



Counselling As If the Earth Mattered:
Nature-Based Approaches to Therapeutic Change
GLEL2950

This workshop is intended to introduce those involved in the delivery of social services to the theory and practice of nature-based therapies and specifically address strategies, ethics and other important considerations in applying ecopsychological theory, or ecotherapies into current practice settings.

A short historical sketch of the field of applied ecopsychology and examination of existing ecotherapies will be presented, followed by a series of experiential activities that explore bringing "nature" into the therapeutic process as co-facilitator. In addition, low risk nature-based approaches will be explored as an ideal expression of applied ecopsychology for interested social service providers.

Note: Continuing Education Units (CEU'S) may be available in recognition of professional development – please contact our office when you register.

Topics:

- Experience nature as co-facilitator in therapy
- Appreciation for the pioneers
- Review of wide range of reference materials and leading research
- Limitations of current iterations of applied ecotherapy
- Key ethical considerations in moving "therapy" outside of the office
- Explore and take away many experiential, creative low risk nature-based approaches

Facilitators: Dave Segal has been facilitating therapeutic outdoor adventures for youth and families for over 10 years. He is deeply passionate about the natural world and the ways we relate to it influences our collective and individual well-being. He has given numerous presentations and workshops on cultivating sustainable communities and has been contributing to the emerging field of Integral Theory through his work as a counsellor, teacher and facilitator with Power to Be Adventure Therapy Society. He holds a Masters degree in Child and Youth Care from UVic.

Hilary Leighton is a natural leader bringing authenticity, compassion, and enthusiasm with a grounded realism and soulful sensibility for shared success. A tireless advocate for a sane society, she studies and teaches Ecopsychology and Depth Psychology at the doctoral level. Hilary is MBTI Certified, holds a M.Ed, Curriculum and Instruction, is an Integrated Body Psychotherapy Practitioner and teaches Laughter Yoga. As Director of Continuing Studies at RRU, she derives great satisfaction from the generosity of teaching, encouraging, and serving others.

Length: 1 day

Date: Sat, Mar 9, 2013

Time: 10am – 4pm

Cost: \$145 (tax exempt)

Best to Register by: Sat, Feb 23, 2013

To Register:

Register online at <http://cstudies.royalroads.ca/> using a major credit card; or by telephone, Monday to Friday, 8:30 a.m. – 4:30 p.m. at **250-391-2600, ext. 4801**; or **Toll Free at 1-866-890-0220**. Or, come by in person to the Continuing Studies office at Grant 117, 2005 Sooke Road, Victoria, BC, Canada V9B 5Y2.