps' a great way of keeping connected and in relationship with each other.






Wild Way Retreats

2025 dates

24th-27th April nr Salisbury

19th-22nd Sept, Cumbria

Booking NOW!

EARLY BIRD PRICE £475

Full Price £510

wildwayretreats@gmail.com



"I feel blessed to have met both Andrea and Lucy. They worked beautifully together with a wonderful balance of earnestness and humour. They have complimentary energies and insights and are a natural and hugely powerful team."



Lucy Furniss and Andrea Hobbs met at the WT training 2022/23 and formed a partnership to offer wild therapy group retreat experiences for women. They ran their first successful retreat in Devon in 2024 and have these 2 planned for 2025. If you have clients or other contacts who might be interested please signpost them to the wildwayretreats.com page for more details and wildwayretreats@gmail.com for direct enquiries.





Facing the Storm

How do we support ourselves and our clients in a time of ecological dread?

A camping residential workshop with Nick Totton and Leonie Guest

Freshwinds, Fairlight, East Sussex: May 22nd-25th 2025 Cost: £350

In a world facing profound ecological crises, many of us carry grief, anger, and uncertainty. Rather than pushing these feelings aside or letting them overwhelm us, we invite you to join a gathering where we can process them together—within a space that nourishes and sustains.

Through time on the land, in ceremony, and deep conversation, we will explore how to hold these responses in ways that cultivate resilience and connection. This is not just about facing the storm; it is about remembering how to stand in it with strength, tenderness, and care.

What to Expect: - Time for reconnection with the living world - Shared reflection and emotional processing - Creative practices to transform grief into action and renewal - A supportive community that replenishes rather than depletes

This gathering is not about finding easy answers but about making space for what is real and allowing our emotions to move through us in ways that deepen our connection to life. Alongside the difficult conversations, we will also make space for creativity, play, and moments of joy—because resilience is not just about endurance but about remembering what makes life meaningful.

This residential weekend workshop is for practitioners—therapists, counsellors, and others—who want to explore how we can work with this reality in the therapy room.

Join us as we hold this grief and dread together and turn it into something that sustains rather than consumes.

This workshop will be facilitated by Nick and Leonie who between them have 60 years of psychotherapeutic experience and are deeply committed to this work.

www.nicktotton.net **www.leonieguestpsychotherapy.co.uk**

BOOKING/INFORMATION Contact nick@3-c.coop or leonieguest@zohomail.eu.



To Live In Another Way by Nora Bateson

At first, it appears that it is the parts of the system that must be made better or fixed.
Then, it becomes clear that the system is not in the parts – it is in the relationship between them.

So, it seems like it is the relationships that need to be made better or fixed.

But relationships, it turns out, are made of communication.

And then –

The communication becomes the place to address the needed adaptations,

And then –

You realise what is communicated is not what is expressed or even what is not expressed – it is
what it is possible to express.

That is where the limits move, in the combining.

How shall I tend to the premises of what is possible to communicate?

Radical Embodiment Retreat

With Jayne Johnson & Alex Walker

4 NIGHTS RESIDENTIAL
in the Lake District

Discovering edges of aliveness - inside and outside

Fireside storytelling, singing and music

Nourishing vegetarian food

Dream, consent, energy and voice work

Play, dance and somatic movement practices

Embodied nature connection

Exploring the nervous system

27th June - 1st July 2025

To book or for more information email or call:

Jayne - mail@jaynejohnson.co.uk / 07913656889

Alex: alex@unspeakablearts.org /07415473565

www.unspeakablearts.org

**Dive deeper, develop awareness, presence,
relaxation and confidence.**

**Enjoy the fullness of your embodied experiencing
with human and wider life systems in a beautiful
and supportive environment.**

**Soften and surrender into the sacred mystery of
being alive here and now!**

**Retreat Cost :
£650**

**Early bird discount £595 (deadline 31st January 2025)
Installment options available**

For this you will receive:

- **Four nights' accommodation
(Either shared bunk rooms or camping)**
- **All meals (vegetarian)**
- **All tuition during the weekend**
- **Guidance on how to prepare**

**Venue:
Rookhow
Rusland
Nr. Ulverston
Cumbria
LA128LA**

www.rookhow.org.uk

www.unspeakablearts.org



Radical Embodiment participants, Gilling West, North Yorks 2024





The Wild Sit

An Invitation to a Day and Night Solo Sit

By Jayne & Leonie



No doubt you will have an inkling if this journey is calling you right now, already something will be stirring under your skin, and those wild and furry ears will be twitching!

Can you feel the pull of that threshold into the unknown? To sit by rock, river and tree and allow your flesh and bones to sink into the mud, moss and fern. Are you listening to the call of your soul and the earth to surrender to an older rhythm, an ancient dance with the mythical realms of the wilderness of Middlewood.

