



# Association for Outdoor Therapy CONFERENCE 2025

**Sharing practices and building perspectives' in Outdoor Therapy**

at Plas y Brenin, The National Outdoor Centre, Eryri, North Wales: 8-9 November 2025

**Come join a thriving community of outdoor therapy professionals where we will explore, share, develop, and deepen perspectives across diverse practices of outdoor, nature and adventure-based therapies.**

The national conference of the Association for Outdoor Therapy will explore perspectives in the development and application of integrated outdoor therapy practices, that will help to examine different professional landscapes influencing the developments of ethical outdoor therapy practices and the building of a professional outdoor therapy community in the UK.

With a diverse range of presentation topics across a wide range of outdoor workshops in nature, indoor presentations, and main speaker session topics, this is an exciting opportunity to engage, network, reflect and learn with like-minded professionals, in developing understanding and sharing practice, and contributing to the shaping of future developments of outdoor therapy in the UK.

Please visit [here](#) for details of the full conference programme content and presenters, with more speakers being announced in due course.

Also visit [here](#) for information on costs, bookings and accommodation options.

Please book early to  
avoid disappointment.

**BOOK NOW**



# AOT Conference 2025 - Speakers and Workshops



## Main Session Speakers Include:



### Professor Hannah

**Sherbersky:** a Family and Systemic Psychotherapist, Associate Professor at the University of Exeter and CEO of the Association for Family Therapy and Systemic Practice, UK. She is Deputy Director of PGT Taught Programmes (CEDAR) and Director of the Systemic Portfolio at the University of Exeter and works clinically as a psychotherapist and supervisor.



**William Berisch Secretan:** a person centred wilderness therapist, dramatherapist, psychodrama psychotherapist & environmental arts therapist. He works for North London NHS Foundation Trust as Psychology Lead & Clinical Lead for Group Psychotherapy in Haringey, is managing director of the School of Environmental Arts Therapy (SEAT) and was the founder of the NHS Ecopsychology Network.



**Avril Leonard:** Clinical Practice Manager & Outdoor Therapist for Venture Trust, Scotland, UK. She oversees Venture Trusts unique Outdoor Therapy Service, delivering 1-to-1 therapy in accessible outdoor and wild spaces for those who may struggle to access traditional counselling services.



## Outdoor based workshop currently include:

- Using the DBT model of mindfulness to deepen experiences in nature
- Micro-Adventure Therapy, how wild does wilderness therapy need to be?
- A story of relationship: growing with a long-term nature-wellbeing community
- Relational Roots: Cultivating Nature's Relational Power in Therapy
- Organic Noticing; Self-Disclosure and Empathetic Attunement in Outdoor Therapy
- Meditation Through Poetry: A Workshop Using Poetry Outdoors as a Form of Therapy
- Therapy without walls: Taking Clinical Psychology into nature

For the full list see [here](#).



## A range of indoor presentations include:

- Walking the Talk: Integrating Walk and Talk Therapy into Psychological Practice
- Mind Over Mountains: The Evidence for Green Social Prescribing
- Nature-Based Creative Therapy Group for Adolescents Impacted by Sexual Abuse
- Access Adventure – A Journey of Alternative Provision
- Drawing on therapeutic models to enhance outdoors practice
- Supporting Men: Why We Need to Do Things Differently - Walk and Talk Therapy
- Meeting Young People Where They Are: Outdoor Therapy in Action for Those Who Struggle to Access Traditional Support

For the full list see [here](#).

The conference will also host a special virtual book launch presentation where you will meet the authors of a new upcoming outdoor therapy publication titled, ***'Individual adventure psychotherapy: An experiential approach to one-on-one treatment'***.

**BOOK NOW**

