

<i>Title and Code of Course:</i> <b>ERP-BPS2611 Healing Power of Nature</b>			
<i>Instructor's Name:</i> Dr. Kövi Zsuzsanna			
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Credit Point Value: <b>6</b>	Number of Lessons per Week: <b>2</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> <p>For completing the course, active presence is necessary.</p> <p>Students need to write an essay and do a presentation in a small group for the lesson.</p>			

## **Bibliography:**

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