

EcoPsychology Initiative



CORE CURRICULUM

The EcoPsychology Initiative provides innovative programming that fosters thriving for people and the planet. Integrating the principles of nature and psychology, we empower individuals and organizations to better engage life in these unprecedented times. EPI's cutting edge approach offers meaningful solutions for healing and regenerative living.

Our classes, trainings, consultations and speaking engagements are offered publicly and privately, online and in-person.



Founded By
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**Organize.
Engage.
Impact.
Lead.**

Applying the principles of nature and psychology to cultivate healing and regenerative solutions.

"This work is both time honored and cutting edge--and necessary in our world today. Thanks for doing such inspired and meaningful work." J. Warren,

Ecotherapy

Improve Well-being. EPI's programming shares the knowledge, principles and practices needed to access nature's health benefits. Drawing on fields and traditions like Ecotherapy and Forest Bathing, along with current research and theories, we deliver empowering and experiential programs that improve emotional, physical, relational and mental wellbeing. *Therapeutic Applications.* We train clinicians, educators and health-care professionals to apply nature's healing and health benefits to better support their clients and students.

Nature-Inspired Spirituality

EcoSpirituality. We offer EcoSpiritual practices, teachings and qualities that can enliven spiritual living regardless of background or tradition. These lessons and experiences will permeate and enrich all areas of your life.

Climate Change and Spirituality. We foster awareness of the spiritual causes, dynamics and solutions of climate change. This guidance improves healing and transformation for the planet as well as spiritual development.



Climate Psychology

The Heart of Climate Change: Working With Climate Emotions. EPI's programming empowers individuals and communities to constructively process and move through their emotional responses to climate change.

Enhance Your Impact. The psychological complexities of climate change are significant and problematic. Drawing on knowledge about how humans think, feel, act and relate, we provide guidance that improves climate communications, strategy, actions and impact.

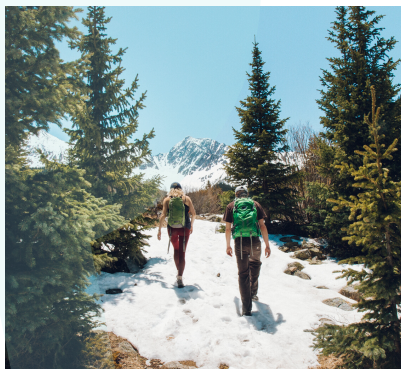
Understanding Why We Are In This Mess. We explore the underlying psychological causes of climate change—including how we relate to one another and to the planet—to catalyze more meaningful and fundamental change.

Increase Resilience. We take the timeless and proven principles of both nature and psychology, and innovatively combine them to deliver strategies for building the individual and communal resilience required by climate change.

Leadership and Activism

Nature's Wisdom for Increased Impact. Every leader and activist needs a tool kit for optimizing effectiveness while maintaining health, passion and purpose. EPI's unique programming for changemakers integrates insights from nature and psychology about impactful leadership—including how best to make decisions, engage others, and avoid common problems that arise—while navigating life's complex environments. We also address methods for minimizing stress, avoiding burnout and cultivating your own wellbeing. Our strategies and principles will enhance both the quality of your life and quantity of your impact.

Psychological Biomimicry



Principles for Healing, Thriving and Regenerative Living. We've developed a comprehensive series of ecopsychological principles, lessons and qualities; they are inspired by nature and proven essential for human thriving. We psychologically apply these to all areas of your life. This creates a holistic guide for fostering the sustainable health, healing and regenerative living we all want for ourselves and the world. By acting aligned with the core qualities of our planet, we become more empowered, effective and engaged in all that we do.

Organizational Leadership, Culture and Development



Ten Principles for Triple Bottom Line Impact. Adaptable to any type of mission, EPI's Ten Principles provide a systemic lens for more effectively assessing and understanding problems, better engaging your team, and being a tool kit for designing solutions. Our innovative approach is particularly suited for optimizing leadership, culture and implementing strategic plans. Each Principle is pertinent for any workplace ecosystem; when collectively applied, you become more resilient, innovative, efficient and sustainable. Ultimately, we enable you to achieve maximum benefit for profits, people and the planet.

"I am loving the community that has been and is generated, as well as Dennis' generosity, wisdom and gentleness in his style of teaching/sharing. The learning modules are great value and accessible for people from all walks of life with an interest in applying nature's wisdom to our lives. I have walked away more enriched both personally and professionally." Lucy V.S., Eco-therapist