

Level 5 Diploma Eco-Psychotherapeutic Practice – 2026/7

Course structure

Starting in September 2026, this Level 5 experiential and reflective qualification follows the stages of the ecological year wheel and offers a solid grounding in eco-psychotherapeutic theory and practical skills to equip you to work therapeutically outdoors.

It is designed for qualified counsellors, coaches, holistic practitioners and educational professionals who are looking to deepen their relationship with the natural world and their local place and to develop a personal model of integrated ecological practice, in line with their values and ways of working.



The diploma is delivered over 4 immersive outdoor experiential blocks supplemented with online teaching sessions, reflective practice groups and tutorials and covers the following 6 modules.

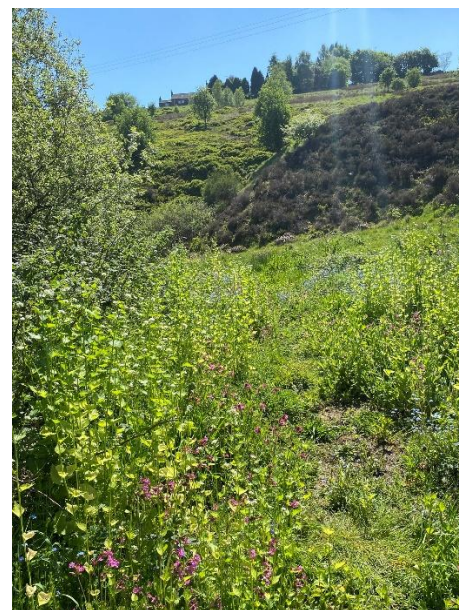
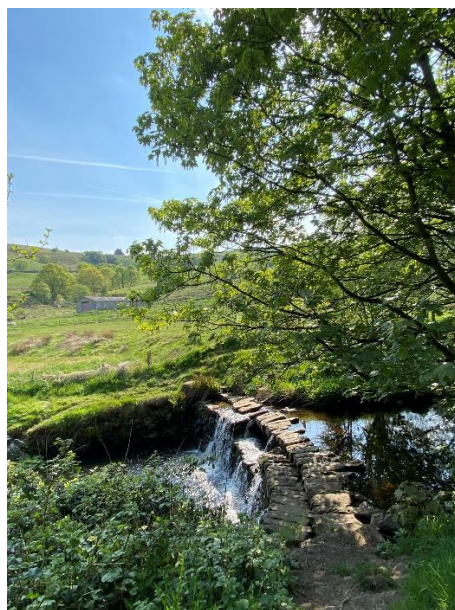
Module	Content
1: Ecological Self and Soul	Introduction to the course Ecological self Developing ecological relationships Ecological grief and activism
2: Therapeutic Frame	Perspectives on eco-psychotherapy Therapeutic relationships outdoors The case for ecological practice Challenges and practical issues Assessment and contracting Practitioner specific issues
3: Ecological Self and Spirit	Context and place Spiritual and cultural perspectives Exploring Spirituality Diversity and accessibility Ritual and seasonal practices Ethical practice
4: Skills and Interventions	Systemic and relational therapeutic models Ecosensory, movement and embodied practice Working with Place Story, symbolism and metaphor
6: Synthesis	Development of a personal eco-psychotherapeutic framework and practice

Assessments include an ongoing learning journal, group work on site and a 3,000-word assignment discussing your personal framework and practice.



Location

Outdoor sessions are based in Delph, Greater Manchester, incorporating a range of natural settings including farmland, woodland, reservoir and more urban areas, and offering a variety of possible practitioner experiences and locations.



Dates for 2026/7

Season	Date	Module	Format
Autumn - Soul	17 September	Introduction	Online 18.00 – 20.00
	24 – 26 September	1: Ecological Self and Soul	Outdoor experiential
	17 October	1: Ecological Self and Soul	Online 10.30 – 16.30
Winter - Mind	12 November	Reflective practice group	Online 18.00 – 20.00
	3 – 5 December	2: Therapeutic Frame	Outdoor experiential
	16 January	2: Therapeutic Frame	Online 10.30 – 16.30
Spring - Spirit	6 February	4: Skills and Interventions	Online 18.00 – 20.00
	13 March	3: Ecological Self and Spirit	Online 10.30 – 16.30
	8 – 10 April	3: Ecological Self and Spirit	Outdoor experiential
Summer - Body	8 May	4: Skills and Interventions	Online 10.30 – 16.30
	20 May	Reflective practice group	Online 18.00 – 20.00
	10 -12 June	4: Skills and Interventions	Outdoor experiential
	10 July	6: Synthesis	Online 10.30 – 16.30
Autumn - Harvest	10 -11 September	6: Synthesis and Endings	Online 10.30 – 16.30

Outdoor experiential sessions begin at 11.00 on Thursday and finish at 16.00 on Saturday. A range of accommodation is available in the area and there is the possibility of camping onsite in summer.



Tutors

Sarah Devine

Sarah is a qualified Transactional Analysis psychotherapist, trainer and supervisor. She works outdoors in a range of settings, including her allotment, and has been offering outdoor therapy training and workshops for many years through www.stillspacetherapy.com.

She is passionate about outdoor and ecological practice and can usually be found outside, either with her dog Moss, or with muddy knees in the garden.



Vicky Broadbent

Vicky is a BACP accredited integrative psychotherapist and supervisor, trained in humanistic, psychodynamic and ecosensory approaches. She works outdoors in Greater Manchester with adults and families, online as a Dynamic Interpersonal Therapist and as a Counselling diploma tutor. She spends as much time as possible outdoors and is actively involved in a number of eco-psychotherapeutic groups.



Each participant may arrange two individual sessions with a tutor.

Attendance at minimum of 80% of sessions is required to achieve the diploma. In specific circumstances additional tutorials may be requested (additional cost) to meet diploma requirements.

Next steps

To apply, please contact enquiries@nurturinghope.co.uk

The cost of the diploma is £1,900. A deposit of £300 is required to confirm your place and the balance is payable by 1 September 2026 (payment plan may be agreed on request).

