

Syllabus: Topics in Applied Ecopsychology: Nature-Based Therapy Retreat

Lewis & Clark Graduate School of Education and Counseling

Course Number: CPSY 598 / CECP-898
Term: Summer 2016
Department: Counseling Psychology / Center for Community Engagement
Faculty Name: Thomas Joseph Doherty, Psy.D.
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Course Calendar & Meeting Times:

Days: Saturday 5/14/2016 at 9 AM – Sunday 05/15/2016 at 5 PM

Locations:

Lewis & Clark Graduate School
Rogers Hall 220

Legacy Good Samaritan Medical Center
Stenzel Garden
1015 NW 22nd Ave,
Portland, OR 97210

Portland Family Health
4004 SE Woodstock Blvd,
Portland, OR 97202

The Center at Heron Hill
22018 S. Central Point Road
Canby, OR 97013
Gate code: 4577#

Catalogue Description:

This course provides an opportunity for students to do in-depth exploration of specialized topics or practices related to ecopsychology and to gain experience in various roles such as counselor, therapist, educator, activist, consultant, or researcher. Course focus and format varies given year and instructor. Topics have included children and nature, environmental advocacy, writing workshop, and horticultural therapy.

Through field-based experiences, students will gain first-hand experience in outdoor and nature based counseling and psychotherapy contexts including horticultural therapy, urban walking and outdoor therapy, equine-assisted therapy, nature-based mindfulness exercises and group retreat work. The course

includes one night of overnight camping at an equine therapy retreat center with facilities. Food and group equipment is provided. No previous experience is necessary. Students will receive a personal gear and clothing list before the course.

Prerequisites: None.

Credits: 1 semester hour

Fees: 80.00

Course Details:

- This is a one-credit weekend field course that will take place mainly off-campus.
- Class activities will balance didactic presentations with exercises, role-plays, outdoor activities, video presentations, and guest speakers.
- The class includes outdoor activities. Please dress appropriately for the weather.

Course Requirements:

1. Full attendance, including active and informed participation in discussions and class activities.
2. All students are required to have a valid email address, and to use the course Moodle page.
3. Post Course Reflection and Integration Paper

Evaluation and Assessment:

Attendance: Full class attendance is required. There is no effective “make up” or alternative to class attendance. Consult the instructor regarding any absences in advance. Lack of attendance in class sessions may be grounds for an incomplete.

Evaluation: Written and oral presentations will be evaluated on the basis of their clarity, thoughtfulness, and integration of themes and issues of the class. Detailed competency examples are below.

Grading: A grade of A will be reserved for comprehensive and exemplary work that demonstrates emerging mastery or a professional standard. A grade of B+ will be the benchmark for satisfactory completion of assigned tasks. Grades of A-, B, B- will be applied to work that adds to or are missing required aspects. C papers and presentations will be returned for revision. Some course activities will be ungraded and some will be pass/fail. The instructor reserves the right to use subjective judgments regarding grading.

Disability, Diversity and Sustainability:

Disability Services: If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (x7156). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify the instructor of the accommodations for which you are eligible.

Diversity, Culture & Accommodations: The instructor will make efforts to recognize diversity, culture and individual differences in the classroom and to create a safe and collegial learning environment for all students. Please contact the instructor regarding any special needs or accommodations required.

Sustainability: We are all encouraged to consider personal and environmental impacts associated with this course. This includes reducing or mitigating high impact behaviors through: efficient with use of energy and resources (e.g., turning off lights, computers and power strips when not in use), using alternate or communal forms of transportation (e.g., carpools, biking; see commuter tips below) and using recycled paper, double-sided printing, or printing on the blank side of previously used papers (clearly draw a line through non-course content). LC Commuter tips: <http://www.lclark.edu/live/news/22982-top-10-tips-for-lewis-amp-clark-commuters>

Required Readings & Videos:

Doherty, T. J. (2016). Theoretical and Empirical Foundations for Ecotherapy. In M. Jordan & J. Hinds (Eds.). *Ecotherapy: Theory, Research & Practice*. London: Palgrave

Doherty, T. J. & Chen, A. (2016). Improving Human Functioning: Ecotherapy and Environmental Health Approaches. In R. Gifford (Ed.). *Research Methods in Environmental Psychology*. John Wiley & Sons.

