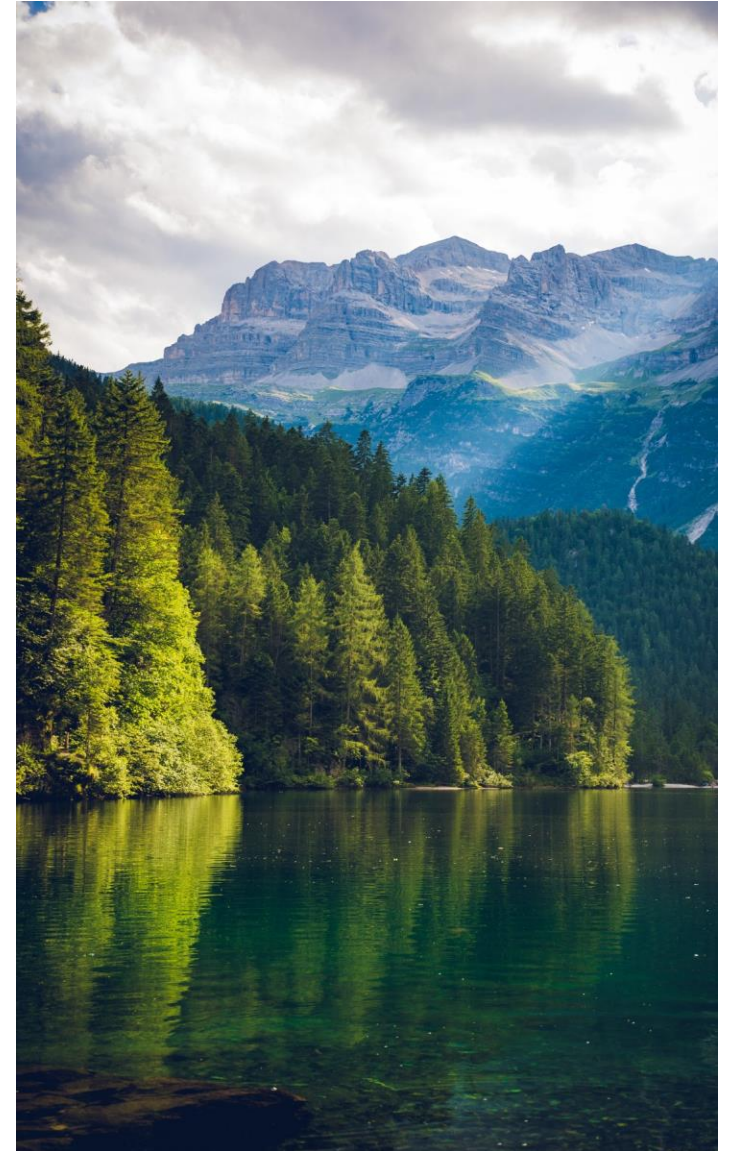


RESEARCH PROPOSAL

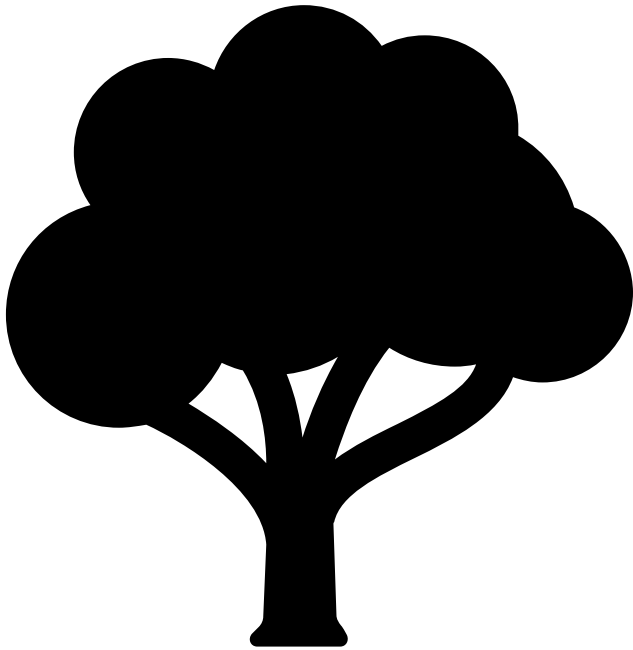
Hannah Vyse - 1152307



PROPOSED TITLE



An Evaluation of how nature can impact on emotion and well-being to inform us how nature can be used in therapy to support a client with their emotional regulation.



BACKGROUND

- Nature-based therapies promote the strengthening of the mind, body and interpersonal – connect with inner power and authenticity – Berger (2020)
- Can reduce anxiety, depression (Franco et al, 2017, Kamitsis et al, 2017)
- Benefits of nature have been talked about for years – Hippocrates
- Different types of natural spaces evoke different responses (Maund et al, 2019) -
- The role of nature as a "co-therapist" (Naor and Maysless, 2020)

Aims

To gather information and capture;

- Description of experience when in nature
- Description of emotions that come up/ do not come up in nature
- Description of emotions that come up/ do not come up when access to nature is restricted
- How emotions can be regulated in nature
- Understand nature's role in capturing the above
- Identify any themes that come up within the responses

Aims and Objectives

Objectives

- Gain a greater understanding on how nature can be used within the therapeutic process to support a client with their emotional regulation
- Understand the therapeutic relationship between nature and the client
- Understand how clients can be supported to use nature with their emotional regulation beyond therapy to continue their recovery

Aims and Objectives

Method

- Internet survey/ questionnaire
- Disseminated online – social media streams
- Open questions on emotional responses to being in nature and also away from nature – gain qualitative data to analyse
- Closed questions on age and gender
- Thematic analysis with the responses to pick up key themes



Methodology

Ethics

Ethical consideration for this study;

- **Informed consent**
- **Confidentiality/ data handling**
- **Right to withdraw**
- **Low risk to myself as the researcher**
- **Low risk to the University**



Plan Of Work

Month	Task	Description
September	Introduction and literature review (Chapter 1)	4 weeks to write introduction and gather resources for the literature review
October	Write Literature Review (Chapter 2)	4 weeks writing literature review and consider questions for survey
November	Planning and writing questionnaire	2 weeks planning questions and 2 weeks creating and testing questions
December/ January	Finalising questionnaire and disseminating to participants online	All responses by the end of January. Write up methodology (Chapter 3)
February/March	Analyse all results and write up findings (Chapter 4)	Thematic analysis and write up findings
April/May	Write up discussion and Conclusion (Chapter 5 and 6)	Complete majority of dissertation
June	Proof read and submit	Proof read and submit by end of June

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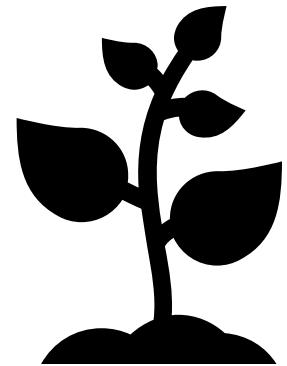
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" I do ecotherapy to get sunlight onto my skin and into my mind. It shines light through the dark fog of depression"
Client, MIND (2021)



THANK YOU FOR LISTENING.

ANY QUESTIONS?