



Ecotherapy

Theory, Research and Practice

1st edition

Martin Jordan, Joe Hinds

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In this thought-provoking book, Jordan and Hinds provide a comprehensive exploration of this emerging area of practice. Divided into three parts, the book offers a unique examination of a range of theoretical perspectives, unpacks the latest research and provides a wealth of illuminating practice examples, with a number of chapters dedicated to authors' own first-hand experiences of the positive psychological effects of having contact with nature. Whilst the idea of using nature to improve mental and emotional wellbeing has existed for many years, growing levels of interest in holistic, reciprocal relationships with nature have led to the development of ecotherapy as an explicit field of research. This is the much needed academically rigorous, yet engaging, introduction for Counselling and Psychotherapy students new to the subject as well as experienced professionals wanting to expand their understanding of this fast paced area of study and practice.

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FEATURES

- Written by a team of leading international academics, practitioners and researchers
- Collates theory, research and practice in the area of ecotherapy and nature based therapy
Examines the foundations of ecotherapy, including how it can be defined, its relation to psychotherapy and ecopsychology, and the research and various theory bases that inform it
Explores the use of nature to promote optimal functioning, with a focus on areas such as generative experiences, emotional development and exploration, autonomy and a sense of belonging
Includes topics such as the benefits of incorporating nature into palliative care, the use of nature as a tool for crisis recovery, and nature-based