

Conference Program

FRIDAY:

Opening Plenary (9:00 to 10:30 am)

Declaration of Interdependence: Psychology, Ecology, and Sustainability

Dick Roy and Thomas Doherty, Psy.D.

Templeton Student Center, Stamm (1.5 CEUs)

Dick will open the gathering by addressing the factors that prompted the PES conference. Thomas will then give an overview of topics to be addressed, including a critical history of the Ecopsychology movement and an introduction to other approaches in psychology that are useful for addressing environmental issues, such as Environmental Psychology and Conservation Psychology.

Dick Roy co-founded the Center for Earth Leadership, the Northwest Earth Institute, and the Oregon Natural Step Network. A 1970 graduate of Harvard Law School, Dick left his practice of corporate law with Stoel Rives to join his wife Jeanne as a full-time volunteer for the earth in 1993. Thomas Doherty, Ph.D., is a licensed psychologist in Portland with a general practice in psychotherapy. He specializes in wilderness therapy and applying environmental and sustainability concepts to personal health.

Concurrent Session A (10:45 to 11:45 am)

1. Moving Toward Sustainable Values: Adapting and Applying the Transtheoretical Model

Jeffrey Noethe, Ph.D.

JR Howard Hall 132 (1 CEU)

This session explores the adaptation of a prominent addictions model to the arena of values change, including a discussion of the stages of change, as well as research outcomes and real-world applications. Emphasis will be on showing how psychology can make a meaningful contribution to the sustainability movement.

Jeffrey Noethe, Ph.D., received his doctorate in Psychology from the University of Notre Dame and is currently working in private practice in Portland. Over the past ten years, he has developed a professional interest in the nature of value systems and how a better understanding of these systems might accelerate cultural change.

2. Experiencing an Ecological Sense of Self: A Liberation Movement

John Swanson, Ph.D., LPC

JR Howard Hall 115 (1 CEU)

This session will explore the following topics via presentation, experiential activities, and discussion: (1) the proposition that we must reinvent humanity in order to save our planet, (2) the essential changes required in our experience of the human-nature relationship, and (3) the nature of the healthy ecological sense of self that we need to foster for healing the human-nature disconnect.

*John Swanson, Ph.D., LPC, is a mental health counselor who has practiced in Corvallis, Oregon since 1976. For twenty years, he has written, made presentations, and led training groups, seminars, workshops, and retreats in the field of Ecopsychology. His guidebook *Communing with Nature* is designed to pass on what he has learned to the general public.*

3. Demystifying and Correcting the Psychological Roots of Environmental Neglect

Margaret Topf, Ph.D.

JR Howard Hall 123 (1 CEU)

It will be argued that psychological maturity should include a reciprocal (i.e., give and take) relationship between individuals and the natural environment. Gaps in developmental theories (i.e.,

from infancy through adulthood) offer an explanation for slow collective awareness of this relationship. These omissions will be highlighted, and corrective goals for research and theory on the development of healthy person-environment relationships will be detailed.

Margaret Topf, Ph.D., holds her doctorate in Psychology from Claremont Graduate University. Her academic appointments include UCLA and the University of Colorado where she is Professor Emeritus. Her theory and research publications address the stress and physiological effects of hospital environmental pollution as well as the psychology of environmental neglect and sustainability in hospital settings.

4. The Biological Bases of Biophilic Design and Green Building Benefits

James A. Wise, Ph.D.

JR Howard Hall 114 (1 CEU)

This session explains the research rationale for biologically-based design of buildings and its appearance within 'green' building rating systems. Biologically-based design was practiced by the ancient Greeks and Leonardo da Vinci and is manifest in 'feng-shui,' 'biophilia,' and 'bau-biologie.' It engages human sensory and neural processes that structurally couple people to the environments they inhabit, and that can produce measurable benefits for human well-being and performance.

James Wise, Ph.D., is Clinical Associate Professor of Psychology at Washington State University, Tri-Cities, where he teaches Perception, Physiological, Cognitive, Environmental, and Human Factors Psychology; and researches occupant benefits of 'green' and sustainably designed buildings. He holds a doctorate degree (1970) in Mathematical and Experimental Psychology from the University of Washington.

5. Neuroscience, Self-regulation and Our Environment: A Case for the Contemplative Sciences

Keith Lowenstein, M.D.

JR Howard Hall 135 (1 CEU)

This session will provide an integrative model that synthesizes neuroscience; interpersonal, intrapersonal, and transpersonal psychologies; and the contemplative sciences. This working scientific model can be used to help us all move out of our consumption-based survival existence to one of compassion, sharing, and providing for a future for all.

Keith G. Lowenstein, M.D., is board-certified by the American Board of Psychiatry and Neurology and a Founding Diplomat of the American Board of Holistic Medicine. His training has included recombinant DNA research, cranial osteopathy, nutrition, and meditation.

