



Dr. Adrian Harris: Welcome to Week One on the Ecology & Research Channel



Discover the intersection of ecology and therapy with Dr. Harris, the Ecology & Research Channel Host. Adrian is an active environmental activist, ecotherapist, and embodiment theorist whose extensive clinical and academic experiences have led him to publish work on animism, ecotherapy, embodied ways of knowing, and the power of place.

Re-Connecting

- Ecology, embodiment research, embodied ecology--all of these words describe a connection with nature, the other-than-human world. We need to re-connect to that world. To do so requires re-connecting with ourselves as well as our place on the planet.

Nature as Support System

- Dr. Harris describes his journey to ecotherapy as a gradual awakening that crystallized during an environmental protest when he observed that even though the camping situation was very basic, the people had all that they needed. Nature supported them.
- Ecotherapy brings the natural world into the therapeutic space; it's beneficial to the client's well-being and provides the therapist with the best possible support system.
- Ecotherapy can be done in wilderness, with animals and plants, as forest bathing, and even inside with living plants.

Tools for Deepening Nature Connection

- Sensory Awareness -- an exercise to try: go outside and look at the world as if you're wearing glasses that only allow you to see the color green. Then "switch" those glasses for a pair that only detects red. How much does your sensory awareness affect your perspective?
- Use seasonal and weather changes to deepen the work and aid in inquiry.

What's Coming Up in the Channel

- Highlights of upcoming topics, including environmental grief, spirituality and science, rewilding, Earth gyms, inner animal nature, and indigenous wisdom.

Resources

- ❖ **Publications:** thegreenfuse.org/harris/papers.htm
- ❖ **Courses:** Nature Connection Workshops: <http://www.adrianharris.org/events.htm>
- ❖ **Website:** adrianharris.org / embodiedpathways.org
- ❖ **References:** *The Spell of the Sensuous*, by David Abrams, *Spiritual Activism*, by Alistair McIntosh, Wilderness Awareness School, founded by Jon Young, 8shields.org



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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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