

Bridge Meadows

Nature based STRESS MANAGEMENT

Specialist psychological therapy groups

Bridge Meadows plans to host pilot 1 day retreat days, and in time extended psychological therapy groups, for people living with a range of challenging health conditions. We want to offer the chance for connection, reflection, stress management and therapeutic change.

This will draw on the following psychological approaches;

* Use established psychological interventions such as Cognitive Behavioral Therapy and acceptance-based psychological therapy models such as Acceptance and Commitment Therapy and Compassion Focused Therapy, designed to treat a range of psychological problems.
* Deliver in the context of a natural setting which is hoped to vitalize these tools and techniques, give opportunity for deeper learning with metaphor, and invite the use of meaning-based models and approaches that aim to touch the “heart and soul”, as well as the “mind”. Such approaches may explore how ritual and rites of passage at times of transition are an important part of living in, and through, the most challenging life events we face.
* Stay aware of broader eco-therapy and community psychology principles that suggest lasting therapeutic change and recovery within the individual is interdependent with the individual’s relationship with nature.