

**Reading List for Eco-Therapy related Books**

Abram, D. (1996) *The Spell of the Sensuous: Perception and Language in a More-Than-Human World*. NY: Random House/Pantheon.

Bateson, G. (1972). *Steps towards an ecology of mind: Collected essays in anthropology, psychiatry, evolution, and epistemology*. Chicago, IL: University of Chicago Press.

Brazier, C. (2011). *Acorns Among the Grasses – Adventures in Eco-Therapy*. Alresford: O-Books.

Brazier, C. (2018). *Ecotherapy in Practice – A Buddhist Model*. Abingdon: Routledge.

Buzzell, L. and Chalquist, C. (2010). *Ecotherapy – Healing with nature in mind*. San Francisco: Sierra Club Books.

Clayton, S., & Myers, G. (2009). *Conservation psychology: Understanding and promoting human care for nature*. London: Wiley.

Fisher, A. (2012). What is Ecopsychology? A radical view. In P. Kahn & P. Hasbach (Eds.), *Ecopsychology: Science, totems and the technological species* (pp. 79–114). London: MIT Press.

Foster, S., & Little, M. (1992). *The book of the vision quest: Personal transformation in the wilderness*. New York, NY: Fireside Books.

Gergen, K. J. (2009). *Relational being: Beyond self and community*. Oxford: OUP.

Hall, C. (2015). *Mindfulness-Based Ecotherapy Workbook – A 12 session program for reconnecting with nature*. Kindle Edition.

Hays, Kate (1999). *Working it Out: Using Exercise in Psychotherapy*. American Psychological Association.

Hillman, J., & Ventura, M. (1992). *We've had a hundred years of psychotherapy and the world's getting worse*. San Francisco, CA: Harper.

Jordon, M. and Hinds, J. (Ed.) (2016). *Ecotherapy – Theory, Research and Practice*. Palgrave Macmillan.

Jordon, M. (2015). *Nature and Therapy – Understanding counselling and psychotherapy in outdoor spaces*. London: Routledge.

Kahn, P. & Hasbach, P. (Eds.) (2012) *Ecopsychology: Science, totems and the technological species*. London: MIT Press.

Key, D., & Kerr, M. (2011). *The natural change project: Catalysing leadership for sustainability*. Edinburgh: World Wildlife Fund Scotland.

Louv, R. (2011) *The Nature Principle: Reconnecting with Life in a Virtual Age*. NY: Algonquin Books of Chapel Hill.

- Louv, R. (2005) *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*. NY: Algonquin Books of Chapel Hill.
- Macy, J. and Johnstone, C. (2012) *Active Hope: How to Face the Mess We're in without Going Crazy*. New World Library.
- Macy, J. (2007). *World as lover: World as self*. London: Parallax Press.
- McGeeney, A. (2016). *With Nature in Mind – The Ecotherapy manual for health professionals*. Philadelphia, USA: Kingsley Publishers.
- McLeod, F. (2007) *Walk and Talk Counseling*. Trafford Publishing.
- Metzner, R. (1999) *Green Psychology: Transforming Our Relationship to the Earth*. USA: Park Street Press.
- MIND. (2007). *Ecotherapy: The green agenda for mental health*. London: Author.
- MIND. (2013). *Feel better outside, feel better inside: Ecotherapy for mental wellbeing, resilience and recovery*. London: Author.
- Plotkin, B. (2008) *Nature and the Human Soul – Cultivating Wholeness and Community in a Fragmented World*. USA: New World Library.
- Roszak, T. (1992). *The voice of the earth*. London: Simon and Schuster.
- Roszak, T., Gomes, M., & Kanner, A. (1995). *Ecopsychology: Restoring the earth, healing the mind*. London: Sierra Club.
- Rust, MJ. and Totton, N. (2012) *Vital Signs – Psychological Responses to Ecological Crisis*. London: Routledge.
- Seed, J., Macy, J., Fleming, P., & Naess, A. (1993). *Thinking like a mountain: Towards a council of all beings*. London: New Society.
- Totton, N. (2011). *Wild Therapy – undomesticating inner and outer worlds*. Monmouth: PCCS Books.