

Module Code	ECPS6012
Title	Ecopsychology
Date	28/10/2022
Level	6
Credits	20
Pre-Requisites	None

AIM(S)

- To enable students to recognise the complexity of eco-psychological factors which contribute to mental health and well-being.
- To develop students' critical understanding of nature-based wellbeing.

LEARNING OUTCOMES

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

- demonstrate a critical understanding of the development and use of ecotherapy practices;
- demonstrate a critical awareness of the relationship between nature-based practices and health;
- demonstrate a critical understanding of the effectiveness of outdoor therapies for the prevention of mental health problems and distress;
- take responsibility for their own learning and skill development, including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

- An examination of the historical development of ecopsychology and the use of eco-therapeutic practices
- An examination of the fundamental concepts and theories underpinning ecopsychology theory (e.g., nature connectedness, attention-restoration theory, biophilia hypothesis)
- Discussion of the research and evidence offered in support of the psychological explanations of the current ecological crisis (e.g., climate change and global environmental emergency).
- Exploration of the empirical evidence base relating to the treatment efficacy of eco-therapeutic interventions for mental health disorders.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning	-	-

TOTAL	200	100%
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ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay	2,500 words	50%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Experiential-learning Portfolio	3 elements (equivalent to 2000 words)	50%

Assessment Summary

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

INDICATIVE READING LIST

Module Code	ECPS6012	
Module Title	Ecopsychology	
Classification	Reading List entry	Electronic*
Essential	Dobud, W. W., & Harper, N. J. (2020). <i>Outdoor therapies</i> . Taylor & Francis.	☒
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	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	Gifford, R. (2015). <i>Research methods for environmental psychology</i> . Wiley.	☒

Further	Clayton, S. (2012). <i>The Oxford handbook of environmental and conservation psychology</i> . Oxford University 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.	☒
Further	EcoHealth	☒
Further	Ecopsychology	☒
Further	European Journal of Ecopsychology	☒
Further	International Journal for the Advancement of Counselling	☒
Further	Journal of Environmental Psychology	☒
Further	Nature and Culture	☒