

Earth Wisdom Ecotherapy Community Interest Company (EWECIC)

Ecotherapy Group Facilitator

Role Overview

The Ecotherapy Group Facilitator is responsible for delivering safe, inclusive and professionally facilitated ecotherapy programmes that support positive mental health through connection with nature.

Working within Earth Wisdom's therapeutic model, facilitators create welcoming outdoor and nature-connected group spaces where participants can explore their relationship with themselves, others and the natural world. Group facilitation may include therapeutic reflection, psychoeducation, creative activities, mindfulness, seasonal practices and shared experiences in nature, depending on the programme being delivered.

Earth Wisdom facilitators work collaboratively with colleagues, contributing not only to programme delivery but also to the ongoing development of our organisation and the communities we serve.

Responsible To:

Therapeutic Leadership Team

Location:

Various outdoor and community venues across Gloucestershire.

Engagement Type:

Independent Contractor (Self-Employed)

This role is offered on a self-employed, sessional basis. Opportunities are dependent upon funding, programme availability and organisational need.

Nothing within this role description is intended to create an employment relationship.

Remuneration

Group facilitation is currently paid in accordance with the Earth Wisdom Group Facilitation Policy.

This reflects session delivery together with reasonable preparation, administration, reflective practice and completion of required documentation.

Scope of Work

The Ecotherapy Group Facilitator may facilitate a range of Earth Wisdom programmes, including:

- Health in Nature
- Nature as a Resource for Mental Health
- Living in Relationship with Nature
- Seasonal Workshops
- Forest Bathing
- Community events, seasonal festivals and retreat days

Facilitators will:

- Deliver high-quality therapeutic and psychoeducational group experiences in accordance with the agreed programme.
- Create psychologically safe, inclusive and welcoming group environments.
- Facilitate group discussion whilst respecting individual choice regarding participation.
- Adapt delivery to meet participants' individual needs wherever reasonably possible.
- Deliver programmes in accordance with Earth Wisdom's person-centred, trauma-informed and neurodiversity-affirming philosophy.
- Recognise and respond appropriately to safeguarding concerns and clinical risk.
- Complete attendance records, outcome measures and evaluation documentation required for funded programmes.
- Communicate professionally with participants, colleagues and partner organisations.
- Participate in reflective debriefs where appropriate to support programme development and learning.

Collegial Contribution & Reciprocity

As a Community Interest Company operating a reduced-cost mental health model, Earth Wisdom is built upon collaboration and reciprocity.

Group facilitators contribute, on a reasonable and proportionate basis, to the wider development of the organisation.

This may include:

- Supporting community outreach.
- Assisting with programme development.
- Contributing to evaluation and research.
- Helping develop new ecotherapy initiatives.
- Supporting community events.
- Sharing learning and reflective practice with colleagues.

The nature of this contribution will be proportionate to the facilitator's level of engagement and agreed with the Therapeutic Leadership Team.

Person Specification

Qualifications

Essential

- Diploma-level counselling or psychotherapy qualification (or equivalent).
- Current membership of a recognised professional body (BACP, NCPS, UKCP or equivalent).
- Current professional indemnity insurance.
- Enhanced DBS certificate (or willingness to obtain one).

Desirable

- Training in group facilitation.
- Ecotherapy training.
- Forest Bathing qualification.
- Outdoor First Aid qualification.

Experience & Knowledge

Essential

- Minimum of **200 supervised client hours**, including placement experience.
- Experience working with adults experiencing a range of mental health presentations.
- Experience facilitating groups, workshops or community-based activities, or willingness to develop these skills through Earth Wisdom's training pathway.
- Sound understanding of safeguarding practice and professional boundaries.
- Ability to recognise and appropriately manage clinical risk.

- Commitment to person-centred, trauma-informed and neurodiversity-affirming practice.
- Confidence working outdoors in a variety of weather conditions.

Desirable

- Experience facilitating therapeutic groups.
- Experience delivering psychoeducational programmes.
- Experience of community mental health.
- Experience of ecotherapy or outdoor therapeutic practice.
- Experience working alongside partner organisations and community groups.

Skills & Personal Qualities

We are looking for facilitators who:

- Create warm, psychologically safe group environments.
- Are confident facilitating reflective conversations.
- Work collaboratively within a multidisciplinary team.
- Value diversity and difference.
- Demonstrate excellent communication and organisational skills.
- Are adaptable and able to respond thoughtfully to changing group dynamics.
- Enjoy working creatively within nature-based settings.
- Share Earth Wisdom's commitment to accessible community mental health.

Professional Development

Earth Wisdom is committed to developing specialist ecotherapy practitioners.

Facilitators are expected to engage with Earth Wisdom's internal ecotherapy training pathway, reflective practice opportunities and continuing professional development.

This includes developing knowledge in:

- Ecotherapy theory and evidence.
- Trauma-informed practice.
- Neurodiversity-affirming practice.
- Therapeutic group facilitation.
- Nature-based mental health interventions.

As facilitators progress through the Earth Wisdom training pathway, opportunities may arise to contribute to programme development, mentor colleagues and co-create new ecotherapy initiatives.

Additional Requirements

- Willingness to work flexibly across Gloucestershire where required.
- Compliance with all Earth Wisdom policies and procedures.
- Commitment to maintaining confidentiality and GDPR compliance.
- Willingness to represent Earth Wisdom professionally when working with participants, partner organisations and the wider community.

Closing Statement

At Earth Wisdom, we believe healing happens through relationship - with ourselves, with others and with the natural world.

We're looking for facilitators who share this vision and who want to help shape a growing community of accessible, nature-based mental health support across Gloucestershire.