

Environmental Counselling

Nature Connection

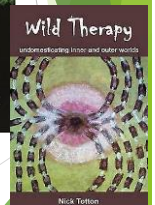
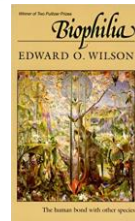
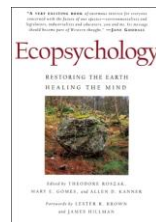


Roots of Ecotherapy

- ▶ Natural Psychological Approach
- ▶ Integrated
- ▶ Nature Connection

Nature Connection

- ▶ Nature connection refers to an individual's subjective sense of their relationship with the natural world. Encompassing both affective and experiential sense of belonging to the natural world and relating to a person's sense of their interconnectedness with nature or their sense of inclusion in nature (Lumber, Hunt, Richardson, & Harvey, 2016)



Basic Concepts

- ▶ Traditional psychotherapy
- ▶ Recent developments
- ▶ What is ecotherapy?

Boundaries

- ▶ Flexible
- ▶ Timing
- ▶ Traditional boundaries
- ▶ The nature of ecotherapy often necessitates a flexibility of boundaries.

Relationships and Power

- Client/Counsellor/Nature Relationship
- Challenges to traditional counselling

The role of nature

- Space outside
- Environment

Challenges and Limitations

- Boundary issues between client and therapist.
- Physical limitations

Research

- Outdoor exercise
- Classical studies from the USA

EcoTherapy: An Introduction

- <https://www.bing.com/videos/search?q=you+tube+ecotherapy+view+detail&mid=CADEF9879CA4073AA061CADEF9879CA4073AA061&FORM=VIRE>

EcoTherapy in Practice

- <https://www.bing.com/videos/search?q=ecotherapy+document+ary&view=detail&mid=A1571834FF682240E756A1571834FF682240E756&rysmid=38B6F3BC32048EB8407F38B6F3BC32048EB8407F&FORM=VDMCNR>



- http://ww2.rspb.org.uk/Images/connecting-with-nature_tcm9-354603.pdf

Access to nature reduces depression and obesity, finds European study

Trees and green spaces are underrecognised leaders offering benefits from increases in mental wellbeing to obesity reductions, new report



Natural health service: wildlife volunteers get mental health boost

Research supports the idea that nature could be widely prescribed by doctors as a therapy, easing the burden on the NHS



Nature and Psychology

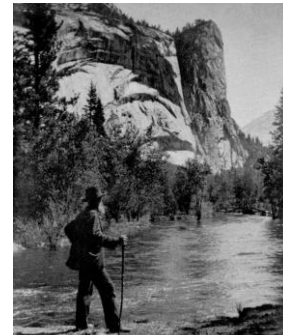
- ▶ Nature connection/relatedness
- ▶ Ecopsychology
- ▶ Nature-based health services (NHS)
- ▶ Eco-stress/eco-anxiety (American Psychological Association)
- ▶ Nature-deficit disorder (NDD)
- ▶ Forest schools
- ▶ Green prescription (green therapy, blue therapy)

Activity

- ▶ Start with yourself!
- ▶ Sound Hunt
- ▶ Sensory outdoor workout.
- ▶ Natural Collection
- ▶ Outdoor images

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.

John Muir



Reconnect in Nature (<http://reconnectinnature.org.uk/>)

<https://vimeo.com/166497645?ref=fb-share&1>

Forest Bathing (Shinrin-yoku)

<https://www.youtube.com/watch?v=wixyvQMCfj4>

Nature Connections Conference 2018

<https://www.derby.ac.uk/enterprise/centre/events/nature-connections/>

Ecopsychology Network UK

<https://www.ecopsychology.org.uk>