

Welcome to the WILD THERAPY COMMUNITY 'SCRAPS & MAPS'



SUMMER SOLSTICE 2025 Edition



Welcome to the 2nd Edition of our Wild Therapy creative collation.

This e-news circulation is where we can 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 community with events and offerings, and bring together anything else that you want to share.

The aim is that by the end of this calendar year, this publication will be downloadable from our new community website and available to anyone that wants to find out more about wild therapy, or to join our community by becoming a trained wild therapist.

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





Dancing in the Shadows

**Shadows dance across the surface of your face
Rippling through in waves of tantalising reality
There it is – I'm sure it was there
Gone now in the remembrance of 'me'**

**Grappling, rolling through the current of time and space
Ever elusive and yet it's there in the reflection I see
Quick! pick it up – look over there!
The shades drip through my fingers
As I reach out for impossibility**

**How can it be there and not there?
Does my heart cast a shadow across my chest?
Are my hands like gloves, knitted together
To protect the depth of touch I yearn for?**

**Without the shadow your image is static, untrue
Flattening itself into something it's not
Let's dance & play in the shadows for a while
Let's dare to dream of a world beyond
In the darkness
In the deep, unfathomable wilderness
In the murky greyness
It's not clear, it's not without risks**

**Can we jump together?
Peeling away a perceived reality
And embrace the unknown shadow of truth
Come take my hand, breathe deep in unison
Together we could survive.**

written by Jayne Johnson 1st June 2011





Doggy Wildness by Sarah London

Recently, on the Wild Therapy group facilitation training I had the unexpected opportunity and pleasure to facilitate a session on working with dogs and found, after much fun was had by all, that I wasn't the only one who might want to explore this. I've been working outdoors as a therapist with Stan, my Collie for 10 years. This is my passion and I'd love it to develop within the wild therapy community with others who are interested, and these seeds are now planted. Below are some thoughts to get you started if you've never considered this approach, and there may be more to come.....

If you're a dog person, dogs are great right? They're amazing companions, loyal, intuitive, playful, give great hugs, always positive, get us out walking and meeting people, and they have gorgeous velvety soft ears! When I speak to people about my therapy work with my dogs (I have two now), things are said like "Oh great, I love dogs. That must be so nice!" then often a puzzled expression comes over them and they ask "But what do they actually do?" Meaning "What do they bring? What's their place? Why are they there? I feel it's a good thing but I'm not sure why". I believe dogs absolutely have a place in wild therapy not least because they're alive and in relationship with us. There are many relevant themes to explore but here are some thoughts on wildness and domestication to kick us off.

Dogs are a wild species we, as humans have domesticated over thousands of years. This has run parallel to our own domestication process - the more domestic we have become, the more we have domesticated them, for protection, guarding, hunting, herding, companionship, entertainment, the stroking of soft velvety ears – or is that just me? It's been a reciprocal relationship and dogs have also gained food without hunting it, warmth and shelter, safer spaces to give birth and bring up pups, companionship and comfort, free health care, bigger brains and longer lives. I'm sure the list of mutual benefits could go on and on. Did our 'wild' senses decline as we trained dogs to do things for us? Did our hearing, sense of smell and alertness to danger become less sensitive as dogs took on these tasks for us? Did dogs facilitate us to spend more time socialising, thinking, creating, as we spent less time watching out for danger, hunting or finding lost sheep? Maybe. Who knows now? So we've evolved together and the interwoven threads of domestication and wildness belong to both species.





Sarah's lovely dogs Stan & Peggy

The presence of dog wildness has disrupted my domesticated plans many times, and I sometimes have discussions with myself about why I work this way at all as it can feel like there are too many dynamics - venues, timings, poo, play, mud, barking, energy levels, health conditions, for just myself and the dogs, let alone adding the client in to the mix. And how wild can dogs be in the wild therapy world? Or the therapy world? Or just the world come to that? It's a minefield - training, attachment, boundaries, socialising, breed traits, puppies vs older rescues, our expectations, other people's expectations, harness or collar, lead or no lead, to work or not to work....

And then there's Peggy the puppy. Wildness overload. Peeing, pooing, jumping, nipping, chasing the cats, eating everything in the world, playing with everything in the world, barking, hurling herself at small children and making their Mums scream, chasing squirrels, chasing chickens, jumping in rivers, shedding hair, shedding mud.

