

**COURSE SYLLABUS**  
Lewis & Clark College  
Graduate School of Education and Counseling

**Course Name:** Ecotherapy and Applied Ecopsychology  
**Course Number:** CPSY 597-01/ CECP 897-01  
**Term:** Fall 2015  
**Department:** Counseling Psychology/ Center for Community Engagement  
**Faculty Name:** Patricia H. Hasbach, Ph.D.  
**Faculty Phone/E-mail:** 541-345-1410/ phasbach@lclark.edu

**Course Calendar & Meeting Times:**

**Days:** (Weekends) September 26 & 27 and October 24 & 25, 2015

**Times:** 9:00 a.m. – 5:00 p.m.

**Locations:** Corbett Annex, Room 100

**Course Description:**

This course in Ecotherapy focuses on broadening and deepening the practice of psychotherapy by extending the psychotherapeutic context to include the natural world in which we live. We will survey research that supports the theoretical foundations of ecotherapy found in environmental and conservation psychology, ecopsychology, evolutionary psychology, and biophilia. Specific practices and methods that incorporate nature into the therapeutic process will be explored and students will have the opportunity to practice these techniques. We will explore topics such as environmental identity, restorative effects of direct contact with nature, a “sense of place,” the concepts of a Nature Language and Human Rewilding, and contemporary influences that affect the human-nature relationship. Ethical issues unique to the practice of ecotherapy will be discussed.

**Course Structure:**

- This two-credit course meets on two weekends and includes self-directed and on-line activities outside of the class sessions.
- During the weekend meetings, didactic presentations will be balanced by group exercises, role plays, outdoor activities, and video presentations.
- Course activities include readings from texts and current articles, written work, on-line dialog, reflection exercises, and in-class presentations.
- Each weekend will include classroom time and outdoor activities on campus. Students should dress appropriately for the weather.

**Course Goals and Objectives:**

The goals for the course include:

1. Gain a comprehensive understanding of the theoretical foundations of ecotherapy.
2. Develop a deeper understanding of the influence of the human-nature relationship on our mental health and well-being, and develop strategies to address this ecological context in the therapeutic process.

3. Gain a deeper understanding of ecotherapy methods and practices, and be able to identify ways to integrate this work into students' academic and professional development.

### **Course Requirements:**

1. Full class attendance is required. Since class weekends are experiential and involve group process, there is no effective "make up" to class attendance. Consult instructor regarding any absences in advance. Missed class time may result in an incomplete.
2. Since this course is designed to be an interactive experiential exploration of Ecotherapy, students' participation in class discussions and activities are essential. If there are any questions or concerns regarding the participation in any particular experiential exercise, please notify the instructor. Class participation includes:
  - a. Informed discussion of reading assignments
  - b. Engagement in class role plays and activities
  - c. Personal reflections regarding in-class activities
  - d. Respectful and constructive feedback on peers oral and written work
3. Personal description paper
4. Reflection/process paper (2-3 pages, single spaced plus references)
5. Self directed exercises and journal entries during the mid-course month including:
  - a. Place Bonding Exercise and sharing of journal entries in some creative way
  - b. Screen Time/ Nature Time Log and sharing summary with class
  - c. Presentation of a Current Topic of Interest Related to Ecotherapy/Applied Ecopsychology
6. Final term paper (8 - 10 pages, excluding cover page and references)

### **Personal Description Paper - due prior to first class – by Thursday, 9/24/15**

Short personal description (2-3 paragraphs): Describe yourself (e.g., background and academic focus), your interest in and/or experiences with ecotherapy or related areas, and any goals you have for this course.

*Please email your personal description to the instructor as an attachment in a Word-compatible document.*

### **Reflection/Process Paper - due Monday, 10/5/15**

Students will submit a 2-3 page reflection/process paper after the first weekend meeting. In this paper, you should engage with the main ideas in one or more of the assigned articles. You can also draw on class exercises and discussion from our first weekend meeting. You might focus on an idea that you are passionate about, troubled by, or wanting to explore further. Quote from critical passages in the articles to develop your ideas in a scholarly manner. Papers should be submitted in APA format including a cover page and references. Good grammar, spelling, and polished writing is important!

*Please email your paper to the instructor as an attachment in a Word-compatible document. Your paper with comments will be returned to you via email.*

### **Mid-course Exercise: Place Bonding – due Saturday, 10/24/15**

During the four weeks between our class weekend meetings, I would like you to develop a relationship with some special place in nature. This place may be a site in wild nature, in a local park, on campus, or any outdoor space you are drawn to.

Please go there at least once/week for the next several weeks (minimum 4 visits). Go there at various times of the day and in different weather conditions. I would like you to write a journal entry each time you visit your special place. Here are a few suggestions for your journaling:

1. How do you feel in this place? What state of mind arises in you here?
2. What is the nature of your relationship with this place?
3. How do you experience, if at all, healing in this place?
4. What are some of the relationships you observe in this place?
5. What sensations do you notice when you are here?
6. What do you feel compelled to write about when you are in this special place?

Please bring your journal entries with you to our second weekend class meeting. You will be asked to read or share in some creative way, one entry with the class.

