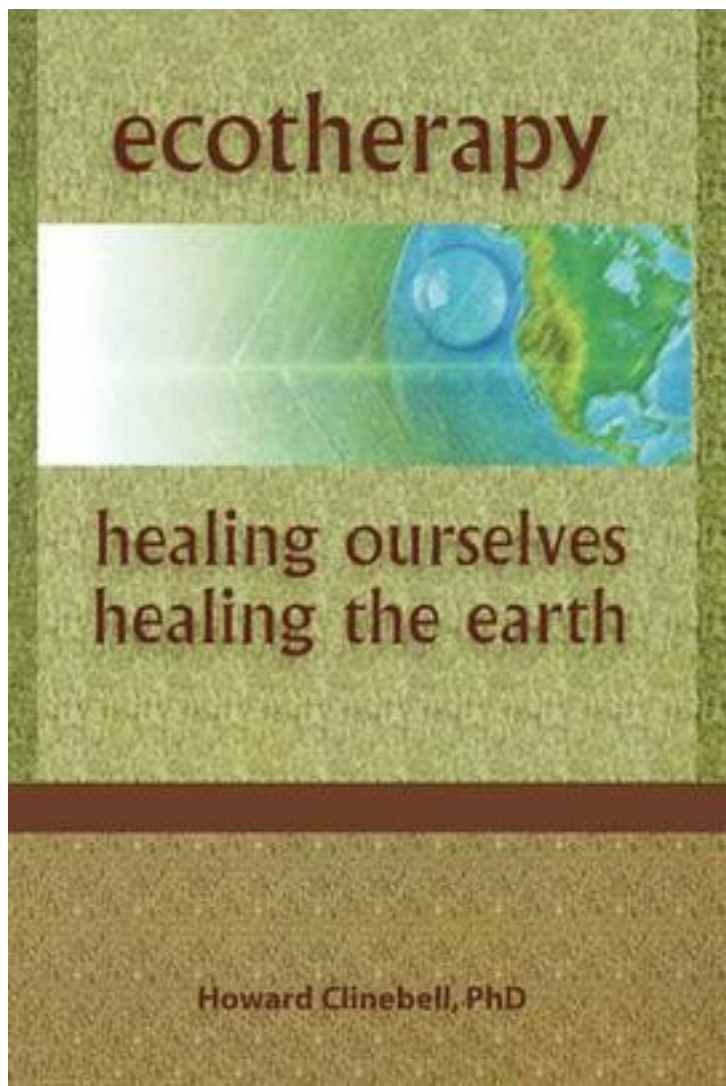


Ecotherapy



[Ecotherapy_下载链接1](#)

著者:Buzzell, Linda (EDT)/ Chalquist, Craig, Ph.D. (EDT)

出版者:

出版时间:2009-5

装帧:

isbn:9781578051618

In the 14 years since Sierra Club Books published Theodore Roszak, Mary E. Gomes, and Allen D. Kanner's groundbreaking anthology, *Ecopsychology: Restoring the Earth, Healing the Mind*, the editors of this new volume have often been asked: Where can I find out more about the psyche-world connection? How can I do hands-on work in this area? *Ecotherapy* was compiled to answer these and other urgent questions.

Ecotherapy, or applied ecopsychology, encompasses a broad range of nature-based methods of psychological healing, grounded in the crucial fact that people are inseparable from the rest of nature and nurtured by healthy interaction with the Earth. Leaders in the field, including Robert Greenway, and Mary Watkins, contribute essays that take into account the latest scientific understandings and the deepest indigenous wisdom. Other key thinkers, from Bill McKibben to Richard Louv to Joanna Macy, explore the links among ecotherapy, spiritual development, and restoring community.

As mental-health professionals find themselves challenged to provide hard evidence that their practices actually work, and as costs for traditional modes of psychotherapy rise rapidly out of sight, this book offers practitioners and interested lay readers alike a spectrum of safe, effective alternative approaches backed by a growing body of research.

作者介绍:

目录:

[Ecotherapy_下载链接1](#)

标签

评论

[Ecotherapy_下载链接1](#)

书评

[Ecotherapy_下载链接1](#)