



## ECO THERAPY 101

J. Phoenix Smith, MSW

JUNE 22<sup>nd</sup> 2022, 3:00 – 4:30 PM

Click [here](#) to register.

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**Alameda County** ac  bh  
**Behavioral Health Care Services**  
MENTAL HEALTH & SUBSTANCE USE SERVICES



In this 1.5-hour Intro to Ecotherapy presentation, J. Phoenix Smith, MSW, will provide information on the emerging field of Ecotherapy. Participants will:

- Increase their awareness of the field of Ecotherapy.
- Learn how healthy connections with nature can benefit BIPOC communities by serving as a buffer against chronic stress and trauma.
- Increase their awareness of research that promotes nature-based interventions for stress reduction, and mental and spiritual wellbeing.
- Be introduced to Liberation Ecotherapy as community-based healing practices in nature that align with social justice

## ABOUT PHOENIX



**J. Phoenix Smith, MSW, has been teaching and practicing Ecotherapy since 2011. Her work has been featured in The Atlantic magazine, the Journal of Ecopsychology, NPR, and the Black Girls Therapy podcast. In 2020, she created The Alliance for Ecotherapy & Social Justice to provide Ecotherapy education and leadership through an intersectional framework aligned with Social Justice and Community Care.**

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## UNDERESTIMATED BENEFITS OF NATURE AND HUMANS MENTAL WELL BEING



Despite the abundance of research demonstrating the beneficial effects of nature on our cognitive, emotional, spiritual, and physical wellbeing, nature-based interventions are understudied and underutilized as a mental health strategy (Capaldi et. al 2015). Connecting with nature is a relatively easy and cost-effective mental health intervention. Evidence suggests that repeated contact with nature produces larger increases in wellbeing than other interventions commonly cited in the positive psychology literature (Passmore & Howell, 2014). Although some psychotherapists are incorporating nature into their practice (Berger & McLeod, 2006; Burns, 1998; Buzzell & Chalquist, 2009; Hasbach, 2012), relatively few community-based programs appear to be utilizing nature as a positive mental health strategy.