

Title and Code of Course: ERPB-BPS2611 Healing Power of Nature			
Instructor's Name: Dr. Kövi Zsuzsanna			
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Credit Point Value: <b>6</b>	Number of Lessons per Week: <b>2</b> <b>(3 occasions, 2 outdoor days and 1 indoor occasion)</b>	Type of Course: <b>Seminar x</b> <b>Lecture <input type="checkbox"/></b>	Method of Evaluation: <b>Oral Examination <input type="checkbox"/></b> <b>In-Class Presentation x</b> <b>Other x (essay)</b>
<b>Course Description:</b>			
<p>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.</p>			
<b>Bibliography:</b>			
<p>Clay, R. A. (2001). Green Is Good for You. <i>Monitor on Psychology</i>, 32(4).</p> <p>Frederickson, L. M., Anderson, D. A. (1999). A qualitative exploration of the wilderness experience as a source of spiritual inspiration. <i>Journal of Environmental Psychology</i>, 19, 21-39.</p> <p>Gass, A. (1993). Adventure therapy: Therapeutic applications of adventure programming. Dubuque, Iowa: Kendall/Hunt publishing Company,</p> <p>Gass, M.A., Gillis, H.L., Russell, K.C. (2012). Adventure therapy: Theory, research, and practice. New York: Routledge.</p> <p>Gullone, E. (2000). The biophilia hypothesis and life in the 21st century. <i>Journal of Happiness Studies</i>, 1, 293-321.</p> <p>Hartig, T., Evans, G. W., Jamner, L. D., Davis, D. S., Gärling, T. (2003). Tracking restoration in natural and urban field settings. <i>Journal of Environmental Psychology</i>, 23, 109-123.</p> <p>Herzog, T. L., Maguire, C. P., Nebel, M.B. (2003). Assessing the restorative components of environments. <i>Journal of Environmental Psychology</i>, 23, 159-170.</p> <p>Kaplan R. (2001). The nature of the view from home: psychological benefits. <i>Environmental Behaviour</i>, 33, 507-542.</p> <p>Ulrich. S. (1981) Natural versus urban scenes: some psychophysiological effects. <i>Environmental Behaviour</i>, 13, 523-556.</p> <p>Ulrich, R. S. (1993). Biophilia, biophobia, and natural landscapes. In S. R. Kellert, E. O. Wilson (Eds.) <i>The Biophilia Hypothesis</i>. Island Press, Washington DC. 73-137.</p> <p>van den Berg, A. E., Koole, S.L. van der Wulp, N. Y. (2003). Environmental preference and restoration: (How) are they related? <i>Journal of Environmental Psychology</i> (23), 135-146.</p> <p>Williams, K., Harvey, D. (2001). Transcendent experience in forest environments. <i>Journal of Environmental Psychology</i>, 21, 249-260.</p>			