6. Public Health and Therapy with Nature in Mind

Ambra Burls

JR Howard Hall 103 (1 CEU)

This interactive workshop presents a short DVD and research findings about a project in London where a public green space is managed by citizens with mental health problems who also receive therapeutic support and work experience. The important social and educational ramifications of this symbiotic relationship will be explored.

Ambra Burls is a senior lecturer and researcher involved in developing professional education that will enhance the interplay between psychology, ecology, and sustainability for those contemporary multidisciplinary professionals concerned with both public health and ecological sustainability.

7. Mind-Body Ecology: How Ecopsychology Affects Our Wholistic Well-Being

Kurt Beil, ND, MSOM, LAc

JR Howard Hall 224 (1 CEU)

Evolution has shaped our psycho-physiology to allow responses to the ambient physical environment. Through examination of recent advances in mind/body medicine (e.g., psychoneuroimmunology, neuroplasticity), the session will investigate how Ecopsychology plays a role in the expression of

somatic disease states, such as depression and cardiovascular disease. Potential solutions will be suggested.

Kurt Beil, ND, MSOM, is a graduate of the National College of Naturopathic Medicine in Portland. He is currently pursuing a degree in Public Health with a focus in Health Promotion and Integrative Medicine (MPH-HEHP), as well as course-work in Ecopsychology. He appreciates daily walks for health in Tryon Creek State Park.

Panel (1:00 to 2:00 pm)

The Evolution of Ecopsychology

Sarah Conn, Ph.D., Robert Greenway, Ph.D., Allen Kanner, Ph.D., and John Scull, Ph.D.

Templeton Student Center, Stamm (1 CEU)

This panel brings together a diverse group of pioneers who have contributed to the integration of psychological concepts with ecology and the environment. Panel members will share their perspectives on the current role of mental health educators and practitioners in promoting environmental health and sustainability.

Concurrent Session B (2:15 to 3:15 pm)

1. Ecopsychology and Ecotherapy: Transformative Practices Toward a Sustainable Future ***Deborah McNamara, M.A., and Dreya Mancini, M.A.***

JR Howard Hall 115 (1 CEU)

This workshop offers an introduction to Ecopsychology and its practical applications for psychologists and mental health professionals. This interactive workshop will explore key Ecotherapy modalities, provide tools to deepen awareness of the human-earth connection, and move individuals from hopelessness and despair toward being agents of cultural change.

Deb McNamara, M.A., received a graduate certificate in Ecopsychology and holds a master's degree in Environmental Leadership from Naropa University. She currently works for the Northwest Earth Institute and is a certified Hatha Yoga teacher at Root Whole Body Wellness Center in Portland. Dreya Mancini, M.A., is certified in Ecopsychology and Permaculture Design and holds a master's degree in Environmental Leadership from Naropa University. She facilitates people's understanding of sustainability and their relationship to the earth through presentations, discussion, and experiential exercises.

2. Attending to What's "Out There": Toward Changing Assumptions

Madelon Y. Bolling, Ph.D.

JR Howard Hall 116 (1 CEU)

Behavioral psychologists have engineered increases in specific environmentally friendly behaviors. However, practical strategies for changing assumptions are harder to find. Skinner and other thinkers analyzed behavior from a non-dual (systems) view of reality, which suggests a different notion of self leading to one theory-based way to begin changing our paradigmatic assumptions.

Madelon Bolling, Ph.D., is a licensed clinical psychologist, a certified Permaculture Designer, and an organic gardening advocate. She sees some version of Ecopsychology as one key to shifting our culture toward sustainable practices.

3. Sustainability Through Conservation Psychology: Examples of Research and Practice ***Elise L. Amel, Ph.D.***

JR Howard Hall 103 (1 CEU)

Since environmental problems are largely due to human behavior, and solutions will rely on changing these behaviors, Conservation Psychology is critical in the movement toward environmental sustainability. This session will discuss experimental and survey research related to sustainable behavior and the successful translation of research results for use by organizations.

Elise Amel, Ph.D., is Associate Professor at the University of St. Thomas and has conducted Conservation Psychology research since 2004, co-authored seven research papers for international conferences, and consulted for the government, non-profits, and businesses.

4. Nature, Culture, and Abnormal Appetites

Lorraine M. Fish, Ph.D.

JR Howard Hall 135 (1 CEU)

This presentation will illustrate, through interdisciplinarity, how the dynamics that govern the relationships between nature, western culture, and addiction have become profoundly unhealthy. She challenges the notion of addiction as an individual biological or psychological disease and concludes that it has become an inherent cultural condition of Western society.

Lorraine Fish, Ph.D., is an adjunct faculty member at Antioch University Seattle, Bastyr University, and Seattle Central Community College. She has a Ph.D. in Interdisciplinary Studies with a specialization in Ecopsychology from The Union Institute and University, where she focused on the relationship between nature, culture, and addiction. She also has a small private practice as an Ecotherapist.

5. Isolation and Authenticity in Adolescence: Wilderness Therapy Touching the Void?

Keith C. Russell, Ph.D.

