

Title and Code of Course: Healing Power of Nature

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Credit Point Value: 6	Number of Lessons per Week: 2	Type of Course: Seminar	Method of Evaluation: Active participation+ In-Class Presentation+ Written essay
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Course Description:

The aim of this course is to provide empirical and practical knowledge about the healing power of nature and adventure therapy in a bio-psycho-socio-spiritual context. The students will have the opportunity to experience themselves the positive psychological effects of natural environment and wilderness therapy. The exercises will provide opportunity to explore both in theory and in practice the different psychological methods applied in natural environments. A secondary aim of the course is to discuss the research possibilities of the topic.

Bibliography:

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