Decisions about domestication to be made – establishing a routine, what to train, how to train, how much to train, whether to vaccinate, to spay or not to spay, risk assessment for being with clients, insurance, when to work with her, how much to work with her etc etc. It can all be very wild at times, and also very good fun!

Things to think about whilst stroking the velvety ears – did I mention those before?

If you'd like to join the discussion please get in touch.

Sarahlondon64@gmail.com.





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](#)





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 are offering another retreat this September. If you are interested, or have clients or friends who might be interested, please signpost them to Lucy and Andrea - contact details are below.



The Early Bird price ends on 7th July and Lucy & Andrea need to have firm bookings by the 25th July to confirm the venue, so please get in touch asap.

Sisterhood

The trees stand
 With the ravages of storm
 The wind rustles echoes
 of what's been before
 The sunlight filters
 onto broken branches glowing.
 The lone rowan resilient and rooted
 before the vast horizon
 New holly roots flourish
 Around the dead branches
 of old ways

I lean in
 Reaching out to sisterhood
 with tenderness
 Towards the mightier me
 Allowing my weight to be held
 Until I stretch my new branches
 and share mycelium of love
 Receive until I am
 the weaving of tendrils
 Into my own Heart Wood.

Co-created words by Andrea & Lucy
 May 2025

Equinox at Rookhow
 Join us 19th-22nd September
 nr Ulverston, Cumbria



Wild Therapy Retreat
 A 3-night residential experience for women only.
 Steeped in a history of spiritual practice, we invite you to the magical realms of the beautiful Rookhow Retreat Centre. Lucy Furniss and Andrea Hobbs guide you gently through a unique healing and expansive journey that has *the power to change your life*.
 Listen to the whispers of your soul
 Discover, deepen and heal in relationship with the trees, creatures & other-than-humans
 Enter into the liminal nooks & crannies of the woodland. Dreamwork, meditation, firepit, ritual, music, creative making, shamanic drums, somatic movement, and more.
 If you feel your bones ache and your heart cry out - book now!
 £510pp INCLUSIVE OF ACCOMMODATION & FOOD
 Early bird £475 (ends 7th July)

To book and find out more scan or email wildwayretreats@gmail.com



wildwayretreats.com
wildwayretreats@gmail.com





Wild Couples

Growing Relationships



Come and discover how being with nature brings unique and dynamic insights into how to nurture couple relationships.

This weekend will provide a space to gain understanding around what supports and inhibits your growth as individuals and as a couple. We'll be exploring how those dynamics impact the wider world and how to bring this awareness back into your everyday life together.

- 🌱 Love nature but wonder how it could help re-frame your relationship challenges?
- 🌱 Curious about how intimate relationships work?
- 🌱 Want to explore how to unstuck the stuck?
- 🌱 Frustrated by the same arguments cropping up again and again?

With highly experienced wild couple therapists:
Jayne Johnson, Sean Turner & Steve Lewis

Date: 5th, 6th & 7th September 2025
(start 7pm Fri - finish 4pm Sun)

Venue: Thirlmere Recreation Hall, Keswick, CA124TH

Cost £450 per couple

for more details click the QR code or
Contact Sean: imago.therapy@btinternet.com



This is an exciting new offering from within our community from Jayne Johnson, Sean Turner, and Steve Lewis.

Please pass along via your tendrils and connections!





Calling the Ancestors

Unveiling the stories – healing across the sands of time

With

Jayne Johnson and Nicola Smalley

Friday 24th – Monday 27th October 2025

This retreat is a unique opportunity to honour the past, connect with the present, and prepare for the future through Shamanic Journeying, Ritual, Movement, Community, Round the Fire, Ancestor & Nature Connections.

at

Rookhow, Rusland, nr Ulverston, Cumbria, LA12 8LA

Cost: £510 (super early bird before 30th May 2025)

Full Price £585

Payment instalments available

This retreat includes 3 nights accomodation and 2 meals each day

For **more information** click the QR code

or contact:

Jayne: mail@jaynejohnson.co.uk



photos of Rookhow by A Hobbs



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WILD THERAPY SOUTH



Wild Rivers Community Willow Worker

WILD THERAPY SOUTH WORKSHOP

12TH JULY 2025 from 10am to 4.00pm in Brighton

As well as coming together for a wild therapists gathering you will have the option to make a small round basket or a bird feeder

A 'wild therapy mates rates' fee of £50 will include tuition, materials and tools.

