

Living Within Nature Sessions

A group program designed to complement individual therapy

Next session:

- Mon 14th Dec
- 10am - 12pm
- Warrandyte State Park

LIVING WITHIN PSYCHOLOGY

livingwithinpsychology.com.au

What to expect

- Guided activities aimed to promote connection with the natural environment
- Multiple opportunities to effortlessly practice mindfulness using the senses
- A group setting with an individual focus
- Tea and light snacks to conclude, an opportunity to share reflections with no expectation
- A therapeutic approach, outside the therapy room

Maximum **10** participants

No ongoing comittment

Easily accessible location

Medicare rebates available



Who am I?

Hi, I'm Amy, a Clinical Psychologist with a focus on creating safety in the therapeutic space and exploring alternative approaches to achieving this, such as through using the natural environment. I have a warm and collaborative style and hope to walk alongside my clients in their mental health recovery.

Why a nature-based group?

Developing mindfulness is an essential skill in navigating mental health challenges and life in general. We can't expect to be able to make change without first being able to observe what is happening for us in the moment. While this skill can be incredibly hard to cultivate, research shows us that natural environments can make this a little easier due to their restorative features.

While individual experiences may vary, this program aims to support participants to access a felt sense of present moment awareness or groundedness that will translate into daily life.

Booking & Enquiries:

amy@livingwithinpsychology.com.au



Cost per session

- $95

Estimated medicare rebate

- $70.05