JR Howard Hall 114 (1 CEU)

The session will present an overview of issues youth are confronting in 21st-century, United States suburban life, including data and statistics from federal agencies on rates of clinical issues experienced by youth. This is followed by a discussion of various treatment services available to youth and their limitations. Finally, a nationwide survey of wilderness therapy programs and results from completed outcome studies will be presented to discuss the rise of such programs and the purpose they serve.

Keith C. Russell, Ph.D., is an associate professor in Outdoor Recreation and Youth Development at the University of Minnesota. He has published over 25 refereed and professional publications focusing on the design, implementation and evaluation of outdoor educational and therapeutic programs for youth.

6. Art-To-Earth Quest

Susan Loonsk, MFA, MA, MATP-EP, ATR-BC

JR Howard Hall 224 (1 CEU)

An Art-To-Earth Quest is an encounter with nature and art that encourages paradigm change through connecting art, earth, and self. Through art-making, Ecopsychology, and meditation, we can connect with nature and open our souls to experiencing the human and nonhuman world in deep and energizing ways.

Susan Loonsk, MFA, M.A., MATP-EP, ATR-BC, is an artist, registered art-therapist, and professor at the University of Wisconsin-Superior. She teaches and holds degrees in Art, Art-Therapy, and Ecopsychology.

7. Developing an Ethical Relationship with the Natural World

Dick Roy and Jeffrey Noethe, Ph.D.

JR Howard Hall 132

In this era of advanced ecological degradation, considering our ethical relationship with the natural world has never been more difficult and the need never more pronounced. The classic formulation of the "land ethic" by Aldo Leopold and the articulation of "deep ecology" by philosopher Arne Naess will provide a framework for this interactive exploration of psychological/ethical considerations.

Dick Roy co-founded the Center for Earth Leadership, the Northwest Earth Institute, and the Oregon Natural Step Network. A 1970 graduate of Harvard Law School, Dick left his practice of corporate law with Stoel Rives to join his wife Jeanne as a full-time volunteer for the earth in 1993. Jeffrey Noethe, Ph.D., received his

doctorate in Psychology from the University of Notre Dame and is currently working in private practice in Portland. Over the past ten years, he has developed a professional interest in the nature of value systems and how a better understanding of these systems might accelerate cultural change.

8. Naturally Attracted: Connecting with Michael J. Cohen (video)

JR Howard Hall 242

This video will present Michael J. Cohen's life passions: connecting people to nature and preserving America's musical heritage. For over 20 years, Cohen led outdoor education schools, including the Audubon Expedition Institute of Lesley College. He has also written several books on his nature connecting process, including *Our Classroom is Wild America*. In the 1990s, Cohen became a pioneer of distance education, offering online courses and graduate programs in applied Ecopsychology. A self-facilitated discussion will follow the screening.

Concurrent Session C (3:30 to 5:00 pm)

1. Panel - Re-emergence and Re-vigoration of Outdoor Therapy at the Oregon State Hospital* Robert Lundblad, Psy.D.; Cynthia Prater, M.S., CTRS; David Romprey, B.S.; Todd Trautner, M.S.; Lani Wright, M.Div.

JR Howard Hall 124 (1.5 CEUs)

Fostering connections to nature has varied over the 127 years of treatment at the Oregon State Hospital. The Salem campus originally provided a serene and natural setting beyond the outskirts of the city in 1880. With time, urban growth, television, automobiles, and modern practices have eroded this setting. Panelists will share unique perspectives on implementation of outdoor therapy across time and explain interactions with other disciplines and bureaucracy in a public hospital setting.

Robert Lundblad, Psy.D., has been a ward psychologist at the Oregon State Hospital (OSH) since 2003. Prior to receiving his doctorate in psychology, he was employed as a forester for the State of Oregon for 25 years. David Romprey's lifework is "to walk with people out of mentalpatienthood." He is the recipient of the 2005 "Mental Health Award for Excellence" and the 2006 "Garret Smith Memorial Award." He has a B.S. from Corbin College in Management and Communication and is a former state hospital resident. Cynthia Prater, M.S., CTRS, has worked as a therapeutic recreation specialist at OSH for 15 years. She has a master's in Clinical Psychology and is currently working on her doctorate in Psychology. Her lifework includes providing equine-assisted therapy to OSH residents and she is currently completing a practicum providing culturally appropriate services to Native Americans. Todd Trautner, M.S., graduated from Prescott College in 1982 with a B.A. in Outdoor Ed, followed in 1991 by an M.S. in Experiential Ed from Mankato State University. Todd's lifework includes wilderness education, emergency medicine instruction, and adventure therapy. Lani Wright, M.Div., facilitates therapy groups and is a member of an interdisciplinary treatment team on a forensics ward at OSH. She has a Master of Divinity degree and a Certificate of Residency in Clinical Pastoral Education.

