

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

Course Name: Ecotherapy
Course Number: CPSY 590 - 02
Term: Spring 2011
Department: Counseling Psychology
Faculty Name: Patricia H. Hasbach, Ph.D.
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Course Calendar & Meeting Times:

Days: (Weekends) March 5-6, 2011 & April 9-10, 2011

Times: 9:00 a.m. – 5:00 p.m.

Locations: Rogers 105

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 review research that supports the theoretical foundations of ecotherapy found in environmental and conservation psychology, evolutionary psychology, biophilia, and the larger field of ecopsychology. 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, grief and despair about environmental issues, restorative effects of natural settings, and contemporary influences that affect the human-nature relationship.

Course Structure:

- This two-credit course meets on two weekends and includes self-directed and on-line activities outside of the class sessions. All students are required to log in and use the course Moodle page.
- During the weekend meetings, didactic presentations will be balanced by group exercises, role plays, outdoor activities, video presentations, and guest speakers.
- 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.

Key values include:

- Academic rigor: Students will be challenged to demonstrate the theoretical and empirical grounding of their work, use discipline in language (e.g., recognizing multiple meanings of commonly used terms such as "nature"), and recognize the opportunities and pitfalls of working in interdisciplinary modes.
- Theoretical and methodological pluralism: Coursework will recognize the value of diverse theoretical and practical applications within counseling psychology.
- Self reflection and collaboration: Students will be provided opportunities for examination of personal and professional motivations regarding ecologically-focused therapy and opportunities for collaboration with other therapeutic modalities.
- Effective application: The importance of practical and measurable outcomes when working with individuals and groups will be encouraged.
- Ethical thinking: Decision making will recognize the principles of counseling ethics as well as the limitations of existing ethics codes in providing guidance for ecologically-based practices.

Course Requirements:

1. Regular class attendance
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. Short personal description paper
4. Reflection/process paper for weekend one (2-3 pages)
5. Self directed exercises and journal entries during the mid-course month
6. Final paper (6-8 pages) integrating theoretical constructs of eco-therapy, counseling ethics, and reflection on how ecotherapy informs your current or future professional practice

Personal Description Paper - due prior to first class – post by 3/1/11

Short personal description (100-150 words): 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.

**Post this electronically to the course Moodle site in the Personal Description forum.*

Reflection/Process Paper - due 3/12/11

Students will submit a 2-3 page reflection/process paper after the first weekend meeting. This paper should focus on the readings to date and at least one class activity. The paper should (1) summarize your observations of the reading material and exercises, (2) describe your intellectual and emotional responses, (3) and describe how the content relates to your personal life and your

academic or professional goals. Papers should be double spaced and must be submitted in APA format.

**Post this electronically to the course Moodle site in the Reflections Paper forum. Please attach your paper as a Word-compatible document.*

Moodle Dialog - due 3/18/11

Review at least one classmate's online Reflection/Process Paper and provide substantive feedback (e.g., points of agreement, differing views, additional ideas).

**Post your response to the Moodle site.*

Mid-course Exercise: Place Bonding – due 4/9/11

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, in your own backyard or garden, or any outdoor space you are drawn to.

Please go there at least once/week for the next several weeks. 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.

**Post a summary of your experience to the Moodle site in Mid-course Journal Entry forum.*

Mid-course Exercise: Screen Time – due 4/9/11

During the period between our weekend meetings, I would like you to choose one week (7 days) and make a log to record the time you spent in front of a technological screen (TV, movie, computer, cell phone, iPad, iPod, etc.) Please record date, type of screen, activity, amount of time spent. Please bring your screen time log to our second weekend class meeting.

Final Paper - due 4/22/11

Students will submit a 6-8 page final paper with these three sections:

1. Theoretical foundations of ecotherapy – Discuss one theoretical construct of ecotherapy in detail (e.g., biophilia / evolutionary perspectives, theoretical conceptions of ecological self, etc). Your discussion should demonstrate a clear understanding of that construct and its application to the practice of ecotherapy.
2. Review the American Counseling Association Ethics Code and identify at least three potential ethical goals or standards relevant to eco-therapy in practice.
3. Finally, discuss in a final paragraph how ecotherapy or an ecological perspective informs your current or future professional practice as a counselor (e.g., through techniques you use, problems you address or populations or groups you serve).

**Post this electronically to the course Moodle site in the Final Paper forum. Please attach your paper as a Word-compatible document.*

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 2nd 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.

Moodle Login Instructions

Note: Continuing Studies Students who are not registered Lewis & Clark students will be manually enrolled in the Moodle system by the IT Dept.

1. Go to the Moodle course page at: <https://moodle.lclark.edu/course/view.php?id=1186>
2. When prompted, login to Moodle using your L&C login and password
3. Next you'll be prompted to enter the enrollment key for the course – use: eco

Once you've enrolled in the class, you can simply go to moodle.lclark.edu and the Ecotherapy course will be listed in your My Courses list. You can also find it in the Graduate School - Counseling Psychology section on the LC Moodle web page.