This is an intimate and personal journey to be in the belly of the earth from dawn to dawn. This is your own personal and alchemical path to walk, and so the focus will be on YOU rather than group process or client therapist work.

This invitation is initially only going out to people who have completed the Wild Therapy One Year Training.

Venue: Middlewood Trust

Dates: 25th September to 1st October 2025

Cost: £950 – we are offering a payment plan

If you are interested please contact Leonie at

leonieguest@zohomail.eu

[or click here for Leonie's website](#)



←.....

Bill Plotkin Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World

Book review by Karen Moore February 2025

Bill Plotkin is a depth psychologist, wilderness guide and elder and whilst this is not a new book (it was published in 2008), this visionary work has an increased sense of urgency in these potent, mythic times. My own soul journey was far from underway in 2008 and I was, like most people, carrying on with 'business as usual', possibly stuck in the one of the most egregious stages of development he describes in his book as 'Patho-adolescence'.

Plotkin's vision, outlined in this substantial book, is to reclaim our wild, creative imaginations with the support of the natural world in order to fulfill our potential for wholeness as human beings. He argues that Western society is stuck in a state of what he terms as (the aforementioned) 'Patho-Adolescence' where destructive forces of power, greed and war-mongering dominate and that we need soul-centric visionaries to guide us toward transformative possibilities. The highly detailed model he proposes takes the form of a wheel (itself a symbol of wholeness) divided both into four quadrants (representing archetypes and the four directions) and eight stages through which different aspects of human psycho-spiritual development can emerge.

The different stages are evocatively named: the Innocent in the Nest, The Explorer in the Garden, The Thespian at the Oasis, The Wanderer in the Cocoon, The Artisan in the Wild Orchard, The Master in the Grove of Elders and finally, The Sage in the Mountain Cave. Each stage comes with specific tasks to be completed, gifts to the community (human and non-human) and a particular psycho-spiritual orientation. The tasks are concomitant with a particular direction

and its associated characteristics which help to inform the nature of the task (e.g. the West is associated with liminal time and a turning inwards). In the earlier stages the soul is led by the developing ego, whereas in the later stages the ego works as an apprentice to and in service of the soul and mystery.

Nature and the Human Soul is an ambitious and explicitly aspirational text, combining his personal and professional experience, Jung's stages of psychological development, ancient and indigenous (and modern) wisdom and cosmology to illuminate the possibilities for human psychological development and growth over the course of a lifespan. Crucially, he argues that other models that attempt this, fail to account for the vital role of nature and embodiment in supporting us to fulfill our potential as humans, focusing instead on how we can become functioning citizens in an egocentric culture. Tellingly (and soberingly), he quotes the title of a book by James Hillman and Michael Ventura 'We've Had a Hundred Years of Psychotherapy and the World's Getting Worse'.

It is a long, dense and sometimes repetitive read but Plotkin's knowledge, enthusiasm and passion kept me engaged. In a time of climate emergency, never has there been more of a need for authentic soul-initiated adults. The book is a wake up call to remember our wild roots as humans and to be in service to ourselves, each other and the earth, through unfolding into our own eco-soulcentric destinies, what Angeles Arrien (whom he quotes) describes as "walking the mystical path with practical feet." I'll go and get my boots on...



Photograph by Andrea Hobbs.
Deep Dale Woods Co Durham





Middlewood 2023 photo courtesy of Leonie Guest

MIDDLEWOOD

Dancing bright, into a dreaming land to dream and be dreamt,
Cuckoo calls and clouds of dandelion
Weave their magic through the air,
Skin warmed - the embrace of ancient fire,
Spring veil of wise, wild garlic, bewitching bluebell,
Giggles splash and dissolve in the sparkling river,
Bare feet on earth, earth in bare feet,
Our roots grow down and deep,
Dirt under fingernails,
Midges nibble, we wave and snap,
Bats chitter with us around the fire,
Scooting, skirting, flirting with the dusk,
The evening smudges the edges of the day,
Night birds and deer barks sharpen our senses,
Stars shoot and glitter,
We tell our stories as the land gently holds us.

By Karen Moore



WILD THERAPY SOUTH

We wanted to let you know about a new development in the Wild Therapy Training.... It's travelling down south!

For some years the seed of an idea has slowly been germinating about bringing the training down south. There are many reasons for nurturing this idea, mainly around increasing accessibility, diversity whilst reducing mileage, and hopefully encouraging more people to step into wilder ways and onto the training.

Since summer last year these ideas have been tended by Leonie and Milou, who are dreaming and exploring how this can work. What is now taking root is an Intro weekend being offered in September in East Sussex. This will feed into a one-year training with a slightly different structure which we hope again will give more people the freedom to join.

We hope to grow the structure in a series of weekends following the same path as our original training, but sewing it throughout the year. Our intention for this is twofold, to help with integration of the wild into our domestic lives and to reduce the amount of time needed off work. As well as this we may add in some online time and a full week immersive, probably at Middlewood.

