**Adapted from Prof Lorraine Fish:**

**Evolutionary psychology: Understanding the time line of the mind**

**First 1/5th of an inch** Last 300 years of modern history/7 generations

**Next 11 4/5ths inches** 10,000 years or 300 generation/from the beginning of the agricultural era to the Scientific Revolution

**Remaining 99 feet**  Approximately one million years of human

history or 35,000 generations

**Historical Context & Assumptions about Nature & Humans**

1. **The shift from hunter/gatherer** – *to agriculture and domestication of animals – fencing and what it did to the psyche (the psyche learned all it need to know about how to be human from nature, now it was fenced off)*
2. **Establishment of cities and civilizations** – *based on the concentration of food production - there is now the "in here" in opposition to "the out there" – dependency shifts from the wisdom of nature to new human wisdoms that shape these new civilizations*
3. **Cultural Shift from earth centered spirituality to sky centered religions** – *spirit now up in the sky not in the Earth – so easier to use the Earth and those associated with the Earth – dirt, dirty people)*
4. **Scientific Revolution** – *mind/body dualism, mechanical thinking, de-spiriting nature – if it cannot be quantified it does not exist*
5. **Industrial Revolution & Monetary economies** – *movement away from rural self-sufficiency, community, and extended families, to monetary economy, long work days in factories, beginning of nuclear family – movement away from “we” to “I”*
6. **Technological Revolution** – *the current thinking is that technology will solve all our problems and serve all our needs*

**Therefore the following assumptions about nature & humans arise**:

1. **Nature is composed of inert, physical elements** – rather than an animistic world view, eg that all of life is imbued with spirit – scientistic thinking ‘despirited’ nature.
2. **Nature can and should be controlled** –if nature (and humans) can be depicted as a machine then it is possible to control it/them – also imperative to control nature.
3. **Individual human beings should seek** **private economic gain** – displacement of spiritual or community- based motivation towards competition –
4. **We must progress** – and it must be in a linear forward motion – to return or go back is seen as failure – progress also implies conquering (and civilizing) and having more (power, wealth, prestige, things)

Outer Inner

# ECO/PSYCHOLOGY

*Ecopsychology* is the union of two *seemingly* disparate words – ecology and psychology – that describe two *seemingly* disparate domains: the outer world of the environment and the inner world of the psyche.

Ecopsychology: No such thing as an individual problem – what affects one affects the entire cosmos.

Ecopsychology treats Psychology as if the whole Earth Mattered and Keeps the non human world in mind

Theodore Roszak’s Eight Principles of Ecopsychology

1. **Core of the mind is the ecological unconscious**: like Jung’s notion that the collective unconscious is a repository of human evolutionary history, the ecological unconscious is a living record of evolution.
2. **The ecological unconscious is a living record of evolution**: and houses the ecological intelligence of our species.
3. **The goal of therapy is to re-awaken environmental reciprocity and heal alienation**: and in doing so one is able to access the ecological unconscious, and live more healthily with the natural world.
4. **To recover the child’s animistic quality of experience**: in doing so we get to re-experience the natural world with the wonder and excitement that comes so natural to children.
5. **For the ecological ego to mature towards an ethical sense of responsibility**: therefore we are able to move beyond the developmental stages that are concerned with individual needs and move towards becoming the collective or social animal that we are.
6. **To re-evaluate (?masculine) traits that dominate nature**: thus moving away from wanting to control nature to living with and learning from nature.
7. **To return to small scale social forms**: scaling back to livable social systems that are smaller, allows for more interaction and dialog among humans and therefore serves their needs more appropriately.
8. And the need to recognize the synergistic interplay between **planetary and personal** wellbeing – that the needs of the planet are the needs of the human.

