

ECOPSYCHOLOGY: Health Care Theory and Practice in the Larger Context

Course Outline Spring, 2005

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What is health in an interconnected, interdependent world which is becoming more complex over time? What is the role of humans, individually and collectively, in the health of the whole? How does health care change when symptoms are seen as signals from the larger world or signs of disconnection from it?

Ecopsychology is a field which recognizes that human sanity must include sustainable and mutually-enhancing relations with the natural world as well as within the human community. Ecopsychology attempts to bridge psychology and ecology, to learn again to see the needs of the person and the needs of the earth as interrelated and interdependent.

In this course, we will examine the Western tendency to individualize and pathologize personal pain, and work towards creating new models of health which focus on the connections between "personal" and planetary healing.

The weekly meetings will be a combination of discussion and experiential work as we explore the person-earth connection. Participants are encouraged to present a case for class discussion.

The course is scheduled to meet for 10 weeks, from Feb. 28-May 16, 2005. (No meetings March 14, March 28).

The text for the course is Radical Ecopsychology by Andy Fisher (N.Y.: Suny Press, 2002), available at the Harvard Coop, text books. All other readings are in the course packet.

Feb. 28 Introduction

Week 1 Setting the Context/Definitions and Principles of Ecopsychology
Scheduling
Personal connections to nature

Mar. 7 Overview of Ecopsychology

Week 2 Macy, J. and Brown, M.Y., Coming Back to Life, Phil.: New Society Publishers, 1998, Chap. 1
"Ecopsychology," EarthMatters, 6:1, Spring, 2001, pp. 4-5.
Fisher text, Chap. 1

Mar. 21 The State of the World and the Human Response

Week 3 Macy and Brown, op cit., Chap. 2.

The Breaking Point: An interview with Duane Elgin by Carter Phipps, What is Enlightenment? Magazine, Spring/Summer, 2001. On line: www.leben-sterben.de/duane_elgin_en.htm
 Kidner, D. Nature and Psyche: Radical Environmentalism and the Politics of Subjectivity. Albany, N.Y.: SUNY, 2001. Chap. 2.

April 4 **Diagnosis of The Human-Nature Relationship**

Week 4 Fisher text, Chap. 2.
 Metzner, R., "The psychopathology of the human-nature relationship," Ecopsychology: Restoring the earth, healing the mind, Ed. by T. Roszak, M.E. Gomes, and A. Kanner. San Francisco: Sierra Club, 1995, 55-49.
 Kidner, D. Nature and Psyche: Radical Environmentalism and the Politics of Subjectivity. Albany, N.Y.: SUNY, 2001. Chap. 3.

April 11 **Models of Health**

Week 5 Johnstone, C. . "The lens of deep ecology." London: Institute for Deep Ecology Education (UK), 1993, 3-36.
 Naess, A., "Self Realization: An ecological approach to being in the world," in Seed, J; Macy, J; Fleming, P; Naess, A; Thinking like a mountain: Towards a council of all beings. Philadelphia, Pa.: New Society, 1988 19-30.
 Day, M. D., "Ecopsychology and the restoration of home, " in The Humanistic Psychologist, 26(1-3), 1998, 51-67.
 Prilleltensky, I., "Psychology and the status quo," Amer. Psychologist, 44(5),1989, 795-802.

April 18 **Models of Health II**

Week 6 Global Mindshift website:
www.global-mindshift.org/global_mindshift.html
 Fisher text, Chap. 5.

April 25 **Ecopsychology and Ways of Knowing**

Week 7 Hillman, J., "Anima mundi," in A Blue fire. New York: HarperCollins, 1989, Chap. 5
 Fisher text, Chap. 3.
 Abram, "Awakening what's wild within us," Utne Reader, Nov.-Dec., 2001, 59-62.

May 2 **Place and Community**

Week 8 Abram, D. The spell of the sensuous. New York: Pantheon, 1996, 154-162.

- Anthony, C., and Soule, R., "A multicultural approach to ecopsychology," The Humanistic Psychologist, on line at <http://ecopsychology.athabasca.ca/0597/anthony2.htm>.
- Metzner, R., "The place and the story," The Humanistic Psychologist text, 35-50.
- Thomashow, M., Ecological Identity: Becoming a reflective environmentalist. Cambridge, MA: MIT Press, 1995, 84-102.

May 9 **Ecopsychology and Psychotherapy**

Week 9

- Conn, S. A., "Living in the Earth: Ecopsychology. Health and Psychotherapy," Consciousness and Healing: Integral Approaches to Mind-Body Medicine. Ed. by M. Schlitz, T. Amorak, M. Micozzi. St. Louis, Missouri: Elsevier Churchill Livingstone, 2005, 530-541.
- White, G. D., "Political Apathy Disorder: Proposal for a new DSM Diagnostic Category," Journal of Humanistic Psychology, Vol.44 No.1, Winter 2004, 47-57. Online at <http://jhp.sagepub.com/cgi/content/refs/44/1/47>
- Hillman, J. "On soul, character and calling. An interview with James Hillman", online www.scottlondon.com/insight/scripts/hillman.html
- Peavey, "Strategic Questioning," online at www.crabgrass.org/site/strategic_1.html

May 16 **Next steps**

Week 10