

A Certificate in

Nature, Craft and Family Systems

An experiential and therapeutic approach to working with children and families

COURSE OUTLINE

A course for provision of creative and practical therapeutic skills for use in therapeutic work with children and adults, in a family oriented focus of delivery. Embedded within the course is a Systemic and Family Psychotherapy foundation course, for which accreditation will be retrospectively applied for from the Association for Family Therapy and Systemic Practice

The training will follow the method utilised by Dandelion Time in its work with families that have been affected by attachment difficulties, neglect and trauma through abuse. The course integrates the healing potential of both the natural environment and families.

LEARNING OUTCOMES

The course equips learners to develop competence in working with vulnerable children and their families with complex issues in relationships, behaviour and emotional wellbeing.

On completion of the course it is anticipated that learners will have gained, through both theoretical and experiential learning, basic competencies in the following areas:

- ◆ How being immersed within nature can be a healing context for working with children and families with complex struggles.
- ◆ How working with the senses, rhythm and craft can be a healing context for working with children and families encountering complex struggles.
- ◆ Systems theory and practice, as encountered both within human relationships, and how humans are in relationship to the wider ecological world.
- ◆ The use of learning from both human cybernetic and linguistic understandings and how to apply them in working therapeutically with children and families.
- ◆ The use of other therapeutic models in a nature and

craft-based context.

- ◆ The development of techniques from family systems therapy.
- ◆ Working therapeutically in a collaborative, non-discriminatory and ethical manner.
- ◆ Using the course learning to apply new knowledge, understandings and skills to the learners' working context.

STUDY REQUIREMENTS

Applicants should have experience or qualifications in fields such as counselling, psychology, psychotherapy, health visiting, mental health nursing, social work, education (for example special educational needs co-ordinators, family liaison officers, specialist teachers) or relevant voluntary or statutory sector experience.

All Applicants will need to provide evidence of the academic ability required to successfully complete the course. Applicants will be required to have been successful at interview. During the period of the course, the learner will be expected to work with children and families, in a setting to be agreed as suitable (Dandelion Time may be able to assist in finding suitable placements if required).

DELIVERY OF COURSE

The course will be delivered at Dandelion Time's premises in eight blocks of 3 days each.

The course is delivered through a mix of academic teaching, group discussion, role play and learner presentations alongside practical and experiential craft and creative activities.

Dandelion Time transforms the lives of traumatised children and families. The therapeutic approach is embedded in nature with a range of activities that engage head, heart and hands. The nurturing farm environment allows children to build self-belief, strengthen relationships and develop the skills and aspirations for a brighter future. Amongst a variety of different, though integrated, therapeutic methods used, Dandelion Time utilises the natural environment, craftwork and imaginative, creative activities. Counselling, couple work and therapeutic play is provided for attending families as required.

Approximately 4 to 5 hours a week should be allowed for home study. Assessment will be through observations of discussions, presentations and written assignments.

TRAINERS

Carol Bridges is an experienced BACP registered counsellor and has 40 years experience of supporting families. She previously practised as a nurse, midwife, sick children's nurse and health visitor. Carol was a founding member of Dandelion Time and has responsibility for the therapeutic work with children and families. She regularly teaches schools facilitating their management of challenging behaviours as a result of poor attachments and trauma and has delivered the Dandelion Time diploma. Carol has studied at masters level working with practical skills in therapeutic education and has a passion for bringing families together within the setting of the natural world to forge new and positive experiences and relationships.

Graham Carpenter is an experienced leader in charitable and commercial organisations with the last twenty years spent working in the areas of adult chronic health conditions, family work and work with children and young people. In 2002, he was part of the founding team which set up Dandelion Time acting first as development director then from 2007 as CEO. Graham participates actively in the delivery of the service at Dandelion Time and is a qualified counsellor working systemically with families and individuals in biographical work. He was awarded a BEM in 2014 in recognition of his contribution, alongside the staff and volunteer team, to Dandelion's work with families

Dr Nigel Jacobs is an accredited systemic family psychotherapist and UKCP registered supervisor. He worked for 12 years in the NHS as a senior clinician, and previous to that for many years with Relate in clinical, supervisory and managerial capacities. He has extensive teaching experience in systemic theory and practice. He is on the Board of Directors of both Dandelion Time and the Association for Family Therapy.

John Hills is a systemic psychotherapist and supervisor. He co-founded "Context", the principal practitioner publication for the Association for Family Therapy (AFT) and continues on the Editorial Group of the magazine. He lectured in systemic psychotherapy at the Tavistock Clinic from 1989 to 2008 and wrote "An Introduction to Systemic and Family Therapy: A User's Guide" alongside countless articles. Semi-retired, he continues to work as a systemic psychotherapist in an NHS Older Adult Psychological Service and undertakes some supervision. On retirement from many years on the Board of the Association for Family Therapy in 2011, and after thirty years' service, he was made a Life Member of the Association.

Dr Joe Hinds is a senior lecturer in psychotherapy at the University of Greenwich, UK and an integrative psychotherapist (UKCP; MBACP). He has published a number of papers related to the relationship between the natural environment and psychological wellbeing including a recent co-edited volume (*Ecotherapy*) that examines the diverse psychotherapeutic ways of encountering nature. He has a passion for the outdoors and spends time in nature as a therapist and for relaxation as often as he can.

Dr Lesley Hanney is a consultant systemic family psychotherapist and accredited systemic psychotherapy supervisor with over 25 years experience in the area of child and adolescent mental health. She has a specialist interest in attachment and developmental trauma, having published several articles in this area. Lesley works in both the public and private sector with children and young people presenting with mental health challenges and she has specialist knowledge and experience working with children and young people in the care system and in pre and post adoption.

Visiting lecturers will include: **Andy McGeenee**, psychotherapist and author of *With Nature in Mind: the Ecotherapy Manual for Mental Health Professionals*; **Jan Parker**, systemic and family psychotherapist; **Chiara Santin**, systemic and family psychotherapist; **Roger Duncan**, systemic and family psychotherapist and author of *Nature in Mind: Systemic Thinking and Imagination in Ecopsychology and Mental Health*.

LOCATION

West Farleigh, Maidstone, Kent ME15 0NY

STUDY DATES

5th, 6th, 7th January 2019

9th, 10th, 11th February 2019

23rd, 24th, 25th March 2019

11th, 12th, 13th May 2019

8th, 9th, 10th June 2019

6th, 7th, 8th July 2019

31st, 1st, 2nd September 2019

5th, 6th, 7th October 2019

COST

£2950

HOW TO APPLY

Please email training@dandeliontime.org.uk for an application form.

DEADLINE FOR APPLICATIONS

Applications must be submitted by **the end of November 2018**. Applicants must be available to attend an interview. Late applicants should contact training@dandeliontime.org.uk

If you have any questions about the course, study requirements or application process, please contact training@dandeliontime.org.uk