

Ecotherapy References and Resources

Books:

Buzzell, L. (2009). *Ecotherapy: Healing with nature in mind*. San Francisco, CA: Sierra Club Books.

Harper, N., Rose, K., & Segal, D. (2019). *Nature-based therapy: A practitioner's guide to working outdoors with children, youth, and families*. Gabriola Island, BC, Canada: New Society.

Jordan, M. (2015). *Nature and therapy understanding counseling and psychotherapy in outdoor spaces*. London: Routledge.

Louv, R. (2013). *The nature principle: Reconnecting with life in a virtual age*. Chapel Hill, NC: Algonquin.

Macy, J., & Brown, M. Y. (2014). *Coming back to life*. Gabriola Island, B.C.: New Society.

Williams, F. (2018). *The nature fix: Why nature makes us happier, healthier, and more creative*. New York, NY: W.W. Norton & Company.

Article:

Kahn, Lauren. *Ecotherapy: A Natural Approach to Today's Mental Health Challenges*. Family Therapy Magazine, May/June 2020 Vol 19, No 3

Websites:

laurengkahn.com Please visit my website to learn more about me and my practice. Thank you for attending the AAMFT Institutes workshop.

earthbodyinstitute.com: Founded by Ariana Candell, The Earthbody Institute offers online and onsite trainings and Ecotherapy Certification programs. Currently offering a 90 minute online course on taking clients outside safely during COVID-19.

wildphiladelphia.com: Founded by Jess Gregan. Offers COVID-19 safe Forest Therapy Walks and more.