2. Critical Psychology, Art, and the Environment:

JR Howard Hall 115 (1.5 CEUs)

a. Towards a Critical Environmental Psychology

Renee Lertzman

In this session, the concept of 'Ecopsychology' is viewed through the lens of psychoanalytic theory and practice. The session presents a brief review of how psychoanalytic and psychosocial work has engaged (or not) with nature and the environment, and what such approaches have to offer this field for practitioners, advocates, and educators.

Renee Lertzman is conducting her Ph.D. at Cardiff University in Wales, in British Critical Psychology. Her project is exploring psychosocial dimensions of environmental issues through the use of qualitative interviews with people living in the Great Lakes region of the United States.

b. Shall We Gather at the River: A Sustainable Memorial
Phoenix Raine, M.A.

The Confluence Project along the Columbia River provides an opportunity to explore how past stories/traumas awaken and inspire cross-cultural healing. We will review some of America's history, take a virtual tour, and discuss the confluence of memorials, psychology, and sustainability while considering cross-cultural implications of collective trauma.

Phoenix Raine, M.A., is an adult educator with an interest in integrating the arts for healing race relations. She is currently a staff and adjunct faculty member at Antioch University Seattle.

c. Following the River: Ecopsychology and the Environmental Novel
Lisa Lynch, Ph.D.

Author Lisa Lynch will present her doctoral research in literary Ecopsychology, which resulted in her novel *The Same River*. The story illustrates the removal of a dam on an Oregon river. Lynch's methodology included interviews and historical, anthropological, and legal research, as well as her personal experiences growing up on the North Umpqua River in central Oregon. She will present a multi-media slide show and will read excerpts from her novel.

Lisa Lynch, Ph.D., is currently revising her novel The Same River and looks forward to working on her next novel about global climate change. She has a Ph.D. in Interdisciplinary Arts and Science with a concentration in Ecopsychology from Union Institute and University in Cincinnati, Ohio.

3. Stories, Myths, and the Human-Nature Relationship:
JR Howard Hall 123 (1.5 CEUs)

a. Echo's Logos: Nature, Myths, and the Cultural Psychology of Belonging
Dina Hartzell, Ph.D.

As epistemological structures, myths play a significant role in shaping human subjective experience and human behavior. As psychological structures, they may be tapped to re-“figure” those realities. Echo's story is applied to study the “nature” of human belonging in—and to—the natural world, and its relation to living sustainably.

Dina Hartzell, Ph.D., is Assistant Professor in the graduate and undergraduate departments of Interdisciplinary Studies at Marylhurst University. She teaches interdisciplinary research methods, community theory, and mythological and depth psychological studies, with a focus in eco-scholarship. She completed her doctorate in Mythological Studies at Pacifica Graduate Institute in 2000.

b. Renewing the Imagery of Inner Life: Bridging Ecology and Psychology
Lori Pye, Ph.D.

It seems clear that deep down, unconsciously, all of us seek connection with the rest of life. We learn from Depth Psychology that emotions are stirred by stories and images. The knowledge accumulated by the science of ecology needs to include the psychology of ecology in order to transform this longing into sustained, conscious, effective action.

Lori Pye, Ph.D., is an adjunct faculty member at Pacifica Graduate Institute, Santa Barbara City College, and UCSB Environmental Studies Departments. She has worked for over a decade with international marine conservation organizations in executive management.

4. Education, Environmental Issues, and Psychology:
JR Howard Hall 103 (1.5 CEUs)

a. Teaching Psychology as a Sustainability Science
Sue Koger, Ph.D., and Jackie Lanum, Ph.D.

As experts on human behavior, psychologists can play a critical role in addressing humans' ecologically destructive trajectory and promoting sustainable alternatives. These two presentations will illustrate the ways that various areas of psychology can contribute to understanding and solving environmental issues. The speakers will provide an evolutionary context and also discuss implications for psychological functioning in the modern world.

Sue Koger, Ph.D., has been a professor at Willamette University since 1993. Her research focuses on teaching psychology as an environmental science and toxic effects on brain development as related to developmental disabilities. Jackie Lanum, Ph.D., is a Professor of Psychology at Santa Monica College. She has written An Ecological/Environmental Approach to Psychology and participated in developing the interdisciplinary program in Environmental and Urban Studies.

**b. Measuring and Influencing Community College Students' Attitudes About Sustainability Issues
Robert D. Riesenber, MSW, M.S., Ph.D.**

This session describes the attitudes of a community college population over a three-year period (2004-2007) including: the perceived role of human behavior; government and religion in environmental problems; future optimism; personal behavioral choices and responsibility; and ecocentric attitudes. It will assess the impact of one assignment and of increasing college education on those attitudes.

Bob Riesenber, MSW, Ph.D., has taught community college students since 1977 and was involved in the mental health field as a clinical social worker from 1969-2000. His research focuses on measuring and changing attitudes/behavior regarding sustainability issues.

