**Heart Wood Training
Registration of Interest Form**

Please complete and return to admin@heartwoodcharity.org

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| **PERSONAL INFO** |
| Full Name | Richard Lydall |
| Address | 19 Oaklands, Swalwell, NE16 3EJ |
| Email | Iceanark@gmail.com |
| Contact Number(s) | 07926835540 |
| **TRAINING / QUALIFICATIONS** |
| Please list any relevant counselling training and qualifications |
| Certificate in Supervision – 2020 to 2021Foundation degree in Counselling  |
| **WHY NOW?**  |
| Please describe why now is the right time for you to be engaging in this training in person-centred nature-based group therapy, with a view to possibly working as a co-facilitator of Heart Wood’s therapy groups. |
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| **WHAT WILL YOU BRING?**  |
| Please describe what of yourself you will bring to this training, and potentially to Heart Wood |
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| **POST QUALIFYING EXPERIENCE** |
| List or briefly describe: |
| Any relevant experience such as working with adults with complex and enduring mental health difficulties. Please include any work you have undertaken with people who don’t ‘get better’ or could be described as having a ‘fragile style' of processing their experience (as described by Margaret Warner) |
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| Spending time in nature: |
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| Experience of working with therapy groups: |
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| **OTHER INFORMATION** |
| Please detail anything else you feel we should know that could be relevant to this training.  |
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| **AVAILABILITY** |
| This is a residential course based at Minsteracres in Northumberland. Participants are expected to stay overnight on site – either camping or in the youth centre. You will also be given weekly reflective exercises to do in nature and to engage in weekly zoom meetings to process this work. You will be given reading to do before the first weekend and during the training period which will require some time commitment.Please confirm your attendance below and specify if there are dates that you may not be able to attend. |
| 6pm, Fri 3 Sept – 1pm, Sun 5 Sept |  |
| 6pm, Fri 24 Sept – 1pm, Sun 26 Sept |  |
| 6pm, Fri 15 Oct – 1pm, Sun 17 Oct |  |

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| **POST TRAINING** |
| **CAPACITY IN YOUR WORKLOAD** |
| If you progress to joining the Heart Wood team of therapists after this introductory training:would you have the capacity in your workload to work one day per week co-facilitating a men’s group? This would be a paid contract. YES / NO would you have the capacity in your workload to attend three or four outdoor, overnight peer supervision/CPD sessions of approximately 24 hours? YES / NO we encourage anyone who becomes a contracted group co-facilitator with Heart Wood to engage in planning and de-briefing around each group session. This can vary but is likely to require an hour or two per week. Would you have capacity for this? YES / NO  |
| **SUPERVISION** |
| If you progress to joining the Heart Wood team of therapists after this introductory training we expect practitioners to be receiving ongoing supervision for their practice.We will offer a level of peer / group supervision with a supervisor who understands the implications of working in nature with people with complex and enduring mental health difficulties.We will contract clearly about the dual role of Chip and Rab as a supervisors and also key people in Heart Wood who have a say in who will work for Heart Wood. |