



# Ecotherapy: Healing Ourselves, Healing the Earth

*Howard Clinebell*

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# Ecotherapy: Healing Ourselves, Healing the Earth

*Howard Clinebell*

## **Ecotherapy: Healing Ourselves, Healing the Earth** Howard Clinebell

Here is a trailblazing book on issues of vital interest to the future of humankind. *Ecotherapy: Healing Ourselves, Healing the Earth* sheds light on humankind's most serious health challenge ever--how to save our precious planet as a clean, viable habitat. As a guide for therapists, health professionals, pastoral counselors, teachers, medical healers, and especially parents, *Ecotherapy: Healing Ourselves, Healing the Earth* highlights readers' strategic opportunities to help our endangered human species cope constructively with the unprecedented challenge of saving a healthful planet for future generations. *Ecotherapy: Healing Ourselves, Healing the Earth* introduces readers to an innovative approach to ecologically-grounded personality theory, spirituality, ecotherapy, and education. The book shares the author's well-developed theories and methods of ecological diagnosis, treatment, and education so professionals and parents, our most influential teachers, can rise to the challenge of saving our planet. Readers will find that the book helps them accomplish this goal as it:

- explores an expanded, ecologically grounded theory of personality development, the missing dimension in understanding human identity formation
  - outlines a model for doing ecologically oriented psychotherapy, counseling, medical healing, teaching, and parenting
  - describes life-saving perspectives for making one's lifestyle more earth-caring
  - demonstrates the importance of hope, humor, and love
  - suggests how these earthy approaches may be utilized in a variety of social contexts and cultures
- A systematic theory and practice guidebook, *Ecotherapy: Healing Ourselves, Healing the Earth* fills a wide gap in both the counseling and therapy literature and the ecology literature. It offers an innovative model for fulfilling the "ecological circle" between humans and nature with three action dimensions. These are self-care by being intentionally nurtured by nature; spiritual enrichment by enjoying the transcendent Spirit in nature; and responding by nurturing nature more responsibly and lovingly. The theories and practical applications presented in the book come together to explore long-overlooked issues at the boundary between human health and the health of the natural environment. Psychotherapists, health professionals, and teachers; pastoral counselors and other clergy who counsel and teach; laypersons who are parents and grandparents; and individuals and groups interested in environmental issues will find *Ecotherapy: Healing Ourselves, Healing the Earth* essential for approaching the long-neglected earthy roots of the total human mind-body-spirit organism.

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