If you have problems enrolling, the IT can help at x7225 (Help Desk), x6195 (Damian Miller, Grad IT consultant) or email consult@lclark.edu.

Posting your personal description:

1. Click on "Personal Bio Forum " found in the first box titled, Pre-meeting Assignments & Information.
2. Click "Add new discussion topic"
3. Create a title (e.g., "Pat's personal description")
4. Type or paste your personal description in the message box
5. Click "post to the forum"

Course Readings

The course has (2) required texts (available at the LC bookstore) and additional readings for each weekend available on the Lewis & Clark Moodle Site.

Required texts:

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

Roszak, T., Gomes M. E., & Kanner A. (Eds.) (1995). *Ecopsychology: Restoring the Earth, Healing the Mind*. San Francisco: Sierra Club Books.

Readings

Required readings for the whole term are listed below. Check with the course Moodle site to see when specific readings are due.

Required Readings from *Ecotherapy*:

Orr, D.: Forward
Buzzell & Chalquist: Introduction
Robinson, L.: Psychotherapy as if the world mattered
Roszak, T.: A psyche as big as the earth
Rust, M.: Why & how do therapists become ecotherapists?
Buzzell, L.: Asking different questions: therapy for the human animal
Fisher, A.: Ecopsychology as radical praxis
Chalquist, C.: Ecotherapy research and a psychology of homecoming
Harris, S.: Beyond the "big lie": how one therapist began to wake up
Burns, G.: The path of happiness: integrating nature into therapy for couples & families
Conn & Conn: Opening to the other
Scull, J.: Tailoring nature therapy to the client
Louv, R.: Children and nature: the great disconnect
Watkins, M.: Creating restorative ecotherapeutic practices
Macy, J.: The greening of the self
Lauren de Boer, K.: Healing and the great work

Required Readings from *Ecopsychology*:

Roszak, T.: Where psyche meets Gaia
Hillman, J.: A psyche the size of the earth
Kanner & Gomes: The all consuming self
Conn, S.: When the earth hurts who responds?
Glendinning, C.: Technology, trauma, and the wild
Shepard, P.: Nature and madness
Barrows, A.: The ecopsychology of child development
Aizenstat, S.: Jungian psychology and the world unconscious
Metzner, R.: The psychopathology of the human nature relationship
Calahan, W.: Ecological groundedness in gestalt therapy

Required Readings from the Moodle Website:

Bragg, E. A. (1996). Towards the ecological self: Deep ecology meets constructionist self theory. *Journal of environmental psychology*, 16, 93-108.

Chawla, L. (1999). Life paths into effective environmental action. *Journal of Environmental Education*, Vol 31, Issue 1

Chalquist, C. (2009). A look at the ecotherapy research evidence. *Ecopsychology*, Vol.1, No.2

Kahn, P. (1999). The biophilia hypothesis: Empirical Support and Amplifying Evidence. *The Human Relationship With Nature: Development and Culture*. Cambridge, MA: The MIT Press

Kaplan, S. (1995). The restorative benefits of nature: toward an integrative framework. *Journal of Environmental Psychology*, 15, 169-182.

Kennedy, A. (2008). Plugged in, turned on, wired up. *Counseling Today*, Aug 2008, 34-38.

Kidner, D. (2007). Depression and the natural world: Towards a critical ecology of psychological distress. *The International Journal of Critical Psychology*, 19, 123-146.

MIND 2007 Report Ecotherapy: The green agenda for mental health. Available:
http://www.mind.org.uk/assets/0000/2138/ecotherapy_report.pdf

Orchin, I. (2004). In consultation: Taking Therapy Outdoors. *Psychotherapy Networker*,
Nov/Dec 2004, Vol 28, Issue 6

Rollins, J. (2009). A natural resource. *Counseling Today*, 10/3/09

Schultz, P. W. (2009). The Moral Call of the Wild. *Scientific American*. Available online at:
<http://www.scientificamerican.com/article.cfm?id=moral-call-of-the-wild&print=true>

Smith, D. (2010, January 27). Is there an ecological unconscious? *The New York Times*.

Snyder, G. (1990). The Etiquette of Freedom.

Ulrich, R. (1984). View through a window may influence recovery from surgery. *Science*, Vol 224,
Issue 4647, p. 420-421

Ulrich, R. (2002). Health benefits of gardens in hospitals. Paper from Conference, Plants for
People.

Ventura, M. (2009). Screenworld. *Psychotherapy Networker*. Jan/Feb 2009, 28-33.

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.

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* (2nd 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. (1999). *The Human Relationship with Nature: Development and Culture*. 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.
- 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.
- Roszak, T. (1992, 2001). *The voice of the earth: An exploration of ecopsychology.* Grand Rapids, MI: Phanes Press.
- Thomashow, M. (2002). *Bringing the biosphere home: Learning to perceive global environmental change.* Cambridge, MA: MIT Press