NATURE HEALS:
AN INTRODUCTION TO
NATURE-BASED THERAPEUTICS

CSPH 5642
3 Credits | Fall and Spring

Online
Instructor: Jean Larson

This graduate level course will cover the basic theories and approaches of Nature-Based Therapeutics including restorative environments, therapeutic horticulture, animal assisted interactions, therapeutic landscapes, forest bathing, green care farming, facilitated green exercise, wilderness therapy and ecopsychology. The course includes:

1) historic and theoretical perspectives
2) research into specific techniques
3) application of techniques to specific population and setting