

## Booklist and weblinks for Working in the natural world in a therapeutic way

There are many resources and books on nature connection and well-being these are a few that have inspired us. Also see the Nature Conservation handout in unit one.

### Nature Connection

*'Coyotes Guide to Connecting with Nature'* (2010) Jon Young et al. This is a comprehensive guide to how we can 'mentor' learners (of all ages) in creating deeper nature connection and covers subjects from 'how we use questions and dialogue with groups in the natural world' through to core routines and many activities that link into the natural cycles and the '8 Shields Model'.

*'The Essential Guide to Forest School and Nature Pedagogy'* (2021) Jon Cree and Marina Robb. This book and the online appendices cover the practicalities of working with human and the more than human world – including risk management processes and working in a person centred 'therapeutic' way. The book includes nature-based models on human development and covers a range of topics from working with 'behaviours' through to how to work and play with plants, animals, tools and crafts in the natural world.

*'The Nature Principle – human restoration and the end of nature-deficit disorder'* (2011) Richard Louv. This is the follow on from the international best seller 'Last Child in the Woods' and is a call to action for adults in connecting to the natural world. For those working with children the largest child and nature organization was spawned by Richards books and the website for the children nature network is full of activities and resources see <https://www.childrenandnature.org/>

*'Learning with Nature'* (2015) Marina Robb, Victoria Mew and Anna Richardson. A book full of nature connection activities for children and young people easily adapted for adults. Also see <https://www.theoutdoorteacher.com/> which comes with this course.

*'Deep Nature Play – a guide to wholeness, aliveness, creativity and inspired learning'* (2015) Joseph Cornell. There are a host of nature based 'play' activities and a way of working with 'flow' and creativity in amongst Josephs books and resources see <https://www.sharingnature.com/>

*'Keeping and Nature Journal – discovering a whole new way of seeing the world around you'* (2003) Clare Leslie and Charles Roth. While this is specific this book really helps us tune into the rhythms and subtleties of the natural world, journaling is a very connective and therapeutic practice!

*'Earthwalks – an alternative nature experience'* (2019) Steve van Matre et al. This book is full of sensory based activities woven together in a flowing way to instill joy, kinship, reverence and a love for the natural world. This book comes from a rich heritage of nature based learning programmes developed by the Institute for Earth Education since the 1970's, see <http://www.eartheducation.org.uk/>

Willis K (2024) Good Nature – The new science of How Nature Improves Our Health.

Active Hope free online training. A free online course designed to strengthen your ability to make a difference in the world. <https://www.activehope.training/>

Alice's Garden. Environmental justice in a community garden. <https://vimeo.com/225115743>

Andy Fisher – Radical Ecopsychology website: <https://www.andy-fisher.ca/>

Ancestors and Wounded Landscapes: Harriet Sams, Radical Joy for Hard Times. <https://www.youtube.com/watch?v=OqQOL-q3Wac&t=0s>

## Booklist and weblinks for Working in the natural world in a therapeutic way

### Therapeutic and Brain/Body Books and Websites

Resmaa Menakem – *‘My Grandmothers Hands – racialized trauma and the mending of our body and hearts’* and *‘Rock the Boat – how to use conflict to heal and deepen your relationship’*.

Resmee is the author that posed the 5 anchors described in the training. Worth looking at his website and this podcast <https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

Peter Levine – *‘Waking the Tiger – healing the trauma’* his first milestone book

*‘Healing Trauma – a pioneering program for restoring the wisdom of the body’* A recommended handbook with many exercises and accompanying CD. Peter Levine is the founder of the modern somatic therapy movement see [www.somaticexperiencing.com](http://www.somaticexperiencing.com) lots of you tube clips on here.

