



UD ECOTHERAPY

Wellness through Nature

Ecotherapy Certificate of Study Trailmap

Clinical Mental Health Counseling Program

University of Dayton

Advisor:

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Professor

UNIVERSITY OF DAYTON

Department of Counselor Education and Human Services

“clusters of courses taken solely within a graduate degree program (descriptive of a concentration within that degree program only), which do not require additional credits beyond those needed for the degree and which will not be separately noted on student transcripts, do not need to be proposed by use of the New Graduate Certificate Proposal Template” Academic Senate Document DOC 1-07-03.

Note: This certificate is not available to students outside of the CMHC program

Ecotherapy Certificate

Ecotherapy encompasses diverse ways of healing through the reciprocal relationship that we, as humans have with nature. It is also the application of Ecopsychology. Ecopsycotherapists are mental health clinicians whose philosophies strongly endorse the role of nature, greenspaces, and conservation in healing. They believe that reconnecting to nature can improve physical and mental health while encouraging people to uncover new solutions to long-standing problems. Nature provides unique opportunities to understand human challenges with creative perspectives on how to move forward in positive ways. Furthermore, there is tremendous research on the health benefits of nature exposure and its relationship to individual and community wellbeing.

The Ecotherapy Certificate provides an opportunity for graduate students in the Clinical Mental Health Counseling program to enhance their training with an evidence- based, experiential, and socially progressive curriculum. Educational instruction and resources will include the University of Dayton Graduate programs in Counseling; Dietetics, and one of the following (TBD): The Outdoor Leadership program at Ohio University, the Outdoor Education program at Warren Wilson College in Asheville, NC, the Outdoor Leadership program at Appalachian State University in Boone, NC, or alternates to these locations.

Course of Study

The course of study includes an orientation to Ecotherapy in the context of identity, systems, social justice, and advocacy for all humans, non-human species, and the environment. Additionally, students explore the historical influence and future trends in Ecotherapy practice, along with experiential immersions in natural environments. Lastly, students learn how to build a therapeutic environment based on eco-principals and apply various eco skills and interventions in a clinical setting. The certificate program consists of three professional seminars and related ecotherapy topics within various courses in the Clinical Mental Health Counseling program. *The Ecotherapy Certificate is therefore built into the University of Dayton’s accredited counseling programs. As such, students have the opportunity to add a certificate to their degree program yet will not have it separately noted on their official transcripts.*

Learning Outcomes Related to Ecotherapy and Clinical Mental Health Counseling:

- Learn the history of Ecotherapy and the importance of eco awareness from a global, national, and local perspective.
- Identify and develop a personal theoretical knowledge base that

promotes an intentional counseling practice that integrates Ecotherapy principles with other theoretical orientation such as ACT, CBT, mindfulness, etc.

- Learn skills to assess, develop, and apply interventions and techniques based on the culture, uniqueness, and needs of each client from an Ecotherapy orientation
- Develop an awareness and understanding of ethical implications in the counseling profession.

Certificate Requirements

The Ecotherapy Certificate consists of 16 credits of coursework. Courses are offered during spring, summer and fall semesters. Professional Seminars (EDC 605's) are typically held in weekend formats. Select core courses within the CMHC program will have additional readings and assignments related to ecotherapy.

A minimum of 16 semester hours, distributed as follows:

EDC 605 Introduction to Ecotherapy (1)

EDC 605 Holistic Wellness (1)

EDC 605 Adventure Counseling (1) Athens, Ohio

EDC 574 Independent Study in Ecotherapy (Adventure Counseling Alternative)

* EDC 671 Biological Bases of Behavior (3)

* EDC 681 Integrative Approaches to Psychotherapy (3)

* EDC 683 Treatment of Mental and Emotional Disorders (3)

* EDC 535 Assessment in Counseling (2)

* EDC 598 Internship (2) *with applied Ecotherapy practice and Capstone Project*

** Course is part of the standard Clinical Mental Health Counseling curriculum and has Ecotherapy topics included*

EDC 605 Introduction to Ecotherapy

Content: Ecotherapy is the application of the emerging field of ecopsychology in our daily living. As such, we will explore the relationship between humans and nature and how that relationship informs our individual and collective struggles as we move toward holistic (mind, body, spirit) and environmental wellbeing. In addition, we'll pay particular attention to how this interaction can be cultivated through awareness, immersion, and integration within our personal and professional lives. The course will include an experiential field trip and Ecotherapy intervention.