*Please turn in a copy of all your journal entries to the instructor. You may email the entries to the instructor by Friday, 10/23/15 or turn in hard copies by Saturday, 10/24/15*

### **Mid-course Exercise: Screen Time/ Nature Time Log – due Saturday, 10/24/15**

During the period between our weekend meetings, I would like you to choose one week (7 days) and log the time you spend interacting with digital technology and interacting with nature. Please log time you spent in front of a technological screen (TV, movie, computer, cell phone, iPad, tablet, etc.) Record date, type of technology, activity, amount of time spent. For the same period, please record the time you spend outdoors in nature, noting date, location, activity, amount of time spent)

*Please turn in a hard copy of your screen time/ nature time logs to the instructor on Saturday, 10/24/15*

### **Mid-course Assignment: Presentation of a Current Topic Related to Ecotherapy/ Applied Ecopsychology – due Sunday, 10/25/15**

Students will research some current topic related to the practice of ecotherapy; or related to an application of ecopsychology for a “real world” environmental challenge. Students should read at least two sources (journal articles, book chapters, substantive blogs, etc.) on their topic of choice and be prepared to offer a 10 minute oral presentation on that topic in class.

*Please turn in a hard copy of your report, with references used, to the instructor on the day of your presentation*

### **Final Term Paper - due Monday, 11/9/15**

Students will submit an 8-10 page (excluding cover sheet and references) final term paper. This research paper explores a topic related to ecotherapy or some application of ecopsychology that you are passionate about or would like to deepen your understanding about. Students should reference assigned readings and draw on professional journal articles, book chapters, and resources beyond assigned class readings. Sample topics will be presented by the instructor. Please clear your topic with the instructor prior to beginning your paper. The paper should be prepared in APA format. Grammar, spelling, and typos matter! Papers turned in late will lose credit.

*Please email your final paper as an attachment in a Word-compatible document to the instructor. Your paper will be returned to you electronically with comments.*

### **Evaluation and Assessment:**

Written and oral presentations will be evaluated on the basis of their clarity, thoughtfulness, and integration of themes and issues discussed in the class. A grade of A will be given to papers and presentations that are clear, thoughtful, and tied to the themes of the course. B+ and B papers and presentations will be missing one or more of these elements. C papers and presentations will be returned for revision or a 2<sup>nd</sup> attempt. Course participation grading will also follow this format and students with unsatisfactory participation will be notified mid-course. The course may also be taken as a Credit/No Credit option.

### **Grading:**

97-100 = A+

87- 89 = B+

77- 79 = C+

93-96 = A

83-86 = B

73-76 = C

90-92 = A-

80-82 = B-

70-72 = C-

### **Course Readings**

The course has (3) required texts (available at the LC bookstore and in various online venues such as Amazon.com); and, additional readings will be made available during the course.

#### **Required texts:**

Buzzell, L. & Chalquist, C. (Eds.) (2009). *Ecotherapy: Healing With Nature in Mind*. San Francisco, CA: Sierra Club Books.

Kahn, P. H., Jr. & Hasbach, P.H. (2012). *Ecopsychology: Science, Totems, and the Technological Species*. Cambridge, MA: MIT Press.

Jordan, M. (2015). *Nature and Therapy: Understanding Counselling and Psychotherapy in Outdoor Spaces*. London & New York: Routledge.

The following schedule will help you organize your reading assignments for this course. Please come to class meetings prepared to discuss the readings assigned. Additional readings may be added by the instructor during the course.

**Prior to the First Weekend Meeting:**

**From *Ecotherapy: Healing with Nature in Mind*:**

Forward	Orr, D.
Introduction: "Psyche and Nature in a Circle of Healing	Buzzell & Chalquist
Psychotherapy as if the World Mattered	Robinson, L
A Psyche as Big as the Earth	Roszak, T
Why and How Do Therapists Become Ecotherapists?	Rust, M

**From *Ecopsychology: Science, Totems, and the Technological Species*:**

Introduction: Ecopsychology: Science, Totems, and the Technological Species	Kahn & Hasbach
Ch. 1 The Topophilia Hypothesis: Ecopsychology Meets Evolutionary Psychology	Sampson, S.

**From *Nature and Therapy*:**

Ch. 1 The Healing Effects of Nature – Why go Outdoors?	Jordan, M.
Ch. 2 The Field of Nature-based Therapies	

**Prior to the Second Weekend Meeting:**

**From *Ecotherapy: Healing with Nature in Mind*:**

Asking Different Questions: Therapy for the Human Animal	Buzzell, L
Ecotherapy Research and a Psychology of Homecoming	Chalquist, C
Beyond the Big Lie: How One Therapist Began to Wake Up	Harris, S
Tailoring Nature Therapy to the Client	Scull, J
Children and Nature: The Great Disconnect	Louv, R

**From *Ecopsychology: Science, Totems, and the Technological Species*:**

Ch. 2 A Nature Language	Kahn, Ruckert, & Hasbach
Ch. 4 Ecotherapy	Hasbach, P
Ch. 5 Building the Science Base: Ecopsychology Meets Clinical Epidemiology	Frumkin, H

