

Examples of Ecotherapy Projects

Activity	With Whom	Organisation	When	Notes
Getting to Know the Countryside	MH Service Users in Havering, London	Thames Chase Community Forest	2004	O/Ts continued with their own walks for many years.
Two Therapeutic Gardens in GP Health Centres	NHS in Dagenham and Havering in London.	Thames Chase Community Forest	2005	Working with specialist landscape designer, Carpe Diem.
The Plot: seasonal arts based activities on an allotment plot.	MH Service Users in Havering, London	Thames Chase Community Forest	2005-6	A year long project collaborating with a community arts organisation, Studio3Arts
Path link between hospital and park.	PCT and Parks Department	Thames Chase Community Forest and London Borough of Havering	2006	Funding raised to lay a fully accessible path between a hospital and Country Park to facilitate access for patients.
Fit n'Green: Social Inclusion and Conservation work	Havering, London, MH Service Users	Thames Chase Community Forest	2005-6	Weekly 4hr sessions
Ecotherapy training, series of 4 workshops	Health professionals and teachers	Thurrock PCT	2007	Part of the development of Health Living in Thurrock
Ecotherapy sessions. Weekly 2hrs	Acute ward patients, adults and older people	Mascalls Park, NELFT	Oct 2009-Nov 2010	Used grounds and park adjacent to grounds. Worked with ward nurses and O/Ts
Ecotherapy sessions. Weekly 2 hrs	Acute ward patients, adult, older people, dual diagnosis	Goodmayes Hospital, Ilford NELFT	Jan 2010- June 2011	Used the extensive grounds and adjacent park. Nurses and O/Ts involved.
Well-being in Nature: ecotherapy sessions. Weekly 2 ½ hr	MH Service users in the community	East London NHS NELFT	Jan 2010 - ongoing	Using local country park in Dagenham
Ecotherapy .Weekly 2hrs	People with Early Dementia	Barking and Dagenham CRTs NELFT	Summer 2011	Pilot work. O/T continuing the work

Evening ecotherapy sessions weekly 1 ½ hrs	People experiencing mild depression. GP referrals.	Brentwood. University of Essex	2007	Pilot study with PhD student
Deep Ecology and Therapy: weekend workshop	Trainee therapists	University of Surrey	1993	
Deep Ecology workshops	Open workshops	Independent	2004	Held at various venues inUK
Ecotherapy CPD Workshops	Mental Health Professionals: Psychiatrists, Psychologists, Nurses, Counsellors, support workers	London and beyond	2005 - ongoing	
Mentoring an O/T	Older People day service users	Dagenham, London	2010	Using the therapeutic garden
Mentoring a Psychologist	Walk and Talk group for Young People with Psychosis	Dagenham, London	2010	Using a local park and also an allotment
Supporting a Psychologist	Isolated Men over 50	Dagenham, London	2010-11	An allotment project for male service users
Training & Development of Team and Programme	Park Ranger team	Barking & Dagenham	Early 2011	Explore Discover Unwind', a preventative programme of stress reduction and mood enhancement for the general public.
Student clinical placement support	Doctoral Student	UEL University of East London	2011	Six month placement. Support for two other students on shorter placements
Consultancy on creating therapeutic environments	Senior management	Mascalls Park, Goodmayes and Morland Road, E London	2011	
Training day in ecotherapy	Forest rangers	Forestry Commission, Thetford	Sept 2006	