Prerequisites: None.

Credits: 1 semester hour.

EDC 605 Holistic Counseling

Content: This course will delve into the constructs of wellbeing from a multi-lens perspective. Inventories, film clips, discussion, and experiential activity will highlight the bio/psycho/social/spiritual and eco approach to best practices in a variety of settings. Topics include Dietetics and healthy eating, mindfulness, emotional and spiritual wellbeing, yoga, Qiqong and the physical self, and relational wellness. We will also explore nature, as a critical part of wellness. Furthermore, we will examine how we can apply all of these areas to our work as counselors. Overall, this workshop is designed for you to be your own case study. By doing so you will have a grounded perspective on the challenges that clients face as they, too, move toward holistic wellness.

Prerequisite: None **Credits:** 1 semester hour.

EDC 605 Adventure Counseling (only 1 location needs to be taken)

LOCATION 1

Content: This course is based on the principals first initiated by the Outward Bound programs for at-risk youth in the 1960's. The course is an experiential immersion that builds insight and character strengths (as noted in positive psychology) on an individual and group level. Through various activities such as overnight camping, trust building night hikes, group solitude meditations, and high/low ropes challenges. The course will take place at one of the state park's (in the Athens, Ohio area) for the overnight camping and night hikes and culminate with the ropes courses facilitated by staff with the Outdoor Pursuits program at Ohio University in Athens, Ohio (or alternate location and time). Group processing and individual reflections will occur throughout.

Prerequisite: None

Credits: 1 semester hour.

LOCATION 2 (in development)

Content: This course provides an opportunity to explore Ecopsychology and Ecotherapy concepts and practices in the context of a multi-day outdoor experience. Students will arrive on a Thursday evening in Blowing Rock, NC for an intro gathering and dinner. Friday morning will be an early ascent to Grandfather Mountain and the Chutes and Ladders trail. We will then travel to Asheville, NC for a Saturday lecture and experience in outdoor education at Warren Wilson College. The evening will be a dinner discussion and reflection. Sunday will be a visit to the Biltmore Estate for a comparison and contrast of how socio economics influences ecopsychology. Afterwards, students will travel back home. Topics include backcountry safety, outdoor leadership/stewardship, wilderness philosophy, benefits of nature immersion and technology tipping points, multicultural rites of passage, soulcraft, individual and collective relationship and techniques for mental, emotional, and social wellbeing. Outdoor experience is not required, yet fitness is encouraged. Fees include hotel (2 nights) food, entrance fee to Grandfather Mountain (\$21) and optional fee to the Biltmore House (\$40).

Prerequisites: None

Credits: 1 semester hour.

EDC 574 Independent Study in Ecotherapy (Alternative One to Adventure Therapy and can only be taken in unique circumstances)

Content: This course will focus on an area of Ecotherapy interest to the student (e.g. nature arts and crafts, sustainability, horticulture, animal assisted therapy, eco exercise). Students will explore research, develop a personal practice, and share their info through a medium of advocacy. There will also be readings associated with adventure therapy.

EDC 574 Independent Study in Ecotherapy (Alternative Two to Adventure Therapy and can only be taken in unique circumstances)

Content: This course will consist of readings, discussion/ and a culminating Capstone Project in Ecotherapy.

Note: the Capstone project can be taken after the Intro to Ecotherapy course Readings, reflections, and discussions on in depth topics related to the ecotherapy movement. Trends and influences are explored from a social justice and advocacy position resulting in a Capstone project. Students may work with key persons at one of the following organizations in the design and implementation of their project:

- 5 Rivers MetroParks
- Boonshoft Museum of Discovery and Sunwatch Village
- The Grant Project with Dr. Meredith Montgomery
- Other groups TBD

Prerequisites: EDC 605 Intro to Ecotherapy.

Credits: 1 semester hour.

