



4° EES International Congress

Learning to do what's right: Waha Pono

September 28th - October 2nd 2013
Wood Valley, Big Island, Hawaii (USA)

MasterSheet/Presentations/EES2013

Tina Fields (USA)

Keynote Presentation: Three institutional approaches to teaching ecopsychology in the United States

BIO: Dr. Fields is the Director of the Ecopsychology emphasis program at the Graduate School of Psychology, Naropa University, Boulder Colorado, USA. She has a PhD from the California Institute of Integral Studies (CIIS), a ZD from the Universite de Fribourg, Switzerland and a BA from Old College, Reno NV.

Teresita Domínguez (Uruguay)

Los Símbolos Naturales, su uso en Ecopsicología

Taller vivencial desde la perspectiva *junguiana*. A partir de la percepción y de la *sincronicidad*, nos dejamos tocar, nutrir y transformar por el aspecto simbólico de la naturaleza que nos rodea. Taller dirigido a público en general, *Ecotuners* y *Ecoterapeutas*. (Español, Inglés, Italiano)



www.ecopsychology.net

Bio: Teresita Domínguez es Representante de la EES en el Uruguay, directora del Centro de Ecopsicología del Uruguay, creadora y docente del Curso de Actualización Profesional para Ecopsicólogos y Ecotuners en Uruguay. Psicóloga clínica de adultos, adolescentes, niños y grupos. Especializada en psicoterapia gestaltica y junguiana. Desde hace 15 años trabaja en forma personal con tradiciones nativas.

English version - Using Natural Symbols in Ecopsychology

Experiential Workshop from a junguian perspective. Working with perception and synchronicity, we will direct our steps towards getting in contact with, be nurtured and transformed by the symbolic aspect of nature that surrounds us. Workshop directed to general public, Ecotuners and Ecotherapysts ." (English, Spanish, Italian)

BIO: Teresita Dominguez is the representative of the EES in Uruguay, director of the Center for Ecopsychology of Uruguay, creator and teacher of the Professional Development Course for Ecopsychologists and Ecotuners in Uruguay. Clinical Psychologist for adults, adolescents, children and groups. Specializing in Gestalt and Jungian psychotherapy. For 15 years she has been personally involved with native traditions.

Vicky Stamouli (Greece)

HEALTH REPAIR DIET: The Therapeutic Spirit of the Substances of Mother Nature

The purpose of this presentation is to remember again the therapeutic connection with nature and to learn to do the right thing with a holistic care of ourselves. Illness often occurs when we are disconnected from our *spirit*. When we are in the process of healing, we accept all our parts, the bright and the non bright ones, and we love them as a unity. United is our spirit, the nature, the universe, the whole. Therefore, nature is the mirror of our unified self and soul. Nature, as a Huge Gate of Love, is offered for our cure. Our ancestors lived with this ancient knowledge. The use of the substances of nature, which are compatible with the human psyche and cellular DNA, is one of the keys to health.



BIO: Vicky was born in Athens, Greece and she lives and works in Crete as a psychiatrist-psychotherapist and a holistic doctor. She graduated in 1995 from the Medical School of Aristoteleio University of Thessaloniki, Greece, and received her specialty in 2001 in Child and Adolescent Psychiatry and Psychotherapy. In 2000 she completed her education in Systemic Psychotherapy and in 2006 she received her diploma as homeopathic doctor from the International Academy of Classical Homeopathy in Athens. Starting in 2002 she took several courses in Reiki, Holistic Herbalism, Paleolithic Diet-Neuro-metabolic Repair Diet, Macrobiotic diet and Orthomolecular medicine. She has a private practice in in Crete and offers her knowledge worldwide through the internet. She is also the author of the book "Return to the light", published in Greece.

Analuisa Diaz Trias (Uruguay)

Como identificar y poner en práctica objetivos en común

Taller aplicado en comunidades rurales para llevar adelante y sostener un proyecto productivo colectivo - que asegure el sustento vital. Implican estos esfuerzos, no solo aprovechar la tierra con lo que ofrece, sino fundamentalmente, encontrar y desarrollar actitudes y valores con los otros--con quienes la compartimos--para identificar objetivos en común de manera de sostener colectivamente lo que nos da vida. Este mismo modelo puede aplicarse a proyectos de Ecopsicología.

