

Module Code	ECCY7008
Title	Therapeutic and nature-based play
Date	28/10/2022
Level	7
Credits	30
Pre-Requisites	None

AIM(S)

- To provide a critical understanding of therapeutic play in a range of mental health contexts.
- To enable students to develop a critical understanding of the role of natural environments and outdoor spaces in young people's mental health and well-being.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- demonstrate a critical awareness of therapeutic play and working with diverse groups of children;
- critically consider the practice and evidence-base of therapeutic play;
- critically discuss a range of theoretical approaches to understanding nature-based wellbeing in young people;
- demonstrate a critical awareness of how to evaluate the effectiveness of outdoor therapies and nature-based practices for young people and their families;
- take responsibility for their own learning and skill development, including effective personal planning, self-reflection, and project management skills.

INDICATIVE CONTENT

- The therapeutic power of play
- A critical exploration of the different types of therapeutic play
- Therapeutic play for children with disabilities and illness and for those who have experienced loss and trauma
- A critical exploration of the efficacy of therapeutic play
- An examination of the development and use of nature-based practices and outdoor play for young people
- A critical examination of the fundamental concepts and theories underpinning nature connectedness and wellbeing in children
- Discussion of the research evidence and psychological explanations of the current 'nature-deficit' in young people and related mental health problems (e.g., climate anxiety)

- Examination of the empirical evidence relating to the treatment efficacy of nature-based interventions for mental health disorders (e.g., autism, ADHD, conduct disorders) in young people

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	10%
Independent learning	270	90%
Placement learning		
TOTAL	300	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Written assignment: Essay	4,000 words	50%

Assessment Component 2

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Presentation	20 minutes	50%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	50%
Practical	50%
TOTAL	100%

INDICATIVE READING LIST

Students will be expected to identify and engage in extensive use of appropriate primary source materials in the form of academic journals, specialised texts and policy documents of relevance to their chosen topic.

Module Code	ECCY7008	
Module Title	Therapeutic and nature-based play	
Classification	Reading List entry	Electronic*
Essential	Stone, J. (2020). <i>Digital play therapy: A clinician's guide to comfort and competence</i> . Routledge.	☐
Essential	Landreth, G. L. (2012). <i>Play therapy: The art of the relationship</i> . Routledge.	☒

Essential	Byrd, R., Christensen, T., & Luke, C. (2020). <i>Play Therapy. In Counseling Children and Adolescents</i> . Routledge.	☐
Essential	Harper, N., Rose, K., & Segal, D. (2019). <i>Nature-based therapy: A practitioner's guide to working outdoors with children, youth, and families</i> . New Society Publishers.	☒
Essential	Courtney, J. A., Langley, J. L., Wonders, L. L., Heiko, R., & LaPiere, R. (Eds.). (2022). <i>Nature-based play and expressive therapies: Interventions for working with children, teens, and families</i> . Routledge.	☒
Essential	Dobud, W. W., & Harper, N. J. (2020). <i>Outdoor therapies</i> . Taylor & Francis.	☒
Further	Thomsen, A. (2018). <i>Thera-Build® with LEGO®: A playful therapeutic approach for promoting emotional well-being in children</i> . Jessica Kingsley Publishers.	☐
Further	Schaefer, Charles E. and. Drewes, Athena A (2013). <i>The Therapeutic Powers of Play: 20 Core Agents of Change</i> . Wiley; 1st edition	☐
Further	Wilson, R. (2012). <i>Nature and young children: Encouraging creative play and learning in natural environments (2nd ed.)</i> . Routledge.	☒
Further	Lahad, M., & Berger, R. (2013). <i>The healing forest in post-crisis work with children: A nature therapy and expressive arts program for groups</i> . Jessica Kingsley Publishers.	☒
Further	Spano, G., Dadvand, P., & Sanesi, G. (2021). <i>The benefits of nature-based solutions to psychological health</i> . Frontiers Media SA. doi: 10.3389/978-2-88966-584-6	☒
Further	Buzzell, L. & Chalquist, C. (2009). <i>Ecotherapy: Healing with nature in mind</i> . Sierra Club Books.	☐
Further	Fisher, A. (2013). <i>Radical ecopsychology: Psychology in the service of life</i> . Suny Press.	☒
Further	van den Bosch, M. & Bird, W. (2018). <i>Oxford textbook of nature and public health: The role of nature in improving the health of the population</i> . Oxford University Press.	☒
Journal	EcoHealth	☒
Journal	Ecopsychology	☒
Journal	European Journal of Ecopsychology	☒
Journal	International Journal for the Advancement of Counselling	☒
Journal	Journal of Environmental Psychology	☒
Journal	Journal of Environmental Research & Public Health	☒
Journal	Nature and Culture	☒
Journal	The British Journal of Play Therapy	☒
Journal	International Journal of Play Therapy	☒
Journal	Journal of Child Psychology	☒