



Learning Objectives

- Define eco-healing and discuss its key characteristics
- Give one salient example of eco-healing
- Identify the roots of the concept
- Discuss the biological evidence, including recent research
- Discuss why eco-healing is important to you, your community, and the planet
- Discuss how eco-healing is related to whole systems healing
- Identify different ways to practice eco-healing
- Appreciate the value of being in relationship with nature
- Choose to practice eco-healing