

Eco-therapy Assignment

* Part 1 - Your outdoor Practice

Find a companionable place outside.

Nine times between October 2024 and October 2025 (or more if you wish!) wearing your outdoor movement clothes take yourself to a place outdoors with your notebook and mark making materials of your choosing.

You can go anywhere outdoors; your garden if you have one, a park, woods, a reservoir or lake, anywhere that works for you.

If you prefer not to go alone, connect with one of the group and go together. Once outdoors, do the practice alone, in sight of each other so that you have support but are able to be solo.

Out of the 9 sessions, do 2 or 3 sessions with a partner practicing the 10 minute swap score we did together on the first and last ecotherapy weekends.

If you have your phone with you, put an hour in the timer when you start your practice and then turn it to silent.

Take some time to land and orient.

When you are ready...find a way to enter your practice.

You do not need to know what your doing. Simply stay open and curious.
Something will happen!

If you get lost in inner space (thinking/overwhelming feelings) or outer space (feeling spacey, disconnected, losing touch with your body) breathe out, bring your attention back (gently) to your breath, firm contact of the ground, soft contact of the air (returning to physical sensations) and continue. Follow, Follow, Follow.

Upon completion, close your practice in whatever way feels right for you, perhaps including writing, mark making, tea drinking, snoozing.

While your experience is fresh in your body, send a reflection of your experience to hello@homa.london and to richemma@yahoo.co.uk. You can send a photograph of your notebook page/s if you made notes or marks, you can write a brief piece reflecting on your experience (no more than 100 words) you can send drawings or images.

*** Part 2 - Read 'Towards an Ecopsychotherapy' by Mary Jayne-Rust**

There are copies of this book you can borrow in the Homa library.

(We suggest you read this before deciding on your project - below)

*** Part 3 - Create a project centred upon an aspect of Eco-therapy that speaks to you.**

Something that will sustain your curiosity, that you feel called to explore more deeply. Some ideas might be; the therapeutic application of Gardening, Ceremony, Rites of Passage, Animal Assisted therapy, Walk and Talk, Environmental Movement.

This is by no means an exhaustive list.

As always please follow your senses and intuition.

You will be asked to hand in a hard copy of your project in October 2025. You will also have some time to share about it in the group.

Your project can be presented in any way you choose: as a written piece, collage, images or photographs, audio or video or a combination of any of these or other media.

