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Andy Mcgeeney**

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2008 we began training
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of psychological
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spending time in
nature has been found
to help with mental
health problems
including anxiety and
depression for example
research into
ecotherapy a type of
formal treatment which
involves doing
activities outside in
nature has shown it
can help with mild to
moderate depression
this might be due to
having regular
physical activity and
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and heal the heart it
has been proven that
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nature therapy
sometimes referred to
as ecotherapy
describes a broad
group of techniques or
treatments with the
intention of improving
an individual s mental
or physical health
specifically with an
individual s presence
within nature or
outdoor surroundings
it is based on the
principles of
ecopsychology which
look at how we feel
interconnected with
the earth'

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with nature a few
years ago researchers
at the university of
essex in 2007 found
that of a group of
people suffering from
depression 90 percent
felt a
higher ' ' *ecotherapy
nature therapy***

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ecotherapy also known
as nature therapy or
green therapy is the
applied practice of
the emergent field of
ecopsychology which
was developed by
theodore roszak*

ecotherapy in many cases stems'

'clinical ecotherapy
special topics working
with individuals
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what is ecotherapy
ecotherapy allows
clinicians a framework
in which to offer
nature based therapies
to their clients
decades of research
clearly demonstrates
the positive effect
nature has on mental
health and well being
integrating nature as
a co therapist into
the therapeutic
process allows
clinicians unique and

holistic opportunities
for exploring insight
growth and healing'

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people began to get
the impression that we
were somehow above and
separate from nature
says craig chalquist
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f kennedy university
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relationship with the
earth as i spent
memorial day weekend
interacting with the
earth with the tasks
of gardening it became
inherently clear that
reuniting with my
environment provided
clarity and focus'

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nature into palliative
care nature as a tool

for crisis recovery
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for stress
related'' about
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ecotherapy is a formal
type of therapeutic
treatment which
involves doing outdoor
activities in nature
there isn't one single
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ecotherapy but it's
often used to describe
a regular structured
activity that is led
by trained
professionals
sometimes therapists
who are there to
support you''

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