

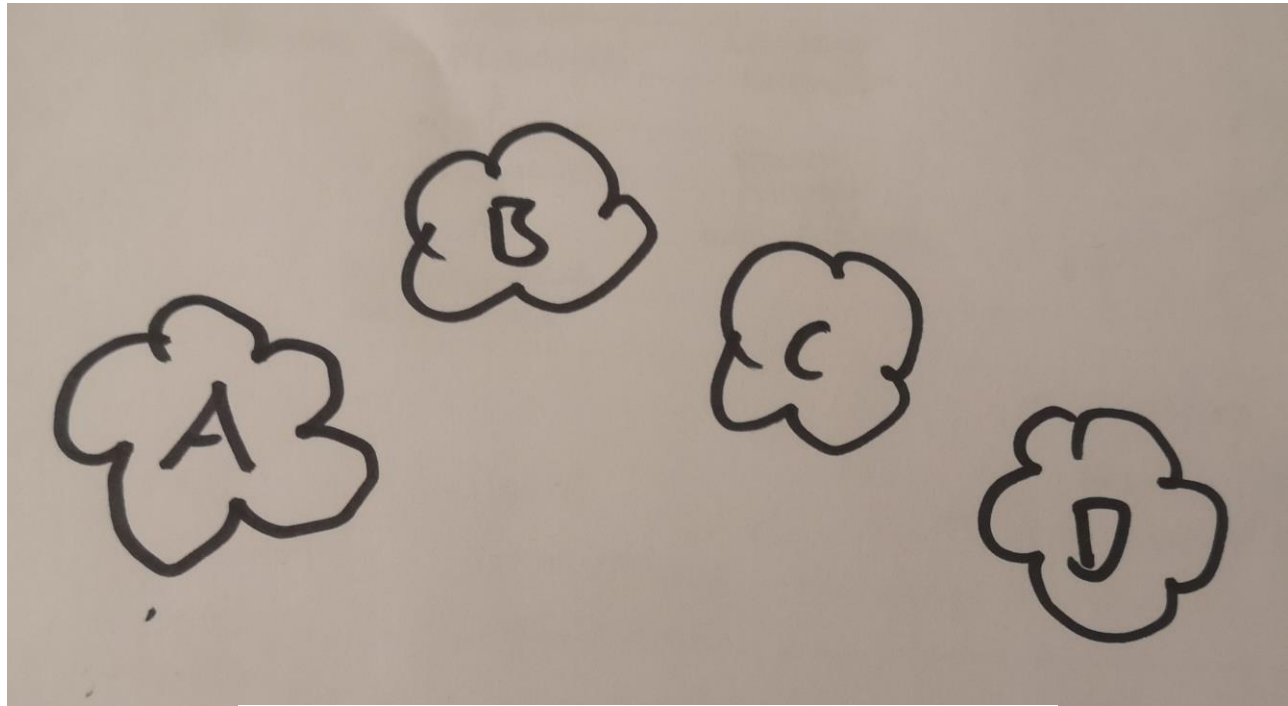
Name: **Jeremy Bainbridge**

Student Number: **1903383**

Programme: **MA Psychotherapeutic Practice: Humanistic**
Module: **Research and Practice (Clinical Practice I & II)**
Code: **M7X01681**

Submission: **17th March 2020**

Instruction: **Using project proposal form for guidance, critically explore your chosen research subject which could be used to form the dissertation. Consider ethical implications of researching your chosen subject.**



**NATURE CONNECTEDNESS: What is it? Who has it?
Who doesn't? Implications for the individual, the
wider society and our natural environments.**



Background & Context

It is widely accepted within the field of psychotherapy, that access to natural environments and time spent in nature improves wellbeing.

Studies regarding the efficacy of nature-based therapy provide empirically based evidence to support this connection:



Park et al (2017), Song, Igarashi, Ikei, & Miyazaki (2017) who demonstrate that even short-term exposure to natural environments enhance wellbeing.

