**RCGP Nature Immersion Course, Dartmoor March 21-22 2022 (Mon-Tues)**

The long-awaited innovative RCGP Nature Immersion Course was wonderful (October 2021)! And is being repeated twice in 2022 – first one Mon -Tues 21-22 March

We are delighted to now share with you that there are two further RCGP Nature Immersions planned for 2022 - and that the link to register for the **March course 21st-22nd is open and available** to find out more here : <https://rcgpportal.force.com/s/lt-event?id=a1U1i0000090YcGEAU&site=a0d1i00000aKQbhAAG>

What might you expect?

Goethe wrote over two centuries ago, ‘If Nature is your teacher, your soul will awaken’.

A three fold healing approach involves Getting the Environment Right, Strengthening the Person, and Healing the Wound (in that order). Much of medicine focusses on wounds, much of conventional agriculture focusses on maximising outputs, using major inputs in the process. Nature, on the other hand, when respected and worked with, Gets the Environment Right and Strengthens the Person. Wounds then heal far more effectively.

Twelve of us spent just two days and one night (30 hours) at a farm venue on Dartmoor, three leaders and nine delegates, all appropriately distanced. What did we experience against the backdrop of Dartmoor Tors and river, fields and woods, the last flowers of the season and some animals, as the year progressed through late autumn toward sleepy winter?

Time in Nature to observe and converse. A chance to learn about the neurophysiology of stress and wellbeing from world expert Prof David Peters, a chance to meet GP colleagues and feel supported in our challenges, a chance to hear Alan Heeks share the importance of sustainable approaches to farming to avoid exhausting the land and soil, and to get better, sustainable efficiency with lower inputs. Time for ourselves learning by experience against the backdrop of stunning Dartmoor scenery. Brimpts Farm nurtured and supported us as a venue, whilst we contributed in return by team-building activities of conservation and networking. Conversation during time outdoors can be especially powerful and insightful. We shared common problems and found new solutions. The RCGP's Dr Lucy Loveday masterfully led and supported the process, looking out for and after us at all times.

We also learnt an easy assessment tool of our personal strengths and areas for stretch. We enabled each other to develop action plans to address our personal priorities and consider how we could be more healthy in Practice.

Nature supports humanity, nature supports learning, nature supports reflection, nature supports growth. By observing and working with Nature, we discover our own inner nature (and can blossom!)

For me, the Environment was Right, the Person was Strengthened, and a Wound healed!

I hope your experience of nature is as powerful as mine – why not treat yourself, and refresh your soul?

Dr Andrew Tresidder Feb 2022