**From *Nature and Therapy*:**

Ch. 3 The Therapeutic Relationship and Nature-based Therapy	Jordan, M.
Ch. 4 Understanding the Range of Therapeutic Processes in Nature	

**After the Second Weekend Meeting:**

**From *Ecotherapy: Healing with Nature in Mind*:**

"The Greening of the Self"	Macy, J
"Healing and the Great Work"	de Boer, K

**From *Ecopsychology: Science, Totems, and the Technological Species*:**

Ch. 11 Sacred Geography	Davis, W.
Afterword	Kahn & Hasbach

**From *Nature and Therapy*:**

Ch. 5 Practice Issues in Moving Counseling and Psychotherapy Outdoors	Jordan, M.
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### Additional Bibliography

**The following titles are offered as additional resources for you. They are not required reading.**

Abram, D. (1996). *The Spell of the Sensuous*. New York: Vintage Books.

Abram, D. (2010). *Becoming Animal: An Earthly Cosmology*. New York: Pantheon Books.

Adams, C. (ed.) (1996). *The Soul Unearthed: Celebrating Wildness and Personal Renewal Through Nature*. New York: G.P. Putnam's Sons.

Bechtel R. B. & Churchman, A. (Eds.) (2002) *Handbook of environmental psychology*.  
New York: Wiley.

Berry, Thomas (1998). *The dream of the earth*. San Francisco: Sierra Club  
Books

Bronfenbrenner, Urie. (1979). *The ecology of human development*. Cambridge,  
MA: Harvard University Press.

Chalquist, C. (2007). *Terrapsychology*. New Orleans, LA: Spring Journal  
Books.

Clayton, S. & Myers, G. (2009). *Conservation psychology*. Hoboken, NJ: Wiley-Blackwell.

Clayton, S., & Opatow, S. (2003). (Eds.) *Identity and the Natural Environment*.  
Cambridge, MA: MIT Press.

Clinebell, H. (1996). *Ecotherapy: Healing ourselves, healing the earth*. Albany, NY: State  
University of New York Press.

Cohen, M. J. (1995). *Well mind, well earth*. Roche Harbor, WA: World Peace  
University press

Dryzek, J. S. (1997). *The Politics of the Earth: Environmental Discourses*. New York:  
Oxford University Press.

Fisher, A. (2002). *Radical ecopsychology: Psychology in the service of life*. New  
York: State University of New York Press.

Gardner, P. & Stern, P. C. (2002). *Environmental problems and human behavior* (2<sup>nd</sup>  
Ed.). Boston: Pearson Custom Publishing.

Hillman, J. & Ventura, M. (1992). *We've had a hundred years of psychotherapy  
and the world's getting worse*. San Francisco: Harper Collins.

Hulme, M. (2009). *Why we disagree about climate change*. New York: Cambridge  
University Press.

Kahn, P.H. (1999). *The Human Relationship with Nature: Development and Culture*. Cambridge,  
MA: MIT Press.

Kahn, P.H. (2011). *Technological Nature: Adaptation and the Future of Human Life*. Cambridge,  
MA: MIT Press.

- Kahn, P.H., Jr. & Hasbach, P.H. (2013). *The Rediscovery of the Wild*. Cambridge, MA: MIT Press
- Kidner, D. W. (2001). *Nature and psyche*. Albany, NY: State University of New York Press.
- Macy J., & Brown, M. Y. (1998). *Coming back to life: Practices to reconnect our lives, our world*. Gabriola Island, British Columbia: New Society Publishers.
- Nicholsen, S. W. (2002). *The love of nature and the end of the world*. Cambridge, MA: MIT Press.
- Louv, R. (2011). *The Nature Principle: Human restoration and the end of nature-deficit disorder*. Chapel Hill, NC: Algonquin Books of Chapel Hill.
- Lundberg, A. (1998). *The environment and mental health: A guide for clinicians*. Hillsdale, NJ: Lawrence Erlbaum Associates.
- Orr, D. (1992). *Ecological literacy*. Albany, NY: State University of New York Press.
- Plotkin, B. (2008). *Nature and the Human Soul*. Novato, CA: New World Library.
- Plotkin, B. (2013). *Wild Mind: A Field Guide to the Human Psyche*. Novato, CA: New World Library.
- Roszak, T., Gomes, M., Kanner, A. (1995). *Ecopsychology: Restoring the Earth, Healing the Mind*. San Francisco, CA: Sierra Club Books.
- Roszak, T. (1992, 2001). *The voice of the earth: An exploration of ecopsychology*. Grand Rapids, MI: Phanes Press.
- Selhub, E.M. & Logan, A.C. (2012). *Your Brain on Nature*. Mississauga, Ontario, Canada: John Wiley & Sons, Canada, LTD
- Thomashow, M. (2002). *Bringing the biosphere home: Learning to perceive global environmental change*. Cambridge, MA: MIT Press
- Totton, N. (2011). *Wild Therapy: Undomesticating Inner and Outer Worlds*. Ross-on-Wye, UK: PCCS Books.