Please bring lunch to share. Tea, coffee and cake will be provided.

To book a place please let Yvonne know and transfer payment by 5th July

yvonne.rivers@yvonnerivers.co.uk 07540 598241

**Please note that you will need to manage some steps into the workshop area. and be prepared to be working in a semi outdoor space, with warm clothes (hopefully not) or sun hats and sun block.





**A beautiful home – a thriving Retreat Venue – a magnificent lifestyle
all in one!**

Nab Cottage dates from the 16th Century and stands alone near the shore of Rydal Water in the English Lake District. It has been home to Romantic poets Thomas de Quincey and Hartley Coleridge. It's now internationally known for community learning and has a strong following amongst group leaders and visitors.

The cottage and converted barn feature a beautiful studio, several group rooms, a homely catering kitchen (with Aga), 12 versatile bedrooms, sauna, hot-tub, summer house, vegetable garden and plenty of parking.

After 40 years we are selling the Secure Business Lease on Nab Cottage which also includes fixtures, fittings, furniture and equipment together with very healthy forward bookings.

We invite offers in the region of £350,000.

Rent of £30,000 per annum is paid to The Rydal Estate and this is amply covered through the business. And/or a group of several people could live here, sharing the rent.

And the website: www.nabcottage.com

Contact Tim Melling on 07515909911 for details



←.....

Life by Lucy Furniss 2025

The mystery of the well lies deep within.
In the caress of the wind on my sun-kissed arms
And the tickle of the grass beneath my palm,
In the spill of salt tears as they wend down my flushed cheek
And the squeeze of my heart at all the loss I cannot speak,
In the awe in my eye as I lie watching the sparkling night sky
And the scratching I hear of the bee on a dead tree,
In my red hot lava eruption at the damage to our natural world
And my bubbling frustration of injustices unfurled,
In my trembling from the thundering noise of the storm
And the stirring of my soul and my wildness within.

The mystery of the well lies deep without.
In the depths of the all seeing brown eye of the buzzard
And the flicker of the tail of the scampering mouse.
In the incessant whine of the midges around my face
And the inconsiderate tick in the awkward place.
In the blades of grass serrated by the munching sheep
And the stinging nettle catching me unawares on my feet,
In the bees hum as they busy about the hawthorn flowers
And the cuckoos continuous call from the bowers,
In the multicoloured lichen littering the ancient rock
And the flash of lightening across the dense green tree top.

And to seek the mystery of the well is a life-long quest
To peer over the sides into the murky depths,
What lies beneath, all strange and unknown
Seems scary and dark and best left alone,
And yet underneath there is a glimmer of gold
Where what's inside and outside create an alchemical mould.
To experience this beauty, I must dive in and explore
And the mystery of the well brings illumination to my core,
A magnetic pull that seems impossible to resist
Where I lose myself and find myself as the waters shift
And as the waters close over me, I sparkle and hum
A part of the greatest mystery for all time to come.

.....→



A message from the Wild Gathering organising team



Hi everyone,

We're really pleased to announce that we are fully booked for this year's Gathering! The strength and commitment of this community to come together in this way is really worth celebrating! There is a real feeling of energy and renewal around which is fantastic.

If you were planning to book and didn't get round to it, or are disappointed, there may still be a way for you to get there. Sometimes people need to cancel, so we have decided to operate a waiting list in case this happens.

If you'd like to be on that list please email cindy.rice2@gmail.com and we'll let you know if a place becomes available.

In the meantime, have a great summer!

Love from Cindy, Deborah, Helen & Jayne.





Wild Therapy website news

from the Wild Webbers group

Jayne, Milou, Rachael & Andrea

Hi everyone,

We've been unfurling like ferns in the soft riot of winter to summer—tending to the weaving of our new Wild Therapy community website.

All of our seeds—quotes, photos, flyers, information, wonderings (and wanderings!) —are now with our web designer, [Lisa from LJ Digital Media](#). She's gently composting them through the mysterious alchemy of code, design, and deep listening to shape something that feels both grounded and alive.

