

Dr Kim Brown is a very experienced Mental Health Practitioner with a special interest in how nature helps us heal, She is very skilled.

My experience was incredibly insightful and a real turning point.

It's a bit like coming home to yourself. Highly recommended.



Nature Therapy CIC

Nourishing Minds
Building Resilience

www.naturetherapyCIC.com

wolfmedicine@icloud.com

01983 740815

Community interest not for profit
Established 2013

UK Register of Learning Providers
10055683

*All funding goes to support the work of
Nature Therapy CIC*

Post Trauma Growth

Unlock Your Inner Wisdom

Dr Kim Brown





You are the expert in your own life. With guidance, create a unique growth pathway by choosing therapeutic activities such as:

Equine Assisted Therapy
Walking the Labyrinth
Medicine of the Wheel
Forest Medicine
Sea Medicine

Fostering positive growth

Post Trauma Growth (PTG) is the positive emotional, psychological, or spiritual growth reported by many individuals following trauma.

It is not to deny the pain or challenges, rather explore the potential for personal transformation which can emerge in the aftermath of adversity.

Deeply painful experiences are stored at a physical level in our bodies.

Somatic therapies, such as Nature Therapy, helps us release trauma at a physical level. It is a holistic mind-body approach.

Reported benefits from over ten years of delivery include:

- Resilience building
- Managing change better
- Fostering of hope and optimism
- Taking back your own power
- Deeper understanding of yourself
- Stronger connections with others
- Enhanced emotional well being
- Improved satisfaction with life
- Improved adaptability skills
- More positive mindset

Dr Kim Brown is a specialist in hands on therapy. This means you will not be sat in a clinical space talking, but actively involved in nature

The sessions are open to challenges from the outdoor environment which gives another layer to unlocking your growth. Indoor sessions can be provided.

Each session is a one to one with Dr Kim Brown.

Kim is a Nature Therapist, Registered Nurse, former Midwife and Tutor. She started work in mental health over fifty years ago and has won awards and accolades for her innovative approaches to mental wellbeing. She holds a Doctorate in Health Science.

Investment

Focusing on the outcomes you want; the first session involves planning your growth pathway. This can be done via phone or on-line for which there is a charge of £20.

Further sessions at your own pace according to your unique needs at a cost of £70 per hour.