Doherty, T. J. (2015.). "Psychology & Nature" (also available with Spanish subtitles) (Video File). Retrieved from: <http://bit.ly/psychnature>

Written Work:

Reflection and Integration Paper DUE: Friday 5/27/16

1. Introduction Paragraph: Briefly preview key points to be discussed in the paper (e.g., 3-5 sentences)

Part I: On Nature-based Therapy

2. Describe what you consider to be nature-based therapy, using concrete examples and references to the readings, and your experience is on the weekend course. Discuss how nature-based methods or philosophies may differ from other forms of counseling or therapy and what may be in common with other counseling or therapy efforts. Integrate examples of relevant points from the class readings.

Part II: Experiences on the Course

3. Describe your personal experiences, insights, new learnings and challenges during the weekend course. Be sure to reference different aspects of the course including the hospital visit, the therapist panel, and the activities and talks at Heron Hill. Use concrete examples and stories. Share any goals you have for the future.

Part III: Applying Nature-based Therapy

4. Describe an intervention--either real or imagined--that applies nature-based therapy techniques. This may be for a person, a client, a treatment or issue group, a diagnosis or problem, an agency or practice setting, etc. Provide a brief case study that includes the focus of intervention, the rationale and intended outcomes and how the intervention may work. Briefly reference any ethics, informed consent, or risk management considerations that are important to consider with your intervention.
5. Closing Paragraph: Briefly summarize what was discussed in the paper, capturing the sequence of your ideas. (e.g., 203 sentences).

6. Reference List

Details:

- Suggested length: 5-8 pages, double spaced, layout in APA style. Label sections I- III. Cite references in the text and list references at the end of the paper.
- Post to the Moodle Assignment forum (special students can email to instructor).
- Ensure that the document title includes your name, class, and the assignment title. Ensure the file the document is saved to also includes your name and the class.

Weekend Schedule

	Saturday May 14, 2016	Sunday May 15, 2016
7 AM		Cook Crew 7:30 AM
8 AM		Breakfast
9 AM	Greetings and Introduction to Nature-based Therapies / Goal Setting for the Course Lewis & Clark (Room TBD)	Group meeting and Check-in. Nature-based therapy demonstrations for groups and individuals.
10:30 AM	Carpool to Legacy Hospital Healing Gardens	10:30 AM Break 10:45 AM Ethics and Risk Management for Outdoor Activities
11:30 AM	Legacy Healing Gardens Tour and Lecture with Garden Director Teresia Hazen	Cook Crew / Free Time
12 PM		Lunch & Discussion
1 PM	1:30 PM Carpool to Portland Family Health	Guest Lecture: Joyce Korschgen, Director Heron Hill Equine Center
2 PM	Ecotherapy Provider Panel @ Portland Family Health	Restorative Solo Activity – or -- Archery Course Orientation
3 PM	Panel Cont.	3:30 Course Review and Q & A Topics
4:30 PM	Travel to Heron Hill Equine Center, Canby, OR	4:00 PM Closing Discussion & Course Takeaways 4:30 PM Return to Campus
5 PM	Site tour and camp set up / 5:30 Cook Crew / Personal Time	Course Evals / Class dismissed
6 PM	Group Dinner & Discussion	
7 PM	Evening Group and Debrief of Day	
8 PM	Camp Fire / Discussion / Personal Time	
10 PM	Quiet Time	

*** Time and Activities Subject to Change***

Suggested Gear List

Please use the following list to plan for the one-night camping portion of our class. Please modify this list according to your needs.

