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| Nota di contenuto | PART I - FOUNDATIONS -- Chapter 1: An Introduction to Outdoor Therapies / Nevin J. Harper, PhD & Thomas J. Doherty, PsyD -- Chapter 2: Experiential Facilitation in the Outdoors / Luk Peeters, MEdSci & Martin Ringer, MEd -- Chapter 3: Ecopsychological Approaches to Therapy / Megan E. Delaney, PhD, LPC -- Chapter 4: Psychological First Aid for Outdoor Programs / Christine Lynn Norton, PhD, LCSW, Anita R. Tucker, PhD & Scott Bandoroff, PhD -- Chapter 5: Indigenous Land-Based Healing Pedagogies: From the Ground Up / Nick XEMFOLTW Claxton, PhD -- PART II - PRACTICES -- Chapter 6: Wilderness Therapy / Carina Ribe Fernee, PhD & Leiv Einar Gabrielsen, PhD -- Chapter 7: Adventure Therapy / Cathryn Carpenter, PhD & Anita Pryor, PhD -- Chapter 8: Nature-Based Therapy / David Segal, MA, RCC, Nevin J. Harper, PhD, & Kathryn Rose, MA, RCC -- Chapter 9: Equine & Animal Assisted Therapies / Heather White, LMSW & Kay Scott, PhD, LCSW-R, CASAC -- Chapter 10: Garden & Horticultural Therapies / Rebecca L. Haller, MS (HTM) -- Chapter 11: Sensory Integration, Nature, & Occupational Therapy / Kaya Lyons, BAppSc -- Chapter 12: Surf Therapy / Jess Ponting, PhD -- Chapter 13: Forest Therapy / Won Sop |

Shin, PhD & Juyoung Lee, PhD -- PART III - CRITICAL PERSPECTIVES & CONCLUSIONS -- Chapter 14: Critical Perspectives on Outdoor Therapy / Denise Mitten, PhD -- Chapter 15: Future Directions / Will Dobud, PhD, MSW & Daniel L. Cavanaugh, LCSW.

Sommario/riassunto

Drawing on the leading voices of international researchers and practitioners, *Outdoor Therapies* provides readers with an overview of practices for the helping professions. Sharing outdoor approaches ranging from garden therapy to wilderness therapy and from equine-assisted therapy to surf therapy, Harper and Dobud have drawn common threads from therapeutic practices that integrate connection with nature and experiential activity to redefine the "person-in-environment" approach to human health and well-being. Readers will learn about the benefits and advantages of helping clients get the treatment, service, and care they need outside of conventional, office-based therapies. Providing readers with a range of approaches that can be utilized across a variety of practice settings and populations, this book is essential reading for students, practitioners, theorists, and researchers in counseling, social work, youth work, occupational therapy, and psychology.