This offering is in addition to our normal and fabulous training up north, and not an attempt to capture this magnificent wild beast and drag it down to the gently rolling and gentrified hills of the south!

We very much hope this will improve the soil structure of our community and bring in many varieties of fungus to spread the wild spores!

We are really open to hear your thoughts and feedback, and we will be in touch to tell you more!

All the love Leonie and Milou xxx

leonieguest@zohomail.eu
miloupothasttherapy@gmail.com

[For more information click here](#)





Wild Therapy website news

from the Wild Webbers task group

Jayne, Milou, Rachael & Andrea

The Wild Therapy website is in the process of moving to another host and being re-imagined with more capacity and creativity as our seeds and weeds spread and germinate.

The Wild Webbers group have made the difficult decision to make a fresh start.

The current hosting company couldn't provide us with what we were asking for, in terms of what how we've re imagined the website could be and also the practical behind the scenes functioning.

We tried to negotiate with them but unfortunately, the website is now down and will be until we can do the work needed to get a new one up and running. We are hoping this will be in the next 4 weeks but it could take a while longer. We are sorry for the inconvenience this causes to you all, especially with practitioner listings and events and workshops.

We have an idea for a map version for practitioner listings which will make it easy for people searching for Wild Therapists. We really hope with the new, fresh and exciting possibilities that this new website might bring, that you'll be keen to support and add your listings and events, trainings and workshops to the new website once it's built.

Cost and request for contributions

There will, of course, be a one-time cost for the building, and it seems that approximately £300 is the going rate for this. Therefore, we are asking if those who are able could donate towards it. There is already some money in the kitty ready to pay the previous company, but this will be needed for the ongoing fees with the new host. Hence, some fundraising and donations are required.

If everyone who currently has a listing on the website paid an extra one-time payment of between £5 and £20, we would have enough funds. If you create events listings and/or facilitate training, please consider increasing this amount according to your visibility on the website if this is possible. We hope that this will mean we have a great platform to advertise ourselves and any upcoming trainings.

Please send money to:

Rachael Sharrad. 20 25 41. 53219216 - Please use your name as the reference

Domain name

The other issue tied up with the website change is the domain name. We have checked and it's possible to get a domain name without a hyphen (which is what we currently have). This is in process and not yet decided so if anyone has strong opinions about this please let us know?

Thank you

Thank you Nela and everyone who helped with the old website

We want to thank Nela who has been holding the website money, practicalities and communications for nearly 2 years. We really appreciate the energy and work that went into this!

We also want to appreciate what a leap it was to create the last version of the website and thanks to everyone who was involved in making that happen in March 2021. Wild Therapy has grown so much since then and the seeds and weeds have spread to the point where the events page particularly wasn't really functioning in the form it was forced to take.

Join us?

We also want to offer the invitation out again for anyone who might have ideas or energy to join us in this project. We previously asked for anyone who wanted an input or to add ideas to join this group and there are only 3 of us at present. We welcome anyone else who didn't get chance before or who would now like to join to get in touch with Milou.

Recommendations

And finally if anyone has contacts or recommendations of other web design and hosting companies we could add to the current list we re exploring please do be in touch.

Thanks from the Wild Webbers group!





General Wild Therapy news in short

(and any other tiny updates...)

The Wild Therapy website is currently undergoing a revamp...contact the group using the wildtherapyuk@gmail.com address

Wild Therapy Intro weekends are going South! to find out more contact leonieguest@zohomail.eu miloupothasttherapy@gmail.com

There is a new Wild Therapy Peer Support group - at capacity within the current group agreement to keep numbers small enough to be comfortable and manage online - but if you want to go on the list of interested people contact lucy_furniss@hotmail.com

Other ways to stay in touch:

Seeds and Weeds monthly Wild Therapy gathering on zoom.

Please email to wildtherapyuk@gmail.com for details and how to join in. Want to take a turn at hosting? Everyone is welcome to do this, as long as you have a zoom account and can send out an invitation.

Editorial and contributions

Andrea Hobbs & Fiona Hancock will be sharing the newsletter editorial and circulation. We'd be really pleased to get your feedback on content, length, design - anything really! It will only help us to improve this offering.

If you would like to send something to be included in the next newsletter (due Summer Solstice probably!)

please email Andrea at support@andreaahobbs.co.uk

Anything goes so don't be shy!

If you are sending text or want us to include some blurb about your event or happening, a Word doc is best for flexible editing.

If you are sending pictures, drawings, or photos, PNG or JPeg are fine.

If you would like us to include your flyer, separate elements are easier for us - word docs and Jpegs - rather than fixed content!

Bear in mind that the newsletter will not be read in full if articles are too long! We may have to edit down your contributions!

Thanks to all our contributors

Andrea & Fiona x