Activities:

- The course takes place primarily off campus and includes a night of tent camping.
- Activities will include classroom, car pool, tours, guest lectures, brief hikes and outdoor activities, equine therapy demonstrations, sitting in the outdoors and around a camp fire, meal preparation, and possibly archery.
- The course operates as a retreat. Laptops are not required. Cell phones and electronics are expected to be away and powered off.
- There will be access to restrooms, sinks and water but no showers.
- No pets.

Gear:

- Group camp gear will be provided including all food (except first day lunch), stoves and cooking utensils, lanterns, a group shelter, first aid kit, and folding camp chairs.
- Students provide personal clothing, eating utensils, water bottles, sleeping bags, and tents, etc. See list below.
- The instructor can lend personal camping gear if needed. Please contact him.
- Good locations for inexpensive or “pre-owned” camping clothes or gear are stores like “Next Adventure” in Portland.

Weather

- Please track weather forecast and plan accordingly:
<http://www.accuweather.com/en/us/portland-or/97209/may-weather/350473>

Personal Clothing:

- ___ Water resistant shell jacket
- ___ Water resistant pants (optional, check weather)
- ___ Sweater or Jacket (fleece or wool recommended)
- ___ Hiking and activity shirt (recommend quick dry fabric)
- ___ T-shirt or light weight shirt (for classroom or vehicle, cotton OK)
- ___ Long-sleeved, light-colored shirt (for hot sunny weather)
- ___ Shorts (quick dry fabric)

- Long pants (recommend quick dry, hiking pants with zip-off shorts are convenient)
- Non-cotton socks. (Smart Wool-type socks work well)
- Under wear / sports bra, etc. (Recommend quick dry, non-cotton items)
- Long Underwear Top (if needed, wool or acrylic)
- Long Underwear Bottom (if needed)
- Baseball cap or large brimmed hat (for rain, sun)
- Warm Hat (optional, for cooler weather at night or early AM)
- Sandals (For walking around in camp, in vehicle)
- Trail walking shoes or sneakers (Stiff hiking boots are not required. Do not bring new shoes that are not broken in.)
- Other clothing items you prefer

Personal Gear:

- Bag or Back Pack for gear
- Daypack for walking
- Headlamp or flashlight (Bring batteries)
- Mug or cup
- Plate, bowl and utensils
- Toothbrush, personal toiletries, vitamins or medications
- Eyeglasses or contacts (as needed)
- Towel & washcloth
- Water bottles or hydration pack (Equivalent of 2 quart bottles, minimum)
- Sunglasses
- Personal Sunscreen (optional, we will have group sunscreen)
- Sleeping Bag (Midweight, recommend 40° or lower rating).
- Sleeping Pad (pad or “therm-a-rest”-style)
- Tent (you may share a tent with another student. Shelter tarps will also be available)

Class items:

- Pens / Pencils
- Note Book
- Course readings
- Water proof bag or case for papers and books

Optional Items:

- Clip board (for writing)
- Pocket knife, Multitool or Leatherman
- Compass
- Lighter
- Binoculars
- Personal Books
- Musical instruments

- ___ Camera & film
- ___ Personal first aid items (We will have a group first aid kit)
- ___ Personal journal
- ___ Pillow
- ___ Other camping gear / items you prefer

Menu

	Friday	Saturday
Breakfast		Cereal Bar Cereal & granola selections, cow & coco milk, yogurt, fruit, raisins, nuts; coffee, tea, juice, etc.
Lunch	Bring own lunch	Sandwich Bar Bread, cheeses, cold cuts, lettuce, tomato, condiments, pb & j, chips; juices, etc.
Snack	Lemonade, Chips, Cookies or Power Bars	Watermelon, Chips, Cookies or Power Bars (and left overs)
Dinner	Mixed Grill and Green Salad Grilled salmon, burgers, hot dogs & seasonal veggies, buns, condiments, Salad: Lettuce, seasonal veggies, dressing, oil & vinegar, sunflower seeds, walnuts, etc.	
Dessert	S'mores	

Notes: All meals will have veggie and gluten-free options. Menu Subject to Change