

## Workshop 3

# TRAUMA

Christ's comfort in deep suffering

Culture, creation and conversation:  
interacting with the rise of  
walk and talk therapy

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# The message of creation

What came to mind as you reflected on an aspect of God's created world?



# The wonder of creation

Read Psalm 8.

What is the created world designed to show us?



# The wonder of creation

Glory and majesty

Character

Power and awe

Humility

Dignity

Purpose

Gen 1-2, Ps 104, Lk 12 and Col 1 do similarly



# Walk and talk: therapy & creation

Counselling but ...

- . In the outside
- . Engaging with the outside
- . Benefitting from the outside



# Walk and talk: therapy & creation

Components include:

conversation, grounding, mindfulness, play therapy, bilateral stimulation, learning techniques for managing stressors in real time, exposure, reframing using the metaphors of nature.



# Walk and talk: therapy & creation

## What it's not

- . Just walking and talking
- . Individual pursuit (e.g. forest therapy)
- . Programmes (e.g. equine or wilderness)



# Walk and talk: an assessment

What appeals? How might it help us reclaim something important that our culture has lost?

What concerns do you have? How might we reinterpret this biblically?



# Walk and talk: some concerns

Danger of pantheism

Danger of panentheism

Danger of idolatry

Danger of cultural bias

Danger of over-exercising

Danger of uncontained chaotic behaviour



# Walk and talk: a reinterpretation

- . Embodied souls seen holistically
- . God's world and word in tandem
- . Creation given the place it is designed for
- . Turning to the Lord together
- . Surrounded by many reasons to praise



# Walk and talk: benefits for us

How might we, as helpers, benefit from engaging with creation in our conversational ministry?



# Walk and talk: benefits for us

- . Better for our minds and bodies
- . More creative
- . More comfortable with silence
- . More authentic counselling space
- . More natural to self-disclose



# Walk and talk: practicalities

- . Routes - don't get lost
- . Risk assessments - be safe
- . Communication - be clear what you do
- . Confidentiality - who might you meet



# Q&A

**Top questions**

Pinned

Newest

Oldest

Answered

There are no unanswered questions.