5. The Human-Nature Relationship: Toxics, Technology, and Biophilia:

JR Howard Hall 135 (1.5 CEUs)

**a. In the Orchard: Farm Worker Children's Moral and Environmental Reasoning
Rachel L. Severson**

For farm-worker children, orchards are places of rich interaction and places of potential harm. This study examined farm-worker children's conceptions of harm from pesticides and their relationships with nature. Discussion will focus on how these results bear on important societal and ecological issues, including providing children safe access to nature.

Rachel L. Severson is a doctoral student in Developmental Psychology at the University of Washington. Her research explores children's biocentric relationships with nature and social-moral conceptions of natural and computational 'others.'

b. Nature Goes Digital – Does It Matter?

Peter H. Kahn, Jr., Ph.D.; Jolina H. Ruckert; Rachel L. Severson

The presenters will discuss two studies (an experimental study and a field study) that ask: Can a real-time digitized view of nature – through a plasma display “window” – psychologically substitute for a view of nature through a glass window? Our results suggest "no." People need encounters with actual nature for their well-being.

Peter H. Kahn, Jr., Ph.D., is Associate Professor in the Department of Psychology at the University of Washington. He is also Co-Director of The Mina Institute, an organization that seeks to promote the human relationship with nature and technology. Jolina H. Ruckert is a doctoral student in Developmental Psychology at the University of Washington. Her research interests center on the effects of nature and life-like nature (e.g., personified robots) on children's development. Rachel L. Severson is a doctoral student in Developmental Psychology at the University of Washington. Her research explores children's biocentric relationships with nature and social-moral conceptions of natural and computational 'others.'

c. Biophilia – Past Conundrums and New Directions

Jolina Ruckert and Peter H. Kahn, Jr., Ph.D.

In recent years, an increasing amount of research on the human-nature experience has drawn on E. O. Wilson's account of biophilia: a fundamental human need and propensity to affiliate with life. The presenters will highlight what works with the theory, including two conundrums, and will conclude with new directions.

Jolina H. Ruckert is a doctoral student in Developmental Psychology at the University of Washington. Her research interests center on the effects of nature and life-like nature (e.g., personified robots) on children's development. Peter H. Kahn, Jr., Ph.D., is Associate Professor in the Department of Psychology at the University of Washington. He is also Co-Director of The Mina Institute, an organization that seeks to promote the human relationship with nature and technology.

6. Green Spaces and Children:

JR Howard Hall 114 (1.5 CEUs)

a. Parenting and the Benefits of Green Spaces for Children

Tara Herrick, M.S.

Combining the teachings of Deepak Chopra, Richard Louv, and Joanna Macy and highlighting contemporary empirical research in the field, this session presents the benefits of green spaces for children's psychospiritual development. The format is both lecture and interactive, teaching parents tools and activities they can use at home with their children.

Tara Herrick, M.S., has been involved in health psychology and alternative medicine research since 1997. Her private practice focuses on the vital relationship between children and spirit, emphasizing Ecopsychology and ecospiritualism.

b. Tending to Internal Green Spaces: Helping Boys Reclaim Trampled Aspects of the Self

Peter Mortola, Ph.D.

Cultural and biological factors influence boys to attend to and interact in particular ways with their internal and external environments. This session will explore respectful methods of working with school-age boys to help them become better caretakers of the "green spaces" within the self and in the environment around them.

Peter Mortola, Ph.D., is Associate Professor of Counseling and School Psychology at Lewis and Clark College in Portland, where he focuses on developmentally and gender appropriate approaches to counseling children. He is the author of Windowframes: Learning the Art of Gestalt Play Therapy the Oaklander Way and BAM! Boys Advocacy and Mentoring.

7. Ecological Orientation of Early Childhood Development: Inspiring Change Toward a Sustainable Future

Lee Ann Woolery, Ph.D.

JR Howard Hall 244 (1.5 CEUs)

An Ecological Orientation of Early Childhood Development (EOECD) suggests the infant is born within the context of both a natural and cultural environment. EcoArt Therapy, an experiential application of EOECD, encourages our children to learn and experience the stories of other creatures and places. Therapy can be looked at as the dynamic flow of the self in a reciprocal relationship with the sensuous body of the earth.

Lee Ann Woolery, Ph.D., received her doctorate degree in Environmental Studies from Antioch New England Graduate School and her master's degree in Art Therapy from the School of the Art Institute of Chicago. Her current interests include how human-nature relationships impact the long-term health of our natural and cultural communities and the ecological orientation of early childhood development.

8. Understanding Disconnection in Activist Communities

Karen Hixson, M.Ed., CADCI, and Jenna Goldin, B.A.

JR Howard Hall 242 (1.5 CEUs)

This session will begin with an introduction to Relational-Cultural Theory (RCT) and an explanation of its utility for activist groups, social justice movements, and grassroots initiatives. The presenters will define and discuss some examples of connection, disconnection, and reconnection within groups. The relevance of RCT in social justice work and activism will be discussed, with recommendations for healing disconnection in the activist community. Finally, they will discuss how participants might apply RCT to their current activist work.

