

London Outdoor Group with Kirsty Weedon: Information

Group details: This group invites psychotherapists and counsellors to meet together outdoors, several times across the year. This provides a continuity and containment to develop and deepen relationships with yourself, other group members as well as the outdoors and the more-than-human, as we work within the changing seasons and rhythms of the year. This group offers a foundational experience for those working outdoors or thinking about working outdoors, but this is not a requirement. This group is open to any psychotherapist / counsellor with a curiosity about their relationship with the outdoors / nature, an interest to meet peers and develop a co-creative and collaborative reflective and supportive group, an openness to work in an embodied, experiential and creative way, and a commitment to their personal and professional learning and development.

This group provides opportunities to:

- Deepen relationships with self, peers and nature / outdoors.
- Develop resources and consolidate strengths.
- Reflect on personal, professional and group process, themes and questions.
- Connect with the Celtic Year / Wheel of the Year.
- Experience creative and embodied practices, in and with nature.
- Co-create a supportive and collaborate way of working.

No prior experience of working outdoors and / or working in a creative, embodied or experience way is needed. Although we may reflect upon aspects of your personal and professional lives, this is not therapy, supervision or an accredited training course.

About Kirsty Weedon: I am a Psychodrama Psychotherapist (BPA & UKCP), Clinical Supervisor (BPA & UKCP) and Psychodrama Apprentice Trainer (BPA). I currently work with individuals and groups, indoors and outdoors in private practice. I also teach, more recently for the University of Cumbria and The Minster Centre, and am a founder committee member of the Association for Outdoor Therapy and an executive committee member for the British Psychodrama Association (BPA). I have a background working in the outdoors, education and youth and community work, and am a qualified mountain leader, forest school practitioner and outdoor first aider.

Location:

- Hampstead Heath, London. The exact location will be shared nearer to the time.
- This group will take place entirely outdoors in a public park, irrespective of the rain, cold or heat, although if there are extreme weather conditions, it may be necessary to reschedule the group.
- We may be working in open grassy areas, under trees or near to water, on and off paths.
- We will be located near to public toilets, although I cannot guarantee that they will be open.

Date & time:

- 18th September 2026, 20th November 2026, 22nd January 2027, 19th March 2027 & 21st May 2027
- You are asked to attend all five sessions.
- Fridays 10am – 3pm. Please arrive before 10am, so we're ready to start on time.

Cost:

- £400 for five sessions (25 hours CPD).
- Payment is made in advance. This can either be the full amount (£400) by 11th September or in two instalments (£200 by the 11th September 2026 and £200 by 15th January 2027).
- This first payment confirms your place and is non-refundable, even if you do not attend. However, if someone can attend instead of you, I can transfer your place to them.
- It is necessary to pay for all five sessions, even if you cannot attend all of them. If you choose to leave the group mid-way through, I will not be able to refund your payment.
- If I have to cancel any session/s, I will refund your fee for that session/s (£80 per session).

Group size:

- The maximum group size is 8 people.
- This is a closed group and therefore all the group members will be the same throughout the five sessions.

Working together outdoors:

- I ask that all group members commit to upholding confidentiality. However, as the group facilitator, there may be exceptional circumstances where I need to break confidentiality (e.g. risk of harm), which I will endeavour to speak with you about first.
- As this is a public outdoor site, it is likely that we will encounter other people. We will take some time to consider this when we meet and what it means to work outdoors in a public space.
- This group is an invitation to work in a co-creative and collaborative way, with myself, as facilitator, offering a structure to the sessions and suggesting themes, practices and reviews as and when necessary.
- I am committed to making this group safe enough for all group members.
- If there are any challenges or concerns that arise, I ask that group members bring this to the group, or if that's not possible, to speak with me.
- Inevitably, there are hazards associated with working outdoors, in / with nature, including: slips and trips; cuts and scrapes; animal and insect bites (e.g. tick bites, bee / wasp stings); and weather-related hazards.
- Managing these risks is a dynamic process and something that we will discuss and attend to in the group, although as the group facilitator, I will complete a risk assessment for the site and activities, and carry a small first aid kit. I am insured to work outdoors.
- Any information provided by me (e.g. about environmental conditions, clothing, weather) is given in good faith to support your safety.
- However, you are personally responsible for your own safety during this group (and the journey to and from the group), and it is essential that you understand and accept that there are hazards involved with working outdoors, and that you will only engage with what is personally manageable for your health and fitness capability, taking your own precautions as and where necessary (e.g. using walking poles).
- I ask that we all follow the Countryside Code: <https://www.gov.uk/government/publications/the-countryside-code>

What to wear?

- Working outdoors has an element of unpredictability and inevitably the weather can change.
- Please wear and bring appropriate clothes and footwear for being outdoors at the time of year and weather conditions that you don't mind getting dirty.
- I also suggest bringing additional layers of clothing, so you can manage your body temperature throughout the day.

What to bring? I recommend the following:

- Rucksack with dry liner / plastic bag to keep things dry
- Spare clothing
- Waterproof jacket and trousers
- Hat and gloves and / or sun hat and sun cream
- Sit mat
- Any personal medication
- Water bottle
- Food and snacks
- Notebook and pen / pencil
- Walking poles if needed

Refreshments / food:

- Please ensure that you bring enough water / drinks and food / snacks for the whole day (there is no provision of refreshments / food).
- It is unlikely that there will be sufficient time to visit any shops / cafes during the lunch break

What happens next?

- Please complete and return the expression of interest form via the Microsoft Teams Forms.
- I will then get in touch with you to discuss your membership of the group.
- This may involve arranging an online meeting / phone call to check this group is a good fit for you.
- If you join the group, you will need to pay the first instalment / total fee to confirm your place.

Personal information: In order to apply and participate in this group, I ask you for some personal information.

This is so I can:

- Make an informed decision about group places e.g. you may have any health / medical issues that I need to know about in order to support your participation in the group.
- Facilitate the group.
- Contact you about the group.
- In case of an emergency situation.
- Maintain financial records and contact you for invoicing reasons.
- Maintain confidential records of group sessions.

Your personal information is very important to me, and I am committed to ensuring that it is kept confidential and your privacy protected. I will confidentially store your personal information only for as long as is necessary, in keeping with insurance requirements, after which time your personal information will be confidentially destroyed.

Please see my privacy notice for more information: www.kirstyweedon.co.uk.

If you have any questions, please let me know.



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