EDC 671 Biological Bases of Behavior

Content: This course provides an introduction to the three biological bases of behavior, including neuropsychology, genetics, and psycho-pharmacology. Trauma informed care is explored with emerging treatment interventions. Additionally, brain development and wellness is explored in relation to our natural environment.

Credits: 3 semester hours.

EDC 681 Integrative Approaches to Psychotherapy

Content: This course explores the integration of various theories with the counselor's personal characteristics and experience. This includes emphasis on self-reflection (qualitative knowledge), theory (quantitative knowledge), and counseling exercises (performative knowledge). Students develop an integration of Ecotherapy principals with core theoretical underpinnings to support their emerging counselor identity.

Prerequisites: EDC 605 Introduction to Ecotherapy.

Credits: 3 semester hours

EDC 683 Treatment of Mental and Emotional Disorders

Content: This course examines the development and implementation of a treatment plan, reporting and assessing the progress of treatment, understanding appropriate referral procedures, and knowing the effect on client behavior of emotional disorders. This course also addresses the foundations and contextual dimensions of community counseling and explores current methodologies in treatment practice and the application of Eco principles with the interventions.

Prerequisites: EDC 605 Introduction to Ecotherapy.

Credits: 3 semester hours

EDC 535 Assessment in Counseling

Content: This is an online course that emphasizes the understanding of the individual through the appraisal techniques of individual and group testing and case study. Tests include a range of psychological instruments. Individual differences influenced by elements such as ethnic, cultural, and gender factors are considered. Legal and ethical guidelines are also considered. Students seeking the Ecotherapy certificate will have additional readings on ecotherapy assessments and will conduct and interpret such assessment as their final project.

Prerequisites: EDC 605 Introduction to Ecotherapy

Credits: 2 semester hours

EDC 598 Internship (with applied Ecotherapy practice)

Content: This course provides an opportunity for students to apply Ecotherapy concepts and interventions with clients during at least one section of the required clinical internship experience. Students will be required to document competence in the practice of Ecotherapy skills.

Prerequisites: EDC 605 Introduction to Ecotherapy.

Credits: 2 semester hours.

Related Optional Projects:

- a) Glass making - Front St. Dayton, Oh
 - a. Students will learn the craft of glass art making and will design and fire a glass panel or bowl that reflects their inspiration from nature. The finished work can be displayed in their practice office. Lab fee to studio \$ 60 for up to 3 pieces of inspired glass art.

Related Links

[Monday course tracking](#) and assignment access portal (link located on the CMHC webpage)

- Students enrolled in the Ecotherapy certificate program can 1. check their progress, 2. download assignments for specific courses (only when enrolled in that course), and 3. Upload assignments

Ecotherapy Trail Map

- Courses for the Ecotherapy Certificate and semester schedules for related courses.
(Link located on the CMHC webpage)

UD Ecotherapy Club

- In development

Sample schedules for the Ecotherapy Certificate

University of Dayton Clinical Mental Health Counseling Fall Entry Program Schedules

Plan A: 2 years, 8 months

Semester: Fall EDC 521 (3) EDC 543 (3) EDC 545 (2) **605- Holistic Counseling (1)	Semester: Spring EDC 620 (3) EDC 675 (3) EDC 529 (2)	Semester: Summer I EDC 631 (3)----- EDC 568 (3)----- EDC 535 (2)----- **605- Introduction to Ecotherapy (1)	Semester: Summer II ----- ----- -----
Semester: Fall EDC 531 (2) EDC 623 (3) EDC 686 (3) **605- Adventure Counseling (1)	Semester: Spring EDC 635 (3) EDC 584 (2) EDC 683 (3)	Semester: Summer I EDC 630 (3)----- EDC 598 (2)-----	Semester: Summer II ----- -----
Semester: Fall EDC 598 (2) EDC 681 (3)	Semester: Spring EDC 671 (3) EDC 598 (2) EDC 600 (1)		

**There are 3 credit hours of Electives required in the Clinical Mental Health Counseling program. To earn the ECOtherapy certificate, your elective hours must be from the ECOtherapy seminars as noted. Elective requirements may be met any time by registering for EDC 605 (special topics seminars). Highlighted courses contain eco therapy assignments.