Karen Hixson, M.Ed., CADCI, is a mental health counselor in private practice in Portland. She brings political critiques into therapy to reduce oppression and develop a non-pathological relationship with clients. Jenna Goldin is an activist and volunteer in Portland. She is seeking an MSW degree to challenge the socio-political system by applying less oppressive psychological theories to direct clinical work.

Small Group Discussions (5:00 to 5:30 pm)

Templeton Student Center, Stamm

Conference participants will engage in facilitated small group discussions to explore the key themes and insights that have emerged for each member of the group throughout the day. These discussions are designed to focus our minds for Sunday's Open Space process, through which we will create a vision for Psychology for a Sustainable Future.

Reception (5:30 to 6:45 pm)

Templeton Student Center

Keynote (7:00 to 8:30 pm)

Psychology in a New Key: Ecopsychology and Ecological Consciousness

Sarah Conn, Ph.D.

Templeton Student Center, Council Chamber (1.5 CEUs)

As psychologists in these times, we are called to expand our view, to look at both individual and ecological distress within the context of distorted relationships, not just at the intrapersonal level (within humans) or the interpersonal level (among humans), but also at the level of "interbeing" (between humans and the non-human world). The perspective of Ecopsychology offers a view of sustainable relations at all levels through the development of ecological consciousness.

Sarah Conn, Ph.D., is a clinical psychologist with a private practice in Arlington, MA, and a co-founder of the Ecopsychology Institute. For twenty years, she was a Lecturer on Psychology at the Harvard Medical School, Cambridge Hospital. Sarah Conn currently teaches "Sustainable Design as a Way of Thinking" at The Boston Architectural College. She has written "When the Earth Hurts, Who Responds?: Self, Responsibility and Psychotherapy," in Ecopsychology: Restoring the Earth, Healing the Mind; "Living in the Earth: Ecopsychology, Health and Psychotherapy;" and has co-authored "Ecopsychology and Psychotherapy Within the Larger Context."

SATURDAY:

Keynote (8:30 to 10:00 am)

The Corporatized Child

Allen Kanner, Ph.D.

Templeton Student Center, Stamm (1.5 CEUs)

Marketing to children has grown to such an extent in recent decades that it is now redefining childhood, harming children in an astounding number of ways, and subtly but effectively preparing children to be whole-hearted supporters of global capitalism. In response to these major cultural developments,

Psychology has been mostly silent, not daring to criticize America's economic system. If the silence was broken, what might psychologists find themselves saying – and doing?

Allen D. Kanner, Ph.D., is an activist, author, and child and family psychologist who has been fighting the commercialization of childhood since the early 1990s. He is co-editor of Psychology and Consumer Culture: The Struggle for a Good Life in a Materialistic World and Ecopsychology: Restoring the Earth, Healing the Mind, and is a founder of the Campaign for a Commercial-Free Childhood. In 1997, Utne Reader recognized him as one of the nations leading psychotherapist activists. He also acted as a consultant to the American Psychological Association's Task Force on Advertising and Children.

Concurrent Session D (10:15 to 11:15 am)

1. Agency and Communion in Ethical, Effective Activism for Positive Change

Laurie Hollis-Walker, M.A.

JR Howard Hall 101 (1 CEU)

Within a framework drawn from psychology, deep ecology, and Gandhian nonviolence (Satyagraha), grassroots citizen engagement is conceptualized as an individual's commitment to ethical connection with other life (communion) coupled with expression of developing wisdom through effective action in the world (agency). The didactic presentation will be followed by interactive discussion.

Laurie Hollis-Walker holds a master's degree in Clinical Psychology from York University and is currently completing her dissertation research on nonviolent activism. She teaches Ecopsychology at Brock University and is a clinical intern in private practice. Her interdisciplinary interests include deep ecology, spirituality, and the psychological study of individual lives.

2. Unearthing Ecological Wisdom: An Eco-Contemplative Approach to Sustainability

Chris Crotty, M.A.

JR Howard Hall 114 (1 CEU)

Cultural disconnect from nature leads to personal soul loss and the rise of materialism. After addressing ways this disconnect maintains itself in the human mind and psyche, the session will explore practical ways to nurture ecological wisdom, the self-awareness that can awaken us to more authentic and sustainable ways of living.

Chris Crotty, M.A., is an educator and mentor dedicated to nurturing sustainability through mindfulness and connection to nature. He has a master's degree in Ecopsychology and Sustainable Leadership from Prescott College.

3. The Ecological Self in Process

Steven Fenwick, Ph.D.

JR Howard Hall 242 (1 CEU)

The movement towards planetary sustainability involves a shift from a separate egoic identity to a larger Ecological Self. The session will review some of the psychological theories of the boundaries between self and environment and explore the implications of new models put forth by Ecopsychology and by Process-oriented psychology. It will explore practices to help deepen our sense of the Ecological Self in process.

