



#3

Holding Space

for Self and Others

Nature Based Therapy

Jacki Short

Principal Counselling Psychologist and Play Therapist
Sydney Centre for Creative Change

Webinar

- Welcome
- Nature Based Therapy
- Special Guest: Jamie Lynn Langley
- Connecting In
- Tips for Separating 'Work' from 'Home'

Jamie Lynn Langley LCSW, RPT-S



Nature Based Therapy

Licensed Clinical Social Worker
Registered Play Therapist-
Supervisor
Smyrna, TN USA

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FUN and PRIZES

Free Consultation Session



Let's explore ways to incorporate nature, including nature play, as healing practice for client sessions as well as for therapist self-care. No matter what the season, nature has restorative powers to help us not only feel better, but actually be better. This can work wonders for our clients and ourselves anytime, but even more during times of stress and adversity.

Nature's peace will flow into you as sunshine into trees.

John Muir

Jamie Lynn Langley
LCSW, RPT-S

Licensed Clinical Social Worker
Registered Play Therapist-
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Smyrna, TN USA

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Free Counselling Session



Ross Henderson

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Ross Henderson is a Gestalt qualified therapist influenced by both the Existential and Person-Centred schools of thinking. He brings over ten years' experience in the field of working therapeutically with clients both online via Zoom as well as in his practice in Redfern and North Sydney.

Ross likes to work creatively, enabling spontaneity and self-discovery during the session. Indeed much of his work is about bringing attention to what is happening in the here and now. This can create heightened awareness around patterns of thoughts and behaviour that may be keeping clients stuck in destructive ways. New awareness can bring forth new perceptions and present the possibility for new options which can help you move forward in an authentic way.

Free Place

Online Kids Drama Class with Australian Shakespeare Company



**AUSTRALIAN
SHAKESPEARE
COMPANY**



Jo Bloom
Head of Education
Australian Shakespeare Company
Find out more
[Shakespeareaustralia.com.au/education](https://shakespeareaustralia.com.au/education)
email jo@shakespeareaustralia.com.au



**A weekly dose of creative
expression & play.
Big characters, bold text,
connection, and inspiration.**



ONE FREE LIVE
Sydney Centre for Creative Change
WEBINAR

Sandplay Therapy: Not Just for Children

Friday 17th April 10.00 - 11.30am AEST

OR

Not Another Icebreaker: 10 Activities for Groups

Friday 8th May 10 - 11.30am AEST

OR

Introduction to Narrative Therapy: Part 1

Wednesday 20th May 10 - 11.30am AEST

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Connecting In

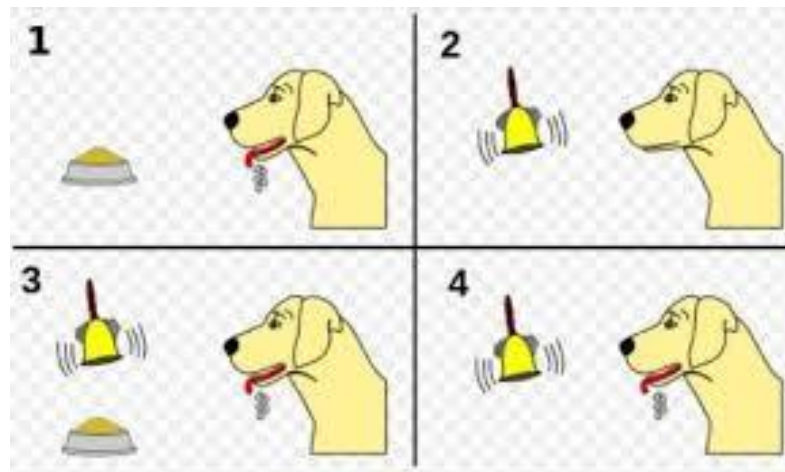


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Group Time

7 Tips for Separating 'Work' from 'Home' at Home

Remember Pavlov?



1. Separate Spaces

Where possible designate an exclusive work space. Keep things organized and separate.



2. Organise Your Time

Schedule meetings and work time as if you were in an external work place.



3. Dress for Work

Try separating your wardrobe into work and play clothes.



4. Unplug

Ceremonially turn off all devices at the end of your work day and even cover your computer.



5. Create Transitional Zones

Have a physical space to be in or activity you do to mark the end of work each day. (Eg, 3 long deep breaths standing behind your desk.)



6. End of Work Day Rituals

Shower, change, wash face, light candle/incense, brew a special tea...



7. Play Time Activities



Next Free Webinar...



Music Therapy
Thursday 23rd April
9.00 - 10.30am
AEST
Register Now

