

The Nature of Grief Workshop: Exploring Nature-Based Interventions in Hospice to Support Youth, Adults, and Families in Grief, Bereavement, Death, and Dying

Facilitator info and contact:

Please feel free to reach out to Cilla (cilla@humannaturecounselling.ca) with any questions or curiosities about nature-based counselling, further resources for learning and training, or for individual or group nature-based counselling connections.

Cilla Holmes, MFA, RTC, EXA, C-NBT-1

Cilla (she / her) is a parent, a certified nature-based and expressive arts therapist, a mentor and facilitator, and a sixth-generation settler of Scottish / Irish / Scandinavian descent. She lives and works on the traditional territories of the Lekwungen and WSÁNEĆ peoples, and holds deep gratitude for each day spent in relationship with these Coast Salish lands. As an integrative therapist, Cilla supports youth, adults, families and groups in the intersection of outdoor nature connection and embodiment, expressive arts-based play, ceremony, and somatic awareness. Her counselling framework is informed by trauma-informed grief tending practices, somatic parts work, focusing-oriented psychotherapy, crisis intervention and family systems lenses. At the heart of Cilla's relationship to counselling is a deep trust in the power of innate creativity, ecological belonging, and embodied knowing. Cilla is honoured to come alongside others through journeys of loss, transition, healing, and growth, and in the co-creation of safe and compassionate healing spaces.

Tensley Koontz, MeD, RCC

Tensley (he / him) is a father, husband, and member of the Métis nation living upon the traditional territory of the Hul'qumi'num Mustimuhw, specifically the Cowichan Tribes, on Vancouver Island. As a clinical counsellor with Human-Nature Counselling Society, Tensley's framework of practice is embedded in two-eyed seeing, integrating traditional ways of being and knowing with modern therapeutic modalities, including nature-based, narrative, existential analysis, and emotionally-focused therapies. Working from a systems and attachment focused lens, Tensley supports people to know their inherent wholeness and navigate struggles that arise with being human and part of an inextricably connected world.

Human-Nature Counselling Society:

We are a registered Canadian Charity based in Victoria, BC that provides accessible nature-based counselling for individuals, groups, and schools for children, youth, adults and families.

Website link: <https://humannaturecounselling.ca/>

General emails:

- Intake & Referrals: intake@humannaturecounselling.ca
- General Inquiries: info@humannaturecounselling.ca
- Group Programs: groups@humannaturecounselling.ca



SERVICES FOR ADULTS, YOUTH, FAMILIES, GROUPS, and SCHOOLS:

Please see our [Programs - Human-Nature Counselling Society](#) page for more information on our services.

TRAININGS FOR PROFESSIONALS: Please see <https://humannaturecounselling.ca/workshops/> for more details on our programs, courses and workshops. We offer online and in-person / outdoor training opportunities for mental health and wellness practitioners looking to engage with nature and the outdoors. For accessible rate information and other questions, please inquire at info@humannaturecounselling.ca.

Our nature-based therapy (NBT) courses start at an introductory level, and explore theory and practices and gain the confidence to shift your indoor counselling practice to the outdoors. Further courses are designed to bring skills and theory from the Introductory course into embodied practices. Specialized courses are included in the certification program.

- **Introduction to NBT (Nature-based Therapy)** (4 days online)
- **NBT in Practice** (3 days in person)
- **NBT with Groups** (4 days in person, Victoria, BC and other locations)
- **NBT with Children, Youth, and Families** (4 days in person, Victoria, BC and other locations)
- **NBT Certification Levels 1-3:** Theory, practice, mentorship, supervision.
- **Custom Trainings for your team:** Please inquire at info@humannaturecounselling.ca.

A few good nature-based support and therapy resources...

There are many books that can help people orient and feel inspired to lean into basic therapeutic nature-based approaches to grief-tending and support work; here are just a few of our basic favourites. The [Nature-Based Therapy](#) book is a great resource, and is also authored by our Human-Nature founders and directors, Katy, Dave, and Nevin.

[Nature-Based Therapy: A Practitioner's Guide to Working Outdoors with Children, Youth, and Families](#) by Dr. Nevin J. Harper, Kathryn Rose, David Segal

[Held by the Land: A Guide to Indigenous Plants for Wellness.](#) by Leigh Joseph

[Coming Back to Life: The Updated Guide to the Work That Reconnects](#) by Joanna Macy

[Morning Altars: A 7-Step Practice to Nourish Your Spirit through Nature, Art, and Ritual](#) by Day Schildkret

[The Smell of Rain on Dust: Grief and Praise](#) by Martín Prechtel