Steven Fenwick Ph.D., LMHC, has a doctorate degree in Psychology and Environmental Philosophy from the Union Institute and has taught Ecopsychology courses at several schools. He is currently in private practice in Olympia, Washington.

4. The Case for Place in the Healing Space

Kathleen Hoyt, Ph.D. & Christopher Wolsko, Ph.D.

JR Howard Hall 123 (1 CEU)

There is a need for a coherent model of self and well-being in the fields of Ecopsychology and mental health that reflects the vital interdependence of person and environment. The presenters will summarize interviews and survey research examining conceptions of wellness among Yup'ik Eskimos in Alaska, who consistently emphasize connections between community and wilderness. Next, they will describe survey data that assesses use of the physical environment as a treatment factor in a small sample of mental health professionals. It is argued that most clinicians ignore the influence of environmental factors, ultimately reducing effectiveness.

Kathy Hoyt, Ph.D., is a Clinical Psychologist in private practice and a Psychology instructor at the University of Oregon in Bend. She studies the reciprocal relationship between nature and mental health. Chris Wolsko, Ph.D., is a Social Psychologist by training and a research associate and instructor at the University of Oregon in Bend. His research has focused on stereotyping, prejudice, and cross-cultural conceptions of well-being.

5. The Psychology of Ecology

John Scull, Ph.D.

JR Howard Hall 132 (1 CEU)

This session provides a description of follow-up research on rural land stewardship education, an overview of the principles involved, and a discussion of how the lessons learned might be applied by participants in their own work.

John Scull, Ph.D., has many years of experience as a psychologist, naturalist, and environmental educator. He lives on Vancouver Island in British Columbia. He has helped several land trusts in British Columbia implement land and water stewardship programs.

6. Human and Environmental Benefits of Integrating Natural Change into Interior Spaces

Kevin Nute, Ph.D.

JR Howard Hall 103 (1 CEU)

Attention Restoration Theory suggests that familiar natural phenomenal changes can keep the brain stimulated without being consciously distracting, thereby enabling our capacity for sustained attention to be repeatedly renewed. Practical ways of introducing such change into building interiors are examined, with a view to saving natural resources while relieving depression, boredom, and attention deficit.

Kevin Nute, Ph.D., comes from a background in architectural education and professional design practice in the United Kingdom and Japan. His research concerns the human and environmental effects of buildings.

7. Sustainability Starts with Your Self

Jennifer Hromyk, M.A.

JR Howard Hall 135 (1 CEU)

Learn yoga-based stress reduction techniques that will have both energizing and calming affects. As we face schedules, deadlines, and daily life dramas, we tend to lose touch with our natural breath and our Self. The restriction of this essential life source can appear in symptoms such as insomnia, headaches, asthma, and digestive disorders. The session will explore ergonomics, managing change, body awareness, massage, chair yoga, and breathing exercises.

Jennifer Hromyk, M.A., recently moved to Portland from Vancouver, BC, after completing her master's in Counseling Psychology at the University of British Columbia. Her thesis research revolved around wellness in corporations, which has been one of the seeds for her holistic philosophy about wellness as a necessary link and function of sustainability.

8. Another World Is Possible Here: Inhabiting All Our Relations

J. Brush and Tod Sloan, Ph.D.

JR Howard Hall 244 (1 CEU)

Real hope requires reinhabiting lifeways of ecological interdependence. The presenters will outline practical opportunities for engaging psyche-healers in core guilds supporting the effectiveness and growth of an emerging ecosystem of alternative spaces of psychosocial reproduction. Then they will brainstorm approaches for integrating specific professionals and methodologies into movements and communities.

*J. Brush is a network weaver for the Great Turning, with a decade of experience in direct action forest defense, union organizing, postpostmodern political anthropology, international grassroots movement solidarity, and global justice convergence coordination. Currently, he is the social ecology point-person for Tryon Life Community Farm in Portland, an eco-village providing a living experiment in the psychological power of establishing direct resonance between people and the earth, and the practical effectiveness of a coherent mobilization of inspiration. Tod Sloan, Ph.D., is a proponent of critical psychology and a professor of counseling psychology at Lewis and Clark College. Author of *Damaged Life: The Crisis of the Modern Psyche*, he mobilizes critical psychological theory in collaborative projects with communities and progressive social movements.*

9. Assessing Your Ecological Footprint

Jeanne Roy

JR Howard Hall 115

We can all do our part in moving toward sustainability by reducing our personal impact on the planet. This interactive workshop will explore the highest priority actions in the areas of food, transportation, household energy, consumer goods, water, and toxic chemicals.

Jeanne Roy has been an environmental educator for 35 years, is the author of the newspaper column "Reduce, Reuse, Recycle," and is the co-founder of the Center for Earth Leadership, Recycling Advocates, the Northwest Earth Institute, the Oregon Natural Step Network, the Master Recycler program, and the Home Eco-Party program.