**Applied Ecopsychology**

1. **Ecopsychology applications in therapy**:

* Assessing the history of memories and relations with nature
* Exploring feelkings about nature, positive and negative
* Images and body sensations: the natural unconscious
* Taking therapy outdoors: nature assisted therapy

1. **Green Exercise, Green Gym**

Walking for health –

1. **Horticulture Therapy**

* Bristol Permaculture Group, St Werburgh, Elms farm,
* Feed Bristol: http://www.feedbristol.org.uk
* The Garden Project – <http://www.gardenproject.org/thegardenproject.htm>

1. **Animal Assisted Therapy**:

* Pets as Therapy –
* Equine assisted therapy – Country connections
* The Delta Society – <https://www.deltasociety.org/Page.aspx?pid=183>
* Riding for the disabled
* Seizure dogs & Prisoners – <http://members.tripod.com/~prisonp/>

1. **Wilderness: Outward Bound and Rites of Passage Work**:

* School of Lost Borders <http://schooloflostborders.org/>
* Princes Trust
* Imayla
* Regenco
* Outward Bound – <http://www.outwardbound.org/>

1. **Spiritual work:**

* Healing the relationship to nature through spiritual practice
* Meditation and mindfulness techniques in nature

1. **Activism** (social as well as environmental):

* Being involved – local community politics: Transition Town movement
* Being involved – volunteering <http://www.avonwildlifetrust.org.uk>
* Review Food & other consumer choices: Slowing down, voluntary simplicity
* Work that Reconnects: Joanna Macy & The Great Turning – <http://www.joannamacy.net/>

**Assessing a Person’s Connections to Nature**

**History**: **early memories, formative experiences, cultural influences, etc**

1. What is your earliest memory of nature?
2. What was your impression as a child of your family’s relationship with nature? Your religion’s? Did you have a sense of how your immediate ancestors related to nature?
3. How did the important adult figures in your early life relate to nature?
4. What were important experiences for you in nature in your first decade? In your second? In your adult life?
5. Did you have opportunities for frequent unstructured and unsupervised play in nature as a child?
6. Did you experience the destruction of favorite natural places as your grew up? What was your reaction? Has this affected your life?
7. Did you experience any traumas in relationship to the natural world?
8. Did you have a secret place in nature? What was it like?
9. Were you allowed to go outside in strong weather or in the dark? And was it ok to get dirty or wet?
10. Did you have a vegetable garden?
11. What influences about nature did you pick up from TV, school, books, stories?
12. Describe the landscape around your house. Draw a map.

**Feelings**: **unpacking the range of feelings about the natural world**

1. Describe the experience in your life that gives you the most satisfaction
2. When and where do you feel safest in nature?
3. When and where do you feel unsafe in nature?
4. What natural places do you like the most? The least? Why?
5. What animals or other living beings so you like the most? The least? Why?
6. Do you have any phobias regarding the natural world?
7. Describe your level of comfort in the natural world. What do you avoid to maintain that level?
8. What experiences of death have you had (both human and non-human)?
9. Describe your relationship with time. Are you often in a hurry?
10. Have you ever been lost in the natural world? What happened?

**Lifestyle**: **Pleasures, habits, hobbies, addictions, ideals**

1. How much daily contact do you have with the natural world?
2. What is an ideal day for you?
3. What do you do to relax? What do you do to play?
4. How do you eat? What kind of food do you eat? What is your relationship with food?
5. Do you spend much time shopping? Do you enjoy it?
6. Describe the possessions you have which you value the most. And why do you value them?
7. Do you ever buy things you don’t need, or that you don’t even want? What kinds of things?
8. How do you relate to the weather? What is “bad” weather to you?
9. How do you relate to the seasons? Which do you like the most and least and why?

**The Body as Nature**

1. How were you born? What do you know about your early infancy?
2. Have you ever given birth or been present at a birth? Describe your feelings.
3. Describe how you feel when you see your own blood, and the blood of others.
4. Describe how you relate to cold and heat.
5. Where in nature does your body feel best?
6. Are there any bodily processes, needs, or sounds, etc., that make you feel uncomfortable or embarrassed?
7. What are your feelings about your body growing older? What are your feelings about your own dying process?