Ecotherapy

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Objectives

What is Ecotherapy?

What is Ecopsychology?

The benefits of being in nature

How I use nature in my therapy

Outcomes for me and the client

Ecotherapy

Umbrella term - activities that involve nature with aim of reducing suffering and enhancing wellbeing and health

Horticulture, forest bathing, adventure therapy, surf therapy, wilderness skills, equine assisted therapy

Walk and talk - psychotherapy outdoors

Ecopsychology

We are fundamentally connected to and influenced by nature

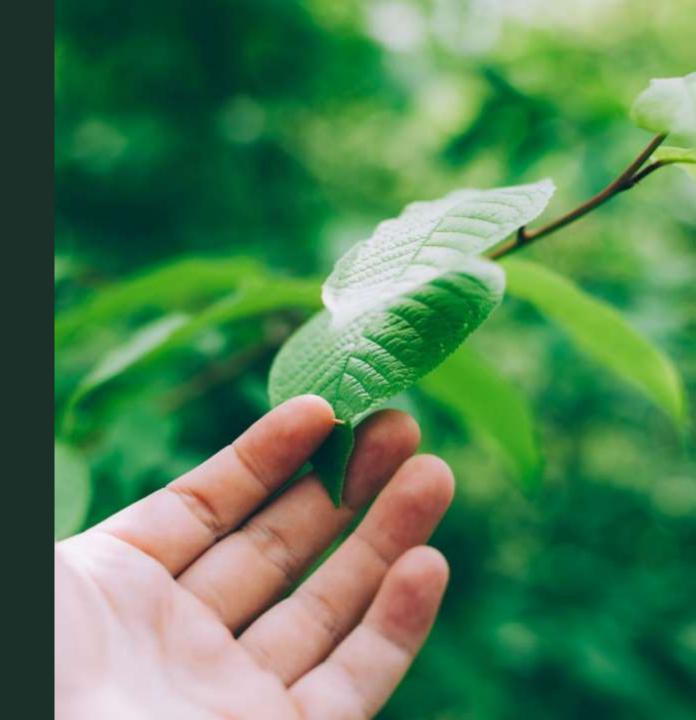
Human-nature connections can improve our wellbeing and interpersonal relationships

Humans habitually live and work in ways that are destructive to the otherthan-human world

Interested in conscious practices that promote reciprocity of healing between humans and the natural world.

Psychological benefits of nature

Reduce stress and promote calm, healing and regeneration
Increases feelings of health and happiness
Reduces depression and anxiety - Vit D
Boosts positive emotions and mood
Promotes production of "happy hormones" and neurotransmitters
Improves and restores attention
Increases social connection and reduces social isolation and loneliness



Physical benefits of nature

- Lowers blood pressures and blood sugar levels
- Decreases prevalence of lifestyle diseases
- Boosts immunes system
- Reduces inflammation in the body



Restorative environments

Four principles:

- 1. Awe, fascination and curiosity
- 2. Getting away from the daily hustle and bustle
- 3. Feeling part of a greater whole
- 4. Compatibility with one's one natural inclination



How I use nature

- 1. Take therapy outside
- 2. Bring nature inside
- 3. Set nature-based homework



Nature as a cotherapist

Grounding using 5 senses

Coming back into the body

Metaphors

Developing relationship with nature



Outcomes

I am: Restored, inspired and refreshed They are: Engaged, motivated, moved