Outdoor/Movement Activities (11:30 to 11:50 am)

1. Wild Communion Hike: Deepening Your Connection with Nature

Pam Wood

Templeton Student Center, Stamm

Do you love nature but find your schedule is too hectic to enjoy it? Take a break from indoor conference life and enjoy a contemplative hike! Learn simple, practical tips that can help your day-to-day contact with nature, no matter how short, become more satisfying and enriching. Limit: 12 hikers.

*Pam Wood has led classes for Portland Parks and Recreation, based on the book *Wild Communion: Experiencing Peace in Nature*.*

2. Hatha Yoga

Deb McNamara

Templeton Student Center, Council Chamber

Open to all levels, this class will offer participants the opportunity to explore synchronizing movement and breath, to deepen into one's awareness of connection with the Earth, and to practice living more fully in the realm of the body.

Deborah McNamara blends her awareness of Earth and body as sacred into a distinctive approach to Classical Hatha Yoga, informed by her academic background in Ecopsychology. She received her yoga teacher certification from the Shambhava School of Classical Hatha Yoga in Rollinsville, Colorado, and currently teaches at Root Whole Body Wellness Center in Portland, Oregon.

Keynote (12:00 to 1:30 p.m.)

Creative Maladjustment: Activism as a Way to Heal Self, Society, and Planet

Steve Chase, Ph.D.

Templeton Student Center, Stamm (1.5 CEUs)

What if creating an ecologically sustainable society will require the growth of social movements even more powerful than Gandhi's Independence Movement in India or the US Civil Rights Movement in the 1960's? If so, we will have to find ways to overcome the learned helplessness that afflicts large segments of the world's people. What can psychology and mental health professionals bring to this task? How can we foster creative activism that can help heal self, society, and the planet?

Steve Chase, Ph.D., is the founder and director of the Environmental Advocacy and Organizing Program at Antioch University New England. He teaches courses in environmental activism, organizing social movements and campaigns, organizational leadership, and environmental justice. Chase is the editor of Defending the Earth: A Dialogue between Murray Bookchin and Dave Foreman and has published several articles, including "Changing the Nature of Environmental Studies: Teaching Environmental Justice to 'Mainstream' Students." He also edits "The Well-Trained Activist" blog and hosts a community radio series called "Make Your Vote Count."

Concurrent Session E (1:45 to 3:45 pm)

1. Applied Ecopsychology: Connecting and Counseling with Nature

John Scull, Ph.D.

JR Howard Hall 132 (2 CEUs)

This workshop provides an introduction to the Natural Systems Thinking Process and how it can be applied in our lives and in psychotherapy. This session is half discussion and half experiential outdoor workshop, so participants should be dressed for the weather.

John Scull, Ph.D., has many years of experience as a psychologist, naturalist, and environmental educator. He lives on Vancouver Island in British Columbia. He has a certificate from Project Nature Connect and is a founding member of the International Community for Ecopsychology.

2. Sustainable Self: Addressing Environmental Concerns in Mainstream Counseling Settings

Thomas Doherty, Psy.D.

JR Howard Hall 114 (2 CEUs)

This workshop explores theoretical, diagnostic, and ethical aspects of addressing environmental issues in mental health practice. It will include a four-step model for helping people manage environmental stress and develop confidence making sustainable lifestyle choices. It will also include practice examples of office-based activities that address sense of place, increasing optimism, and avoiding burnout.

Thomas Doherty, Psy.D., is a licensed psychologist in Portland with a general practice in psychotherapy. He specializes in wilderness therapy and applying environmental and sustainability concepts to personal health.

3. Eco-Therapy: Nature-Based Systems Therapy for the 21st Century

Lesley Osman

JR Howard Hall 103 (2 CEUs)

This workshop will focus on how Systems Theory and deep ecology have given rise to a new way of working with clients in psychotherapy. Ecotherapy incorporates the belief that there is a synergistic interchange between humans and the natural world. Through visual images, interactive exercise and group process, we will look at practical ways nature can increase our healing capacity and some of the modalities and processes which incorporate this belief system.

Lesley Osman, M.A., MFT, graduated in Transpersonal Psychology from John F. Kennedy University's Graduate School of Holistic Studies, where she specialized in Ecotherapy. She is a certified Ecopsychologist and Earth-based healer. Lesley has a private practice in California and is currently working on an Ecopsychological theory for grief and loss.

4. Embracing Our Grief for the World: Healing, Empowerment, Action

Pam Wood, M.A., ATR and Lynn Fessenden, Ph.D.

JR Howard Hall 123 (2 CEUs)

This session will examine the issue of chemical body burden—one of many threatening issues we face as modern-day citizens of our planet. Using group discussion and experiential activities from Joanna Macy's *The Work That Reconnects*, it will explore our responses to this sobering information and include skills to embrace our grief, face our denial, and take action.

Pam Wood, M.A., ATR, is an art therapist with 14 years of experience working with children and adults. She also facilitates experiential workshops and retreats focused on deep ecology, creativity