

Ecotherapy in Action



Amber Ellis
Senior Watershed Restoration Manager



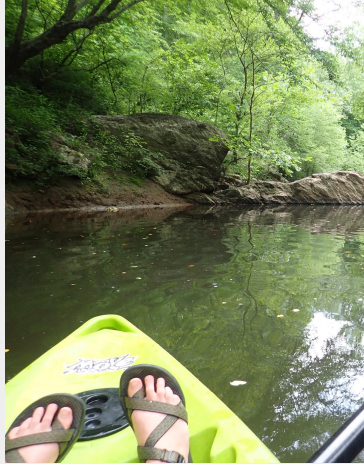
Carolyn Schuyler
Executive Director



What is Ecotherapy?

Eco-: a combining form representing **ecology** in the formation of compounds (*ecosystem*; *ecotype*); also with the more general sense “environment,” “nature,” “natural habitat” (*ecocide*; *ecolaw*; *ecopolitics*).

Therapy: the treatment of disease or disorders, as by some remedial, rehabilitating, or curative process. a curative power or quality. any act, hobby, task, program, etc., that relieves tension.



Wide Range

← non-clinical

→ clinical



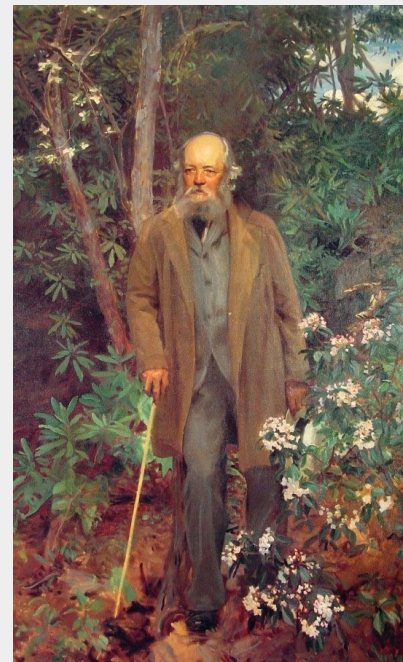
My Background: Landscape Architecture

Connection through Place

Frederick Law Olmsted

(April 26, 1822 – August 28, 1903)

‘Father of Landscape Architecture’



" . . . The enjoyment of scenery employs the mind without fatigue and yet exercises it; tranquilizes it and yet enlivens it; and thus, through the influence of the mind over the body gives the effect of refreshing rest and reinvigoration to the whole system."

Ecotherapy through **Restoration**

We are all connected.

Restoring people's relationship
to the natural world.

By being a part of healing our
water and land, we in turn heal
ourselves.



Joanna Macy

The Work that Reconnects



1. **Coming from Gratitude:** “...quiets the frantic mind...helps us be more fully present and opens psychic space for acknowledging the pain we carry for the world.”
2. **Honoring our Pain:** “daring to experience it, we learn the true meaning of compassion: to “suffer with”. We begin to know the immensity of our heart-mind.”
3. **Seeing with New Eyes:** “...We sense how intimately and inextricably we are related to all that is. We can taste our own power to change...”
4. **Going Forth:** “...into the actions that call each of us, according to our situation, gifts, and limitations.”

The Earthbody Institute



Online Ecotherapy Certificate Program, Level 1

This program provides a dynamic, interactive forum to learn and practice Ecotherapy skills in a more in-depth and integrative format than the introduction course. You'll receive theoretical and practical training, individual and group consultation and peer support to integrate Ecotherapy and nature-based techniques directly into your current work. Gain a foundational grounding in Ecotherapy and a wide breadth of interventions. This training includes: 14 training webinars, Professional Ecotherapy booklet, six online interactive classes, and two individual consultations. Spring, summer and fall classes available.

Ecotherapy Certificate Immersion Program, Level 2

This certificate program offers a transformational experience of being part of an Earth-honoring community while learning and practicing numerous Ecotherapy skills. It is a land-based immersion that will support you to deepen your personal relationship with nature and integrate Earth-based interventions into your own therapeutic style. Receive and practice a variety of Somatic Ecotherapy techniques, and leave with personal practices to sustain you and your clients. Both trainings include a nourishing blend of experiences: Authentic Movement in nature, Earth dream exploration, Mirroring from the Four Shields, Council Practice, a labyrinth walk, circle singing, a fire drum circle, and sacred ceremony in the mountain wilderness creating altars, ritual, and mandalas



<https://www.theearthbodyinstitute.com/>

James River Rx

What does a Group Session look like?

