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Titolo	The Healing Effect of the Forest in Integrative Therapy [[electronic resource]] : With Numerous Exercise Examples for Practice // by Astrid Polz-Watzenig
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Nota di contenuto	Introduction -- Aspects of forest life -- Concept of health and illness in integrative therapy -- Anthropology of integrative therapy -- Aspects of corporeality -- The principle of complex mindfulness -- Concrete forms of intervention for forest life from the perspective of complex mindfulness -- Complex mindfulness in forest life - 14 exercises -- The forest on prescription -- Critical reflection - Limits.
Sommario/riassunto	The healing effects of the forest in integrative therapy are the focus of this book. Special emphasis is placed on teaching active forest life exercises that can be used in therapeutic practice in individual and

group settings. In addition, the application as a prescription in the context of therapeutic interventions is demonstrated and the importance of increasing the inclusion of forest life in the case history is clarified. The attitude of complex mindfulness and practical integrative ecopsychosomatics open up possibilities of a care for the world in a time of alienation from nature with a simultaneous longing for nature; commitment to the preservation of nature strengthens an experience of solidarity and is at the same time effective self-care. The author Astrid Polz-Watzenig is a theologian, psychotherapist (integrative therapy) and coach. She is a certified nature park time-out facilitator and breathing and mindfulness teacher of the Vienna Breathing School, heads the Teaching Institute for Marriage and Family Counseling of the Diocese of Graz-Seckau, and is a lecturer at UNI for LIFE at the University of Graz. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.