Babette Rothschild - *‘Revolutionising trauma treatment’* (2021). Babette has introduced a very practical way of working with the Autonomic Nervous system with her internationally renowned book *‘The Body Remembers’* in 2000. Well worth visiting her website and see some useful videos and ways of working with trauma recovery, see <https://www.somatictraumatherapy.com/>

For those working with children and young people this book written by Levine and Maggie Kline is a must *‘Trauma through a Child’s Eyes; awakening the ordinary miracle of healing – infancy through to adolescence’*

Amanda Seyderhelm – *‘Helping Children Cope with Loss and Change’*(2020). Amanda is a recognized practitioner when it comes to working with children who suffer anxiety, trauma and loss. She uses play therapy and therapeutic storytelling – this book is full of great tips on ways of working with children in these times. See her website <https://amandaseyderhelm.com/> and her seven steps to working with grief, loss and change.

Tich Nhat Hanh – *‘A Handful of Quiet – happiness in four pebbles’* and *‘Happy Teachers Change the World’* (co-authored with Katherine Weare). Thich Nhat Hanh has been an inspiration for me for many years . His teachings makes mindfulness and meditation very accessible – worth looking at the website <https://thichnhathanhfoundation.org/>

Margot Sunderland – *‘Using Storytelling as a Therapeutic Tool with Children’* and *‘The Science of Parenting’*. Margot makes the brain body stuff easy to understand and her storytelling book has lots of tips of working with anxiety and trauma. See the child mental health centre for more of Margot’s offerings <https://www.childmentalhealthcentre.org/>

For current up to date brain body thinking I would recommend these two books;

Bessel van der Kolk – *‘The Body Keeps the Score – mind, brain and body in the transformation of trauma’*. This book delves into detail about the polyvagal theory and pathways to traumatic recovery

Amy Banks – *‘Wired to Connect – the surprising link between brain science and strong healthy relationships’*. This is such an accessible book exploring four pathways and lots of case studies with children;

C – alm (the role of the vagal in the nervous system)

A – ccepting (the role of the dorsal anterior cingulate cortex – in the prefrontal cortex for understanding and accepting others)

## Booklist and weblinks for Working in the natural world in a therapeutic way

R – esonate (the role of mirror neurons in empathy and resonating with others)

E – nergetic (the reward system of the brain/body)

### For working with sensory needs worth looking at;

Phoebe Caldwell resources see <https://phoebecaldwell.co.uk/> and

Eadaoin Breathnach resources see <https://www.sensoryattachmentintervention.com/>

Both excellent websites with lots of free resources

### Ecopsychology and Ecotherapy

Abram, David. (1996) *The Spell of the Sensuous: Language and Perception in a More-than-Human World*. New York, Pantheon.

Adams, Char. Meet the Black outdoorsy groups reclaiming the joys of nature, *NBC News*, June 18, 2023. <https://www.nbcnews.com/news/nbcblk/meet-black-outdoorsy-groups-reclaiming-joys-nature-rcna86934>

Anthony, Carl, and Renée Soule. (1998) "A Multicultural Approach to Ecopsychology." *The Humanistic Psychologist* (Special Issue: Humanistic Psychology and Ecopsychology) 26.1-3 (1998), 155-162.

Baker, Carolyn (2018) *The Unseen Elephant in the Room* <https://carolynbaker.net/2018/10/28/the-unseen-elephant-in-the-room-by-carolyn-baker/>?

Bettman, Joanna E., Elizabeth Speelman, Ellison Blumenthal, Scott Couch & Dorothy L. Schmalz, Nature Exposure, Even as Little as 10 Minutes, is Likely to Yield Short-Term Benefits for Adults with Mental Illness: A Meta Analysis, *Ecopsychology*, 8 July 2024. <https://www.liebertpub.com/doi/full/10.1089/eco.2023.0063>

Bratman, Gregory N., and Hector A. Olvera-Alvarez, editors. *Nature and Health: Perspectives and Pathways*. *Ecopsychology journal*, Sep 2022. pp 133-136. <http://doi.org/10.1089/eco.2022.29007.editorial> Published in Volume: 14 Issue 3: September 15, 2022