1. Grounding
2. Circle check in
3. Deepening material
4. Integration
5. Closing

*Box Elder
Chapel Island, James River Park System*

*Kaleidoscope of green leaves
Notches, patterns of three
I fall my leaves
Light fluttering like stained glass
Torn but growing, steady, slender
Young gun, sweetheart,
A unique friend
Which way to grow
Reach up a little higher
Look out at the water
A dancer poised in stillness*





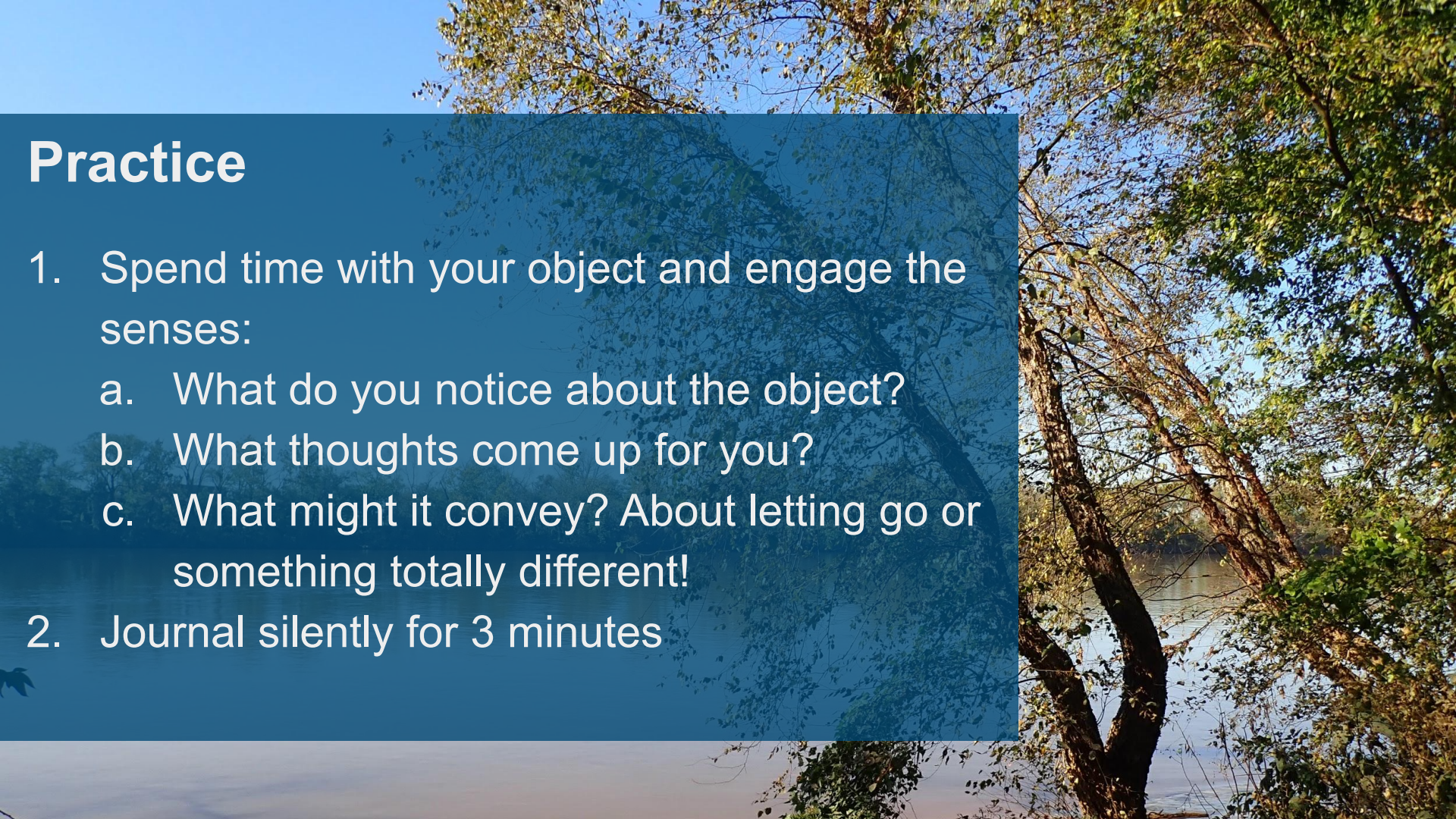






Practice

1. Spend time with your object and engage the senses:
 - a. What do you notice about the object?
 - b. What thoughts come up for you?
 - c. What might it convey? About letting go or something totally different!
2. Journal silently for 3 minutes





