



# Nature Based Creative Therapy Group

A 12 week safe and supportive group for young people aged 15-18 to improve wellbeing through creativity in nature

**Wednesdays 11.00-13.00**  
**@ Grow Wilder BS16 1EL**





# What is the Nature Based Creative Therapy Group?

This 12-week therapy group focuses on providing non-judgemental support and a sense of community to young people aged 15-18 who have experienced sexual abuse or assault.

Being in nature can be calming and grounding and it has been proven to improve wellbeing, boost confidence and reduce trauma symptoms. Working in a small group outdoors can help us connect with ourselves and others, the world around us, and we can learn from nature too.

We use art making, movement, drama and writing to explore our feelings and express ourselves. Working creatively can often feel easier and safer than speaking about difficult things.

Being surrounded by nature can feel more comfortable than working in a therapy room and group members are encouraged to take part in a way that feels right for them.

Being part of this group will help young people build a connection with nature as a lifelong tool to support wellbeing.



# Working Therapeutically Outdoors

This group will take place at Grow Wilder, a unique six-acre gardening and nature hub on the outskirts of Bristol. It is a community site that members of the public and other community groups access. We have private access to the Roundhouse where we

will start and end each group session. The Roundhouse will provide warmth and shelter if the weather is extremely wet. We will meet and work outside together, whatever the weather, through the changing of seasons.

# Working Therapeutically in a Group

Group therapy is a unique kind of therapy where a group of people who are likely experiencing similar challenges work together towards feeling stronger. We will make sure that the group is a safe place for sharing, accepting and taking care of each other. There is no expectation to share anything you do not want to about your history and experiences; you are invited to share as much or as little as feels comfortable.

Hearing other people's stories and experiences can bring up different feelings within us. Your therapists will work with you to understand, identify and respond to any triggers you have that are activated in the group.



Be creative  
using **nature**

Connect to others with  
**similar experiences**

Improve  
**confidence**

Learn how  
**trauma**  
affects us

Discover ways to  
**support yourself**  
to **feel stronger**

Feel **nurtured**  
and **cared for**

A **safe** and  
**supportive**  
therapy group



"There was a real sense of community. It has helped me come to terms with my sexual abuse and other experiences"



"I feel more confident and more happy. I have a long-lasting feeling of community"



"We don't have to address the underlying problem until we are ready"



"I would recommend this group. The therapists were amazing. They are very wonderful and kind people"



"It made me feel less alone, like I am part of something meaningful"

"You get the chance to make new friends and memories"



# Common Questions

## Do I need experience working creatively or in nature?

No, not at all. But if you do, then great! (Working this way can help to express things that are not always easy to put into words, it is not about producing a fine piece of art).

## Will I be expected to talk about my history and experiences?

There is no expectation to share anything you do not want to about your history and experiences; you are invited to share as much or as little as feels comfortable.

## What if I have school/college on Wednesdays?

We often work with young people during school or college hours and schools/colleges are mostly very understanding that therapy and supporting young people's wellbeing is very important. During our introductory meetings, together we will work out if taking time out from learning is manageable and right for you. We can contact schools/colleges to let them know we are working together at the Green House.

## I'm unsure about working in a group

Being a part of group of people who are likely experiencing similar challenges can help you feel less

isolated by working together towards feeling stronger. We will make sure that the group is a safe place for sharing, accepting and taking care of each other. However, it may not be the best option for everyone, and that is ok.

## Where is Grow Wilder and how will I get there?

It's a beautiful site in Stapleton, [BS16 1EL](#), where they demonstrate growing vegetables and supporting wildlife. Our group has private access to a stunning cob roundhouse with a wood burner and access to the whole site to explore. There is parking nearby and various buses stop very close to the entrance. The Metrobus is only 10mins from the city centre.

## Who will be running the group?

Two therapists from [The Green House](#) who are very experienced in working therapeutically in nature. There will always be someone to give additional support if needed.

## What happens after the group?

The therapists will hold an individual ending meeting for each group member to help you think about the next steps in supporting your wellbeing. This could be through connection to nature, community, and other wellbeing services.



Find out more

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