Fong, Hart & James (2018) who demonstrate that long term exposure by an individual residing within a natural environment significantly reduces mortality and improves mental health.

James et al (2015) who saw positive correlations in infant birth weights and the level of 'neighbourhood greenness'.

Beyer et al (2014) shows that individuals suffering with depression find symptoms relieved when immersed in nature.

Dadvand et al (2014) who saw a positive link between access to green spaces and childhood obesity and high blood pressure.

Takayama et al, (2014) incorporates a mindful connection to all senses when immersed in nature. It is reported that this approach benefits the immune system, cardiovascular system, respiratory system, and elevates mood disorders such as depression and anxiety, promotes relaxation reduces attention deficit/hyperactivity disorder.

However:

A notion exists that exposure to nature is futile as a therapeutic mode without the individual feeling psychologically and intimately connected with nature, (Capaldi, Dopko, & Zelenski, 2014).

**(as cited by Chavalya and Naachimuthu, 2020)
Louv (2005) describes Nature-Defecit disorder – not as a diagnostic criteria, but as an observable deficit amongst children who have reduced or denied access to natural environments.**



Therefore:

Nature-connectedness as an aspect of human nature is not fixed, and its depth and influence on an individual is highly subjective.

Questions:

What is it?

Who has it?

Who doesn't

What implications are there for individuals, for the wider society and for our natural environment?



Aims:

This proposal aims to highlight the connection between natural environments and wellbeing, but also to explore this connection at its deepest level so that better understanding can be gained into our psyche and how a connection to nature is made and maintained, and conversely how nature-connectedness can be lost or degraded and the impact upon the individual and society as a whole, regarding these two interlinked yet separate perceptions and what this means for the field of psychotherapy.



Proposed methodology:

This work will be limited by the current Covid-19 pandemic.

In this instance, direct contact with any participants will be complex and for safety reasons this work will solely rely upon a literature review using credible, peer reviewed sources such as the UWTSD online library and other reliable sources.

Examining the literature surrounding the questions within the aims of this work, attention to the main contributors to these concepts will be noted and explored.

Although there are questions to be answered it can not be known at this stage where the literature will lead, hence part of the methodology will involve having an open unbiased view to the work and allowing the facts to create the story.

At this level, support and guidance will be gained from dissertation supervisors.

Bibliography:

At this draft stage, a limited number of resources are noted:

Chavaly, D; Naachimuthu, K P (2020) 'Human nature connection and mental health: What we know so far? Indian Journal of Health and Wellbeing, Vol.11, Issue 1-3, pp 84-92.

Available at:

<https://search-proquest-com.ezproxy.uwtsd.ac.uk/docview/2458778660?accountid=130472&pq-origsite=primo>

DOI:10.15614/IJHW.v11i01.18

Accessed 9th February 2020.

Jin Gun, K: et al (2020) 'The Psychological Effects of a Campus Forest Therapy Program'. International Journal of Environmental Research and Public Health, Vol 17 (10)

Available at:

<https://search-proquest-com.ezproxy.uwtsd.ac.uk/docview/2404408285/fulltextPDF/46>

DOI:10.3390/ijerph17103409

Accessed 9th February 2020.

Kamitsis, I; Simmonds, J. G. (2017) 'Using Resources of Nature in the Counselling Room: Qualitative Research into Ecotherapy Practice'. International Journal for the Advancement of Counselling. Vol 39, pp229-248.

Available at:

<https://link-springer-com.ezproxy.uwtsd.ac.uk/article/10.1007/s10447-017-9294-y>

Accessed 9th February 2020.

Richardson, M. (2020) 'Opening doors to nature: Bringing calm and raising aspirations of vulnerable young people through nature-based intervention'. The Humanistic Psychologist, Vol 48(3). Pp. 284-297

Available at:

<https://web-b-ebshost-com.ezproxy.uwtsd.ac.uk/ehost/detail/detail?vid=0&sid=99faf3ac-7b69-4201-bbf3-c7726e8a4047%40pdc-v-sessmgr03&bdata=JnNpdGU9ZWWhvc3QtGjZQ%3d%3d#AN=2019-36962-001&db=pdh>

Accessed 9th February 2021.