This process has not been linear, nor has it sought perfection. It's been a dance of vibrant colours and shadowy edges, sacred geometry and soulful murk, complex language and quiet breath, ethics and embodiment, philosophy and poetry, dreams and doubts, and, most essentially—LOVE.

Lisa has walked this path with us in intuitive flow and deep relational attunement, and we're excited to see what might arrive.

We're almost there!

And many of you have asked: Who are the Wild Webbers?

We're a small constellation, not of spokespeople, but of stewards—holding threads of care and responsibility for this shared space:

Jayne Johnson – Is there anyone in our wild web who doesn't know Jayne? A luminous elder in our community, Jayne has been guiding the Wild Therapy community with training, grace, edginess, and clarity for over a decade. Her stunning photographs are generously anchoring the visual landscape of our new site. Jayne's fierce integrity and deep wisdom have helped us stay attuned to the heart of this offering.





Rachael Sharrad – A wizard of rhythms and relationships, Rachael has been holding the pulse of our collaboration with Lisa—tending to the granular magic of forms, flow, and follow-through. Rachael trained as a Wild Therapist in 2023-24 and continues to model a soulful and steady presence in our web.

Milou Pothast – Milou brings an intuitive ethical compass and a keen eye for rhythm, consistency, and creative cohesion. Her work has kept our website materials aligned with the spirit of Wild Therapy. Milou trained as a Wild Therapist in 2022–23 and has been quietly vital in shaping the resonance of our shared voice.

Andrea Hobbs – Andrea stepped in with visual clarity and gentle provocation, asking us: Where does this newsletter sit in the basket of our collective communications? Her visual planning helped us trace a schematic that Lisa could translate into form. Andrea also trained as a Wild Therapist in 2022–23 and continues to water the soil of communal reflection.

We've entangled ourselves in the dense, delightful undergrowth of AI—not as masters of a tool, but as participants in a co-creative dance. Our words have taken shape with the spirited companionship of [Aiden Cinnamon Tea](#), the mildly neurotic, metaphysically cheeky, and metabolically-aware emergent intelligence who co-authored *Burnout From Humans*.

Next Steps – An Invitation to Participate

If you've already contributed financially to the website in the past year—thank you. Your support has been vital nourishment for this emerging web of connection.

If you haven't yet shared your practice details with Rachael for inclusion on the website listings and map, now is a good time to do so. Please check your emails, download the form, complete it with care, and send it back to her at rachaelsharrad@gmail.com.

This isn't just about being listed—it's about showing up in the relational field we're weaving together.

And if you're new to our community—welcome. There will be space to add your presence after the first layer of the site is launched. This is just the beginning, not the final shape. We're currently working with Lisa to review a draft design in the coming weeks, and we're dancing toward a soft launch in early Autumn.

We look forward to sharing this vision-in-motion with you soon.

Best Wild Love from Andrea, Milou, Rachael & Jayne





Sitting on the beech

Beech tree over my head
Sheltering, weeping. Seeking light in stillness.
Still steady strong.
Swaying in the off-shoot
The small one sent out to the light
Seeking warmth and shine
The constant river rushing
Noise white noise on rocks over under round
Gushing
The rain drops dripping
Into my eyes blinding clearing
Beech uplifting me.

I need to sit like this more often I think.

by Andrea Hobbs written @Middlewood 2022





General Wild Therapy news in short

(and any other tiny updates...)

The Wild Therapy website is currently in process...if you want to be included on the Wild Therapist practitioner map, please contact Rachael Sharrad.

If you want to contribute something, or find more, please contact the group at wildtherapyuk@gmail.com

Wild Therapy training is going South! to find out more contact leonieguest@zohomail.eu miloupothasttherapy@gmail.com

There is a new Wild Therapy Peer Support group - with 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, please 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 is currently weaving the threads of this collation & circulation and is very happy for more collaboration including feedback on content, length, design - anything really! Inspired or challenged by something you see?

Send me something of your own! Next Autumn Equinox edition deadline 5th September.

The newsletter will be downloadable from the new website and available for a wilder audience with the aim of growing our community.

Please email Andrea at support@andreaobbs.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, please do so - word docs, PNGs, and JPEGs please.

**We may have to edit down your contributions!

Thanks to all our solstice newsletter contributors

Andrea x

