

## Walk & Talk Therapy — References & Reading List

Compiled by Lara Just ([www.adadsu.com](http://www.adadsu.com))

- Abram, D. (1996). *The Spell of the Sensuous: Perception and Language in a More-Than-Human World*. NY: Random House/Pantheon.
- Barton, J., & Pretty, J. (2019). Nature and mental health: An ecosystem service perspective. *International Journal of Environmental Health Research*, 29(3), 291–300.
- 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.
- Browning, M. H. E. M., & Lee, K. (2017). Walking in green, blue and urban environments: Effects on affect and cognition. *Urban Forestry & Urban Greening*, 22, 128–136.
- Buzzell, L., & Chalquist, C. (2010). *Ecotherapy – Healing with Nature in Mind*. San Francisco: Sierra Club Books.
- Capaldi, C. A., Passmore, H.-A., Nisbet, E. K., Zelenski, J. M., & Dopko, R. L. (2019). Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. *International Journal of Wellbeing*, 9(2), 1–33.
- Clayton, S., & Myers, G. (2009). *Conservation Psychology: Understanding and Promoting Human Care for Nature*. London: Wiley.
- Department for Environment, Food & Rural Affairs / University of Sheffield et al. (2024). *Green social prescribing can improve happiness and reduce anxiety through nature-based activities*. (Report).
- Doucette, P. A. (2004). Walk and talk: An intervention for behaviorally challenged youths. *Adolescence*, 39, 373–388.
- 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*. 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.
- Hayes, K. (1999). *Working it Out: Using Exercise in Psychotherapy*. APA.
- Hillman, J., & Ventura, M. (1992). *We’ve Had a Hundred Years of Psychotherapy and the World’s Getting Worse*. San Francisco, CA: Harper.

- Isham, A., Jefferies, L., Blackburn, J., Fisher, Z., & Kemp, A. H. (2025). Green healing: Ecotherapy as a transformative model of health and social care. *Current Opinion in Psychology*.
- Johansson, M., Hartig, T., & Staats, H. (2011). Psychological benefits of walking: Moderation by company and outdoor environment. *Applied Psychology: Health and Well-Being*, 3(3), 261–280.
- Jordon, M., & Hinds, J. (Eds.) (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.
- Kelly, C., & Coutts, C. (2021). **Social prescribing**: A pathway to wellbeing through nature and community programmes. *Journal of Integrated Care*, 29(4), 421–431.
- Key, D., & Kerr, M. (2011). *The Natural Change Project: Catalysing Leadership for Sustainability*. Edinburgh: World Wildlife Fund Scotland.
- Liddicoat, M. I., & Krasny, M. E. (2021). How nature connection transforms mental health: Evidence and implications for practice. *Journal of Outdoor and Environmental Education*, 24(2), 105–119.
- Louv, R. (2005). *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*. NY: Algonquin Books of Chapel Hill.
- Louv, R. (2011). *The Nature Principle: Reconnecting with Life in a Virtual Age*. NY: Algonquin Books of Chapel Hill.
- Macy, J., & Johnstone, C. (2012). *Active Hope: How to Face the Mess We're in without Going Crazy*. California: 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.
- Nutsford, D., Pearson, A. L., & Kingham, S. (2016). An ecological study investigating the association between access to urban green space and mental wellbeing. *Public Health*, 132, 100–107.
- Plotkin, B. (2008). *Nature and the Human Soul – Cultivating Wholeness and Community in a Fragmented World*. USA: New World Library.

- Pretty, J., & Barton, J. (2010). What is the best dose of nature and green exercise for improving mental health? *Environ. Sci. Technol.*, 44(10), 3947–3955.
- Rethorst, C. D., Wipfli, B. M., & Landers, D. M. (2009). The antidepressive effects of exercise: A meta-analysis of randomized trials. *Sports Medicine*, 39(6), 491–511.
- 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, M. J., & Totton, N. (2012). *Vital Signs – Psychological Responses to Ecological Crisis*. London: Routledge.
- Sands, G., Blake, H., Carter, T., & Spiby, H. (2023). Nature-based interventions in the UK: A mixed methods study exploring green prescribing for promoting the mental wellbeing of young pregnant women. *International Journal of Environmental Research and Public Health*.
- 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.
- van den Bosch, M. A., & Meyer-Lindenberg, A. (2021). Environmental exposures and depression: Biological mechanisms and epidemiological evidence. *Annual Review of Public Health*, 42, 151–168.
- White, M. P., Elliott, L. R., Grellier, J., et al. (2021). Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Scientific Reports*, 11, 1–12.
- Wood, C. J., Barton, J., & Wicks, C. L. (2025). Effectiveness of social and therapeutic horticulture for reducing symptoms of depression and anxiety: A systematic review and meta-analysis. *Frontiers in Psychiatry*.