

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code: COUNS148**

**Course Title: Nature as Healer: Exploring Ecopsychology**

**Prerequisite Courses:**

**School: School of Community and Social Justice**

**Division/Academy/Centre: Community and Social Justice Division, Centre for Counselling and Community Safety**

**Previous Course Code & Title: COUNS167 Connecting People & the Planet: Exploring Ecopsychology**

**Course First Offered: November 2010**

<b># of Credits:</b>	<b>.5</b>
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### **Course Description:**

Ecopsychology is a relatively new field in psychology which recognizes that the healing of ourselves and the healing of our world are interrelated. In psychotherapy, healing is a function of connection, i.e., the more a person is connected to themselves, to others, to their community and world, the healthier they are. Ecopsychology expands the field of connection to all of life, with nature, the planet and the cosmos, recognizing that we are not separate from it. This course will explore the theory and practice of Ecopsychology and will include experiential activities both indoor and outdoors.

### **Course Goal(s):**

In this **one day course, participants will** learn about the theory and practice of Ecopsychology, experience the therapeutic benefits of participating in Ecopsychology practices and be able to apply these practices in one's life and clinical practice.

### **Learning Outcomes:**

Upon successful completion of this course, the learner will be able to:

1. Define the key concepts of Ecopsychology and its relevance to people's lives
2. Be able to apply Ecopsychology practices in one's personal life and clinical practice

### **Course Topics/Content:**

- Learn about the theory and practice of Ecopsychology
- Engage in experiential exercises, indoors and outdoors
- Learn about the importance and relevance of Ecopsychology concepts at this particular time in people's lives
- Explore ways to apply Ecopsychology in clinical practice.

**Text and Resource Materials:**

**Required:**

**Recommended:**

**Course Level:**

X	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

**Equivalent Course(s) within the JIBC:**

**Class Delivery Methods:**

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	7.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
<b>Total Class Hours</b>	7.0			

**Comments on Delivery Methods:**

**Course Grading System:**

	Letter Grades		Percentage	X	Pass/Fail
	Complete/Incomplete		Attendance Only		

<b>Passing Grade:</b>	Pass
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**Evaluation Activities and Weighing:**

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
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Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation Activities and Weighing:**

100% attendance in all classes

Active contribution in large and small group discussions and activities

**Other Course Guidelines, Procedures and Comments:****View the Justice Institute of BC Policies listed below at:**

<http://www.jibc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy

Harassment Policy

Prior Learning Assessment Policy

Student Code of Conduct

Academic Appeals Policy

Intellectual Property Rights Policy

Research on Human Subjects: Ethics

Student Records