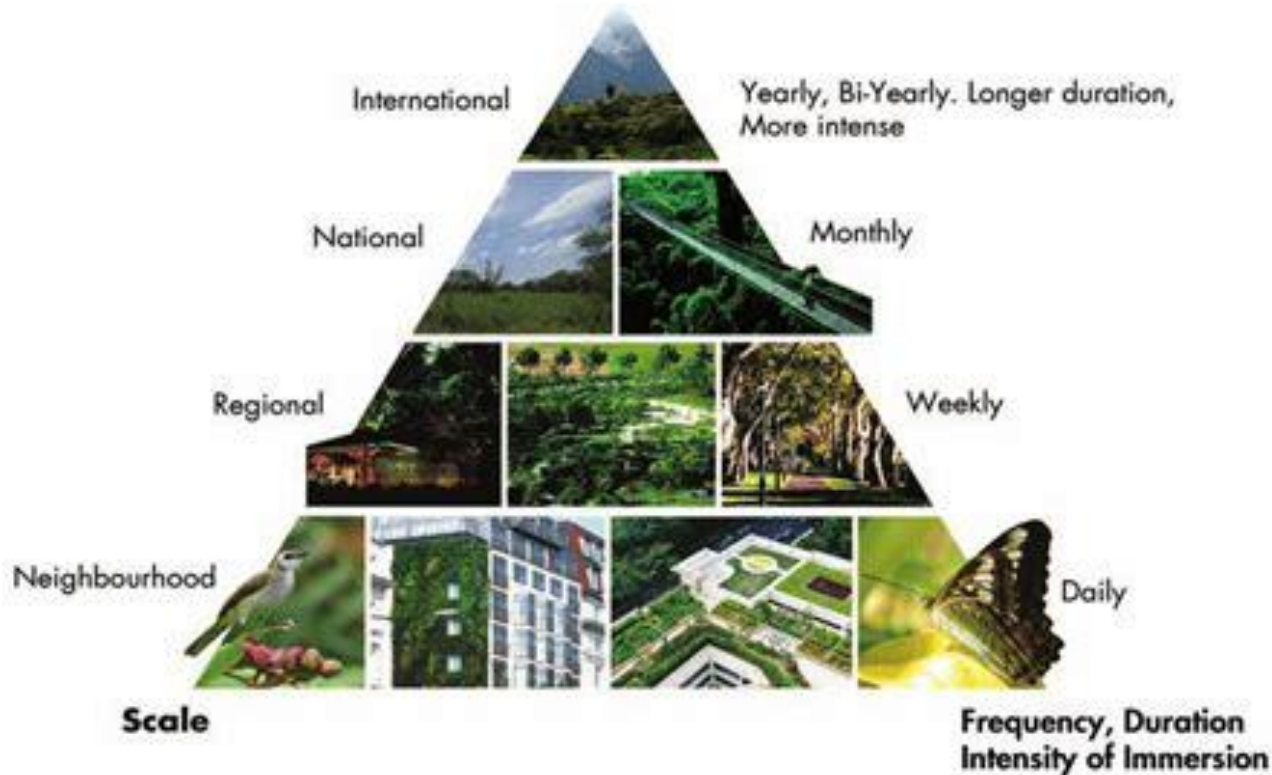
Small Group Sharing

It's okay to pass and it's okay to not turn camera on

1. Person with longest last name keeps track of time
2. Take turns sharing your object (1 min each)
3. While someone is sharing, everyone else simply listens!

Nature Connection

Plants Sit Spots Mindful Walks Photography/Journaling/Drawing Sensory Engagement Art





Sit
Spot





Indoor Collections

Gratitude in Action

- Plant some trees with us!
- Cleanup trash in your neighborhood
- Take a friend or family member on a hike
- Offer a silent thank you to your favorite place
- Be a voice for our water
- Hug that tree
- Find your own genuine way to give back!



What is one way you can show gratitude?

