

Syllabus	
Title of Course:	Healing Power of Nature
Code of Course:	BPS2611
Method of evaluation:	Active participation in the course, written essay and oral presentation
Time of Course:	2 outdoor days + 1 indoor day
Venue of Course:	Outdoor+ Károli Gáspár University, Bécsi út 324.
Number of Lessons per Week:	2
Credit Point Value:	4
Instructor's Name:	Zsuzsanna Kövi, Nándor Takács
Instructor's Status:	Associate Professors
Course Description:	
<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> <p>For completing the course, active presence is necessary.</p> <p>Students moreover need to write an essay and do a presentation in a small group. Essays and presentations must be uploaded to moodle.</p> <p><i>Instructor's Email Address:</i> kovi.zsuzsanna@kre.hu</p> <p>Video on previous class of 2024 spring semester: https://youtu.be/44UG-3ohh4E</p>	

Lessons		
	Date:	Topic:
1.	13th September 9-18.00	Outdoor self-experience tasks and discussions. Adventure therapy Experiential learning Ecotherapy
2.	14th September 9-18.00	Outdoor self-experience tasks and discussions. Forest bathing Youth Adventure therapy Spiritual experiences in nature

		Wilderness therapy Animal Assisted therapy
2.	10th October 9-12.15	Indoor class of empirical background Scientific presentations

Final Essay must be min. 5000 character long on personal reflection of learned and experienced aspects of healing power of nature.

Scientific presentation (15 minutes long) will be made in small groups (3 students), about a chosen topic (see Bibliography), using the scientific reading of Bibliography.

Email: kovi.zsuzsanna@kre.hu

Bibliography

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Wilderness therapy

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Spirituality and connectedness to nature

Williams, K., Harvey, D. (2001). Transcendent experience in forest environments. *Journal of Environmental Psychology*, 21, 249-260.

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Biophilia and psychophysical effects of natural landscapes, scenes

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Restorative components of environments

- Hartig, T., Evans, G. W., Jamner, L. D., Davis, D. S., Gärling, T. (2003). Tracking restoration in natural and urban field settings. *Journal of Environmental Psychology*, 23, 109-123.
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Shinrin Yoku

- Hansen, M. M., Jones, R., & Tocchini, K. (2017). Shinrin-yoku (forest bathing) and nature therapy: A state-of-the-art review. *International journal of environmental research and public health*, 14(8), 851.
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Youth adventure

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Animal assisted therapy

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