



# **With Nature in Mind: The Ecotherapy Manual for Mental Health Professionals**

*Andy McGeeney*

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# With Nature in Mind: The Ecotherapy Manual for Mental Health Professionals

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What is ecotherapy, how does it relate to mental health, and how can it reduce emotional distress and promote general wellbeing?

This book explains how a deeper connection to nature can improve quality of life, by combining the therapeutic power of mindfulness and being out in the natural world. Examining the latest psychological research evidence into how and why the natural world has such a positive effect on us, this book shows how best to utilise these therapeutic connections in practice. 100 nature-based activities are included, from experiencing the full-force of the wind, to creating a sound map of natural noises. The aims of each activity are clearly outlined, with detailed guidelines for facilitating outdoor sessions with adults effectively and safely, and advice to help make the most of the outdoors in all weathers and seasons.

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