BIO: Lic. en Psicología, Ps. Social, trabajo en Educación de jóvenes y adultos actualmente en el Instituto Nacional de Colonización. Trabajo en educación de adultos y jóvenes en el medio rural, en el marco de proyectos productivos asociativos (ganadería, horticultura, otros). Mi abordaje prioriza - no necesariamente los aspectos técnicos que hacen a lo productivo sino-- los aspectos humanos que se ponen en juego en el hacer con otros. He trabajado en "Sistema Infancia": Centro de Formación en Educación Social y en la Universidad de la República: Área Formación de Formadores.

English version - How to identify and put into practice common goals

This is a workshop that I apply in rural communities while carrying out and sustaining a productive project group - to ensure their livelihood - involves not only using the land with what it offers, but basically finding and developing attitudes and values with others with whom I share, and identify common goals so collectively sustain what gives us life. This same model can be applied to Ecopsychology projects.

BIO: BA in Psychology, Ps. Social work education for youths and adults currently in the National Institute of Colonization. I work in adult and youth education in rural contexts, under associative productive projects (livestock, horticulture, etc.). My approach prioritizes - not necessarily the technical aspects that make it productive - the human aspects that come into play when working with others. I have worked in "Childhood System": Training Centre for Social Education and at the Republic University: Teacher of the Training Area.

Cleo (Kleio) Apostolaki (Greece)

The ancient Greek perception and worship of nature, through philosophy and mythology. A workshop on Catharsis and re-connection with Nature

The connection of the ancient Greeks with Nature was an essential and crucial element of their everyday life. Their philosophies and mythologies were based on this connection. Even the divine entities had not only a religious base, but primarily reflected the necessity of human beings to coexist and interact with Mother Nature (Gaia). The main goddess, who symbolized the whole of nature, was Artemis. Under the spirit of the goddess, the ancients performed the ceremony of *Catharsis*, as an expression of gratitude to nature for its contribution to the physical and mental regeneration of human beings. The purpose of this workshop-experiential exercise is to revive nature as a main pathway of consciousness and search of our authentic self.

BIO: Cleo Apostolaki was born in Athens, Greece. She studied Psychology and Clinical Psychology at the University of Kent at Canterbury. She continued her post-graduate studies in the University of London, King's College, where she received a MSc. in Mental Health with an emphasis on Dynamic Psychotherapy and CBT. She took further specialization in ecopsychology at the University of Strathclyde, Glasgow, in 2002. Since then she has worked as a psychologist-psychotherapist in private practice in Greece, with her main focus being Ecopsychology. She is the representative of the Hellenic Ecopsychology Society, an affiliate member charter of the European Ecopsychology Society.

Julianne Skai Arbor (USA)

Make love with the earth

Through her sensual writing and artwork Julianne Skai Arbor invites us, as modern humans, to live our own life of re-enchantment, intimacy and soulful engagement with trees and the rest of the more-than-human world as a necessity for survival.

In her indoor presentation, Julianne will read an excerpt from her upcoming book with companion images of her favorite trees around the world. Following, in a workshop session within the wilds of the island, she will guide up in exploring privately what intimacy means for each of us as we "make love with the Earth" by intertwining ourselves with the life force of the Hawaiian landscape.

Bio: TreeGirl, a.k.a. Julianne Skai Arbor, M.A. Arts and Consciousness, M.Sc. Experiential Environmental Education, is an environmental educator, environmental artist, ISA certified arborist, and permaculture teacher. Julianne is passionate about exploring the confluence of the fields of ecopsychology, deep ecology, eco-literacy, ecological conservation and restoration, traditional ecological knowledge (TEK), shamanic wisdom, inter-species communication and creativity. In higher education, Julianne created the first academic program in Environmental Arts, at New College of California, has taught for Living Routes' Ecovillage Education Study Abroad program in India and currently teaches Environmental Conservation at Santa Rosa Junior College in California. She is currently publishing her first book of her photographs and essays. Her work can be viewed at www.treegirl.org and www.treegirl.org/treegirlphoto.