Stigsdotter, U; et al. (2018) 'Efficacy of nature-based therapy for individuals with stress-related illnesses: randomised controlled trial'. The British Journal of Psychiatry, 213(1).

Available at:

<https://search-proquest-com.ezproxy.uwtsd.ac.uk/docview/2045276482?accountid=130472&pq-origsite=primo>

DOI:10.1192/bjp.2018.2

Accessed: 7th February 2021.

RESOURCES AND FACILITIES

Resources for this work will require access to the internet and suitable hardware/software.

Access to credible online libraries and resources will be imperative. Access to the UWTSD library will be granted for this work.

No travel will be required, nor will there be any participants for study, which will significantly ease the ethical process.

Time!



Ethics:

- PG2/ E1 UWTSD Ethics form.
 - A 14 page ethics checklist.
- BACP: Ethical Guidelines for Research in the Counselling Professions

<https://www.bacp.co.uk/media/3908/bacp-ethical-guidelines-for-research-in-counselling-professions-feb19.pdf>



SECTION A: About You (Principal Researcher)
SECTION B: Approval for Research Activity
SECTION C: Internal and External Ethical Guidance Materials
SECTION D: External Collaborative Research Activity
SECTION E: Details of Research Activity
SECTION F: Scope of Research Activity
SECTION G: Intended Participants
SECTION H: Anticipated Risks
SECTION I: Feedback, Consent and Confidentiality
SECTION J: Data Protection and Storage
SECTION K: Declaration





Any
Questions?



References:

Chavaly, D; Naachimuthu, K P (2020) 'Human nature connection and mental health: What we know so far? Indian Journal of Health and Wellbeing, Vol.11, Issue 1-3, pp 84-92.
Available at:
<https://search-proquest-com.ezproxy.uwtsd.ac.uk/docview/2458778660?accountid=130472&pq-origsite=primo>
DOI:10.15614/IJHW.v11i01.18
Accessed 9th February 2020.

Jin Gun, K: et al (2020) 'The Psychological Effects of a Campus Forest Therapy Program'. International Journal of Environmental Research and Public Health, Vol 17 (10)
Available at:
<https://search-proquest-com.ezproxy.uwtsd.ac.uk/docview/2404408285/fulltextPDF/46>
DOI:10.3390/ijerph17103409
Accessed 9th February 2020.

Kamitsis, I; Simmonds, J. G. (2017) 'Using Resources of Nature in the Counselling Room: Qualitative Research into Ecotherapy Practice'. International Journal for the Advancement of Counselling. Vol 39, pp229-248.
Available at:
<https://link-springer-com.ezproxy.uwtsd.ac.uk/article/10.1007/s10447-017-9294-y>
Accessed 9th February 2020.

Richardson, M. (2020) 'Opening doors to nature: Bringing calm and raising aspirations of vulnerable young people through nature-based intervention'. The Humanistic Psychologist, Vol 48(3). Pp. 284-297
Available at:
<https://web-b-ebscohost-com.ezproxy.uwtsd.ac.uk/ehost/detail/detail?vid=0&sid=99faf3ac-7b69-4201-bbf3-c7726e8a4047%40pdc-v-sessmgr03&bdata=JnNpdGU9ZWhvc3QtbGl2ZQ%3d%3d#AN=2019-36962-001&db=pdh>
Accessed 9th February 2021.

Stigsdotter, U; et al. (2018) 'Efficacy of nature-based therapy for individuals with stress-related illnesses: randomised controlled trial'. The British Journal of Psychiatry, 213(1).
Available at:
<https://search-proquest-com.ezproxy.uwtsd.ac.uk/docview/2045276482?accountid=130472&pq-origsite=primo>
DOI:10.1192/bjp.2018.2
Accessed: 7th February 2021.

All photographs were taken from the authors personal archive.

This authors emoji avatar access via Facebook Messenger.