



THE ADAPTIVE WILD: BRIDGING INNER & OUTER WORLDS

**A 7-Week Wilderness Therapeutic
Interventions Programme for Adults.**



WHAT IS WILDERNESS THERAPY?

Wilderness therapy is an intentional, nature-based therapeutic practice that uses the natural environment as a co-facilitator and mirror for our internal lives. By combining outdoor connection, evidence-based therapeutic activities and group reflection, it offers a supportive space to process emotions, build self-awareness and develop healthy coping strategies.

WHAT DOES THIS PROGRAMME LOOK LIKE?

This specific intervention is designed for adults (18+) who face physical (mobility or pain), sensory, or mental health barriers to accessing the outdoors.

OUTDOOR EXPERIENCE NOTICE:

While this is a nature-based wilderness therapy programme, our primary focus is accessibility. We will spend short periods outside, but we will predominantly bring the natural world inside to our Basecamp cabin to connect directly with the wilderness.

All activities are adapted to your physical and sensory needs. Prior to every session, you will receive a brief email detailing what to expect, weather forecasts and recommended comfortable clothing.

WHO IS THIS PROGRAMME FOR?

This programme is for adults navigating:
Chronic pain, fatigue, or physical mobility restrictions.
Anxiety, depression, burnout, or sensory processing challenges.
Feelings of social isolation or major identity transitions.

(No prior outdoor experience is required.)

KEY INFORMATION

Location: Cabin in the walled garden at Woodfield Park, Tickhill Road, Doncaster, DN4 8QP

Duration: 7 Weeks (8 Sessions total, including a final 4-hour double session).

Group Size: Limited to 8 participants to ensure a safe, supportive and unhurried space.

Dates & Times: Wednesdays, 11:00 AM - 1:00 PM (Final Double Session: 11:00 AM - 3:00 PM).

PROGRAMME STRUCTURE

1: Establishing Safety & The Seasonal Baseline

Wednesday 28th October

Establishing group dynamics, safety values and confidentiality.
Introducing the 4 Shields framework and using nature as a mirror to map your current life headspace.

2: Boundaries, Containment & Energy Protection

Wednesday 4th November

Exploring how to protect your emotional energy, establish healthy personal boundaries and building non-verbal group co-regulation without overexerting yourself.

3: Vitality, Motivation & Re-Igniting Sparks

Wednesday 11th November

Addressing apathy, chronic fatigue, or burnout. Using safe micro-firecraft and the Fire Triangle metaphor (Spark, Oxygen, Fuel) to identify personal drivers and self-care strategies

4: Identity Reframing & Peer Mirroring

Wednesday 18th November

Looking beyond illness, disability, or mental health struggles to rediscover core internal strengths. Utilising the 12 Archetypes framework and peer affirmation to rebalance personal roles.

PROGRAMME STRUCTURE

5: Processing Transition, Loss & Adaptation

Wednesday 25th November

Processing life changes, loss of former capacity and seasonal shifts through hands-on slate shaping. Transforming raw, rough materials into a personal touchstone for direction and resilience.

6: Weaving Community & Relational Trust

Wednesday 2nd December

Overcoming social isolation and building relational trust. Crafting individual dreamcatcher hoops and weaving a collaborative group support web to hold space for future aspirations.

7 & 8 Double Session: Integration, Thresholds & Next Steps

Wednesday 9th December

Celebrating community cohesion through a shared community lunch, mapping long-term support using the Tree of Needs framework, and completing a formal Threshold Ceremony to transfer Basecamp gains into daily life.

INVESTMENT & PAYMENT OPTIONS

Total Cost: £160 (Equivalent to £20 per 2-hour session).

As this programme is delivered as part of my advanced qualification practice, this fee is heavily discounted to cover materials and costs.

Flexible Payment Plan: Pay in 3 monthly instalments of £53.34 to help spread the cost.

Fully Subsidised Place: To ensure accessibility, one fully funded (free) place is available for someone experiencing financial hardship who would otherwise be unable to attend. This place is allocated on a first-come, first-served basis via the Expression of Interest form.

PROGRAMME COMMITMENT

Because this is a therapeutic closed-group journey, consistency helps build trust and safety for everyone. We ask that you commit to attending as many sessions as possible, while understanding that life and health fluctuations happen.



FIONA GREEN
EARTHEN ROOTS

ABOUT YOUR FACILITATOR

I am currently completing my Level 3 Certificate in Advanced Wilderness Therapeutic Approaches, an independently accredited qualification through NCFE CACHE (the UK's leading specialist awarding body in care and education). This programme is delivered as part of my formal qualification case study under professional clinical guidelines and oversight.

HOW TO EXPRESS INTEREST...

To register your interest or ask any questions, please email Fiona at fiona@earthenroots.co.uk

**OR COMPLETE THIS SHORT ONLINE EXPRESSION
OF INTEREST FORM HERE**

www.earthenroots.co.uk