Buzzell, Linda. What's the Difference between Ecopsychology and Ecotherapy? *LinkedIn* 6/14/23 <https://www.linkedin.com/pulse/whats-difference-between-ecopsychology-ecotherapy-buzzell-ma-lmft>

Buzzell, Linda and Craig Chalquist. (2009) *Ecotherapy: Healing with Nature in Mind*. San Francisco: Sierra Club Books. Foreword by David W. Orr. Includes essays by Mary Watkins, Stephen Aizenstat, Andy Fisher, Theodore Roszak, Richard Louv, Robert Greenway, Malidoma Some, Meredith Sabini, Bill McKibben, Richard Heinberg, G.A. Bradshaw.

Canty, Jeanine M. (2017) ed., *Ecological and Social Healing: Multicultural Women's Voices*. London: Routledge, 2017

Cooley, Sam J., Ceri R. Jones, Arabella Kurtz, Noelle Robertson. (2020) 'Into the Wild': A meta-synthesis of talking therapy in natural outdoor spaces, *Clinical Psychology Review*, April 2020. <https://www.sciencedirect.com/science/article/pii/S0272735820300295?> (good current summary of research)

*Ecopsychology Journal*. <http://www.liebertpub.com/eco> A peer-reviewed journal available in the Pacifica library and many other university libraries. Editorial board includes Linda Buzzell, Craig Chalquist, David Abram, Andy Fisher, Mary Gomes, Robert Greenway, Bill Plotkin, Glenn Albrecht, Gay Bradshaw, Thomas Doherty, Patricia Hasbach, Richard Louv,

## Booklist and weblinks for Working in the natural world in a therapeutic way

Lori Pye, Laura Sewell and more. There is a 2023 special issue on ecotherapy edited by Susan Bodnar, Ph.D.

Gardiner, Beth (2020) Unequal Impact: The Deep Links Between Racism and Climate Change, *Yale Environment 360*, June 9, 2020. <https://e360.yale.edu/features/unequal-impact-the-deep-links-between-inequality-and-climate-change?>

Goldsby, Tamara. Nature-Based Therapy at Work Is Linked to Reduced Stress: Nature therapy is effective for stress reduction, according to a recent study, *Psychology Today*, May 20, 2022. <https://www.psychologytoday.com/ca/blog/less-stress-more-peace/202205/nature-based-therapy-work-is-linked-reduced-stress?>

Kimmerer, Robin Wall. (2013) *Braiding Sweet Grass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*, Minneapolis, MN: Milkweed Editions.

Lertzman, Renee. How To Channel Eco-Anxiety: Learning to live between despair and hope. An Interview with Renee Lertzman by Sam Mowe, *Tricycle*, Spring 2023.

Macy, Joanna and Chris Johnstone. (2012, 2022) *Active Hope: How to Face the Mess We're in with Unexpected Resilience and Creative Power*. Novato, California: New World Library. Chris Johnstone is a UK physician who works with addiction issues and resilience training.

Narvaez, Darcia & G.A. Bradshaw. Foreword by Gabor Mate. (2023) *The Evolved Nest: Nature's Way of Raising Children and Creating Connected Communities*. North Atlantic Books.

Roszak, Theodore. (1992, 2001) *The Voice of the Earth: An Exploration of Ecopsychology*. Grand Rapids, MI: Phanes Press, Inc.

Steinkopf-Frank, Hannah. Queering Climate Activism. *Yes! Magazine*, Nov. 10, 2021.

Woodbury, Z. (2019) Climate Trauma: Towards a New Taxonomy of Trauma, *Ecopsychology journal*, Feb. 2019.

Woodbury, Z. (2014, 03 16). Planetary hospice: Rebirthing planet earth. . Retrieved from <http://workthatreconnects.org/wp-content/uploads/2014/03/Planetary-Hospice.pdf>

Wray, Britt. Climate Emotions aren't all "negative" *Gen Dread*, Feb. 11, 2022. <https://gendread.substack.com/p/climate-emotions-arent-all-negative?>