

CONTENTS

<i>Acknowledgments</i>	11
<i>Foreword</i>	13
David W. Orr	
<i>Introduction</i>	
Psyche and Nature in a Circle of Healing	17
Linda Buzzell and Craig Chalquist	
1: THE GREENING OF PSYCHOTHERAPY	23
Psychotherapy as if the World Mattered	24
Larry Robinson	
A Psyche as Big as the Earth	30
Theodore Roszak	
Why and How Do Therapists Become Ecotherapists?	37
Mary-Jayne Rust	
Asking Different Questions: Therapy for the Human Animal	46
Linda Buzzell	
Resisting the Juggernaut: The Wild Frontier of Ecopsychology	55
Richard Bruce Anderson	
Ecopsychology as Radical Praxis	60
Andy Fisher	
Ecotherapy Research and a Psychology of Homecoming	69
Craig Chalquist	

2: ECOTHERAPY IN PRACTICE—WORKING FROM THE INSIDE OUT	83
Beyond the “Big Lie”: How One Therapist Began to Wake Up Sara Harris	84
The Path of Happiness: Integrating Nature into Therapy for Couples and Families George W. Burns	92
Embodying Sentience Amanda Leigh Morrison	104
Opening to the Other Lane K. Conn and Sarah A. Conn	111
Eco-Dreaming: The Whale’s Tale Lauren Z. Schneider	116
The Waking-Up Syndrome Sarah Anne Edwards and Linda Buzzell	123
3: ECOTHERAPY IN PRACTICE—WORKING FROM THE OUTSIDE IN	131
The Wilderness Experience as Therapy: We’ve Been Here Before Robert Greenway	132
Tailoring Nature Therapy to the Client John Scull	140
Horses, Humans, and Healing Neda DeMayo	149
Transformation through Service: Trans-species Psychology and Its Implications for Ecotherapy G. A. Bradshaw	157
Gardens that Heal Elizabeth R. Messer Diehl	166
In Praise of Sweet Darkness Shepherd Bliss	174

4: COMMUNITY AS ECOTHERAPY	185
Human Nature, Community, and “Deep Economy”	186
Bill McKibben	
The Small Group as Ecotherapy: Building a Culture of Connection	192
Cecile Andrews	
The Psychology of Peak Oil and Climate Change	197
Richard Heinberg	
Children and Nature: The Great Disconnect	205
Richard Louv	
Dreaming a New Paradigm	211
Meredith Sabini	
Creating Restorative Ecotherapeutic Practices	219
Mary Watkins	
5: ECOSPIRITUALITY AND ECOTHERAPY	237
The Greening of the Self	238
Joanna Macy	
Altars of Extinction	246
Mary Gomes	
A Shamanic Reflection on Water	251
Malidoma P. Somé	
Green Psychology, Shamanism, and Therapeutic Rituals	256
Ralph Metzner	
Dream Tending and Tending the World	262
Stephen Aizenstat	
Healing and the Great Work	270
K. Lauren de Boer	