Plan B: 3 years, 8 months **Fall Entry**

Semester: Fall EDC 521 (3) EDC 531 (2)	Semester: Spring EDC 635 (3) EDC 675 (3)	Semester: Summer I EDC 535 (2)----- EDC 568 (3)----- **605- Introduction to Ecotherapy (1)	Semester: Summer II ----- -----
Semester: Fall EDC 543 (3) EDC 545 (2) **605- Holistic Counseling (1)	Semester: Spring EDC 620 (3) EDC 529 (2)	Semester: Summer I EDC 631 (3)-----	Semester: Summer II -----
Semester: Fall EDC 623 (3) EDC 686 (3) **605- Adventure Counseling (1)	Semester: Spring EDC 584 (2) EDC 683 (3)	Semester: Summer I EDC 630 (3)----- EDC 598 (2)-----	Semester: Summer II ----- -----
Semester: Fall EDC 598 (2) EDC 681 (3)	Semester: Spring EDC 671 (3) EDC 598 (2) EDC 600 (1)		

**There are 3 credit hours of Electives required in the Clinical Mental Health Counseling program. To earn the ECOtherapy certificate, your elective hours must be from the ECOtherapy seminars as noted. Elective requirements may be met any time by registering for EDC 605 (special topics seminars). Highlighted courses contain eco therapy assignments.

University of Dayton
Clinical Mental Health Counseling, Program of Study
Summer Entry

Plan C: 2 years, 8 months

Semester: Summer	Semester: Fall	Semester: Spring	Semester: Summer I	Semester: Summer II
EDC 543 (3) EDC 545 (2)	EDC 521 (3) EDC 620 (3) EDC 531 (2) **605- Holistic Counseling (1)	EDC 635 (3) EDC 675 (3) EDC 529 (2)	EDC 631 (3)----- EDC 568 (3) ----- EDC 535 (2)----- **605- Introduction to Ecotherapy (1)	----- ----- -----
	Semester: Fall	Semester: Spring	Semester: Summer I	Semester: Summer II
	EDC 623 (3) EDC 686 (3) EDC 584 (2) **605- Adventure Counseling (1)	EDC 671 (3) EDC 598 (2) EDC 683 (3)	EDC 630 (3)----- EDC 598 (2)-----	----- -----
	Semester: Fall			
	EDC 598 (2) EDC 681 (3) EDC 600 (1)			

**There are 3 credit hours of Electives required in the Clinical Mental Health Counseling program. To earn the ECOtherapy certificate, your elective hours must be from the ECOtherapy seminars as noted. Elective requirements may be met any time by registering for EDC 605 (special topics seminars). Highlighted courses contain eco therapy assignments.

Plan D: 3 years, 8 months **Summer Entry**

Semester: Summer	Semester: Fall	Semester: Spring	Semester: Summer I	Semester: Summer II
EDC 543 (3) EDC 545 (2)	EDC 521 (3) EDC 531 (2)	EDC 635 (3) EDC 675 (3)	EDC 535 (2)----- EDC 568 (3)----- **605- Introduction to Ecotherapy (1)	----- -----
	Semester: Fall	Semester: Spring	Semester: Summer I	Semester: Summer II
	EDC 623 (3) EDC 686 (2) **605- Holistic Counseling (1)	EDC 620 (3) EDC 529 (2) EDC 671 (3)	EDC 631 (3)-----	-----
	Semester: Fall	Semester: Spring	Semester: Summer I	Semester: Summer II
EDC 584 (2) EDC 681 (3) **605- Adventure Counseling (1)	EDC 598 (2) EDC 683	EDC 630 (3)----- EDC 598 (2)-----	----- -----	
Semester: Fall				
EDC 598 (2) EDC 600 (1)				

**There are 3 credit hours of Electives required in the Clinical Mental Health Counseling program. To earn the ECOtherapy certificate, your elective hours must be from the ECOtherapy seminars as noted. Elective requirements may be met any time by registering for EDC 605 (special topics seminars). Highlighted courses contain eco therapy assignments.