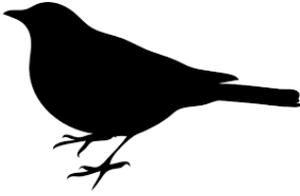


Finding & Utilizing Nature in Predominately Urban Settings: An Experiential Guide for Social Work Professionals Working with Youth in Services

With Eleanor Ruckman



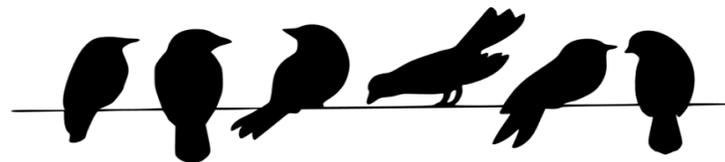
Eleanor Ruckman is a registered art therapist and has been licensed as a Marriage and Family Therapist since 2004. She is passionate about the power of the creative process to transform and heal, and practical when identifying strategies to help people to feel and function better. Ruckman is dedicated to community, diversity and connection. Her strength-based and collaborative approach blends art making with body awareness, relaxation and mindfulness practices, communication skills, harm reduction, play and humor.

Ruckman regularly trains on a variety of topics. Her experience includes clinical supervision, program direction, training and consultation in community- and school-based settings, including adolescent intensive day treatment. Ruckman has a BA in fine art from the University of California at Santa Cruz and a Master's degree in counseling and art therapy from Notre Dame de Namur University in Belmont, California.

When we spend time outdoors, we increase our resiliency, our capacity to resolve problems, our overall well-being and health. We can enhance these benefits by practicing mindful awareness and engaging in creative activity. We can cultivate positive connection to ourselves, to what is around us, and to other beings, including humans. Getting outside expands our understanding and appreciation of our environment. As we deepen our relationship with the natural world, we care more and take more action to care for the world around us. This training is an experiential guide for social work professionals, so that they can in turn, teach ways nature can instill resiliency to urban youth in care. You are invited to an outdoor eco art training, where we'll develop and expand our skills as role models who influence others, particularly urban youth, to respect and care for themselves and the world around them.

We Will:

- 1. Notice** and appreciate the ways that wild nature survives in and interacts with urban development and urban dwellers.
- 2. Make** art by ourselves and together. Our art materials will be what is around us, including found materials, and our imaginations. No special skills or materials necessary!
- 3. Move** our bodies, experiencing activities that support grounding, regulation, and present-moment awareness. Please communicate any mobility restrictions when you register, so that together we can plan any necessary adaptations.
- 4. Share** ideas, information and strategies about increasing community resiliency and healing through collaboration with the natural world.
- 5. Acknowledge** historic and current institutional barriers to accessible, safe and healthy outdoor spaces.
- 6. Experience** how connecting to nature increases resiliency, adaptive functioning and wellness.
- 7. Expand** self-regulation skills of youth & families by helping them have a positive relationship with nature & the outdoors.



Friday, September 16th, 2016

San Antonio Park, Oakland, Ca. | 9:30am-3:30pm

Register here: <https://abetterwayinc.wufoo.com/forms/zyrggyr16ymkw5/>

Space is limited, register soon.

A Better Way trainings are sponsored in partnership with Chabot Los Positas Community College District & Alameda County/Solano County, or City College San Francisco & SF County depending on training location. Trainings are funded by The Federal Foster Care Program Title IV-E funding.



This Title IVE training is intended as a resource for County foster and adoption care providers and County staff members that provide support and assistance to these care providers. Please distribute this to your IVE qualifying County staff, IVE qualifying partners in the community, etc.