



Reciprocity and relationships within Nature-based Art Psychotherapy

Nicola Shaw

My theory and framework for Eco Art Psychotherapy is published (May 2022) in a co-authored chapter entitled '*Integrating Art Therapy with Nature Based Practices*'. This chapter sits within a book entitled '*Virtual Art Therapy, Research and Practice*', edited by Michelle Winkel and published by Routledge.

Working within new environments; working with, within and in-between N/nature as a Co-Therapist; working with reciprocity and shifting the Art Therapy traditional framework: 'Schaverien Triangle', is an emerging field. One that crosses research, theory and practice from neighbouring fields of psychology such as Eco psychotherapy and Nature Therapy. Dr. Neufeld's newer reflections on the roots of attachment also lend themselves to resonating with Eco Art Psychotherapy and the dynamics at play of which therapists ought to be aware. Theories on Eco and Nature Based Art Therapy ought to have a voice and space at an ECARTE conference where participants can listen in a paper format how the cycles of the seasons, habitats, and symbolism reveal theory in action; reveal journeys and inner world destinations that are stirred within rich and diverse terrains, within a containment of safety working outdoors, these 'forgotten lands within us', how these patterns emerge and how insight through client and therapist responses are gained. A wholeness can be reclaimed.

After learning the importance of threshold and grounding exercises, the paper will reveal how the process of creating an art response gives the ability to capture and hold any transference and counter transference present. Creating response art in situ, in site specific locations, with the senses stirred and alive, can give the 'therapist' (and/or 'client') insights that may not have come as quickly in an indoor traditional setting.



There will be time and space in the Q and A to highlight on-going ethical considerations needed for this theory and practice.

Biography

Nicola Shaw trained with CIAT the Canadian International Institute for Art Therapy and is registered with CATA the Canadian Art Therapy Association. Nicola is also a full member of European Federation of Art Therapy and became the Special Interest Group Coordinator for those interested in Eco and Nature-based Art Therapy. Nicola works currently full time as an Art and Photography Teacher and Head of Year within a secondary school in Guernsey, Channel Islands. She has started her own mobile art therapy private practice specialising in nature-based art psychotherapy; 'Rise Rooted.' Nicola has delivered training programmes for CIAT in nature-based art therapy programmes in person and online, has presented at conferences in person and online and has been published in 2022 in this growing niche.

Recent Publications

Winkel, M. (2022). **Integrating Art Therapy with Nature Based Practices.** In W. Michelle (Ed.), *Virtual art therapy*: Routledge.