Marcella Danon (Italy)

From Ego to Eco

In this era of great change, we need to update our view of the world, renew the maps that allow us to understand the complexity of life, and become active agents in the evolution of life. A workshop with playful and joyful practices of reconnection with oneself and with others, in nature. To be used in individual and group paths of growth and in training activities with organizations. The Italian Ecopsychology school proposes a map in three stages to accompany the individual and collective evolution toward a higher goal, for humanity and for the entire planet: CENTERING – Self leadership or Finding the center from which we weave our own future. Personal power, listening to oneself and perspective vision. TUNING – High quality relationships or From "I-It" to "I-Thou". Empathy as a new frontier of development. The encounter with the other, the encounter with the world; and Widening – Openness to Change "We are the Earth": Towards a planetary consciousness and awareness of the creative and transformative collective Intelligence.

BIO: Italian psychologist. Promotes Ecopsychology in Italy since 1996. She studied with a direct student of Roberto Assagioli and works in training for personal growth in the professional and business. She completed her education with seminars and vocational retraining in California, Holland and Spain, with some of the most important figures in this field: Fritjof Capra, Joanna Macy, Molly Young Brown and Anna Halprin. She is co-founder and teacher of the CREA, School Counseling humanistic existential, in Milan. She founded in 2004 and heads in Osnago (Lc), the Italian School of Ecopsychology, that combines personal awareness and environmental ethics. She is member of the board of the European Ecopsychology Society (EES) and has been the president from 2009 to 2012. Author of numerous books on self realization, among them: "Ecopsychology - Personal Growth and Environmental Awareness" (Urta-Feltrinelli 2006, in Italian).



Flor Roura (Mexico)

Vibraciones con la Naturaleza

Una de las formas más antiguas en la que los Seres Humanos nos podamos sentir sintonizados con la Naturaleza son la música y el baile, pues estos son estimulados por nuestros ritmos naturales como la respiración, el latir de nuestro corazón y el caminar. El ejercicio que llevaremos a cabo consiste en llevar al cuerpo y la mente a un estado de relajación total por medio del baile, siguiendo distintos tipos de música que nos permitirán sentirnos integrados como grupo y con el todo que nos rodea.

BIO: Con formación en psicología, maestría en desarrollo humano, diplomados en: Conservación de áreas naturales, Logoterapia y Conciencia Universal. Fundadora de Naturaleza Humana en el 2006, firma que se dedica principalmente a promover el Desarrollo humano y la ecopsicología en México.

Jorge Conesa-Sevilla (USA)

Moving Forward: Resilience in Ecopsychological Dynamics

Although "ecopsychological" therapeutic models and exercises incorporate some form of cognitive-emotive resilience (e.g. coping, practical wilderness skills, identification, etc.), in addition to the more complex and long-term psychological work of *sustainability*, nevertheless, the concept (and whole-being deployment) of *resilience* is paramount in chaotic and transitional personal, societal, and ecological situations. This presentation takes place in light of recent events, such as the aftermath of natural disasters (e.g. Hurricane Sandy), when the conversation of city planners shifted toward accepting environmental catastrophes of this magnitude as occurring more frequently and the need to prepare their citizenry with *Environmental Resilience* in mind/place.

BIO: From 1985-1989, Jorge Conesa-Sevilla studied under Deep Ecologist, Bill Devall and other human ecologists and was introduced then to a new way of thinking about "psychology": "ecopsychology." Presently, he is the Editor-in-Chief of the environmental philosophy journal, *The Trumpeter*. He has been a student of "ecopsychology" since 1985, with more serious and independent contributions completed and presented after 1998 (e.g. Semiotic Matrix Theory-SMT). Recently, he has coined the phrase *evolutionary ecopsychology* to describe an academic and practical-life enterprise (natural pragmatism) which focuses on integrating Paul Shepard's life work within the social, behavioral, and biological sciences and "ecopsychology" proper.

Environmental Impact FILM: by Gabriel Manrique (UK & SE)

Sandgrains

After a long absence, José Fortes returns home to Cape Verde to find his community transformed. The fish that have provided income and food for generations are disappearing from the sea, and people are being forced to sell the sand from their beaches just to survive. The reasons for this are all around the archipelago: European vessels returning home with fish from Cape Verdean waters. <http://sandgrains.org>

BIO: Gabriel Manrique is an independent documentary filmmaker who focuses on social and environmental issues. His films are inspired by the many experiences given by a life of traveling throughout the world. He has studied, filmed and worked in South America, North America, Europe, Asia, Australia and more recently in Africa. He believes documentary can appeal to a broader audience and can promote real social change thanks to its accessibility and its creative potential. Gabriel's films have been screen around the world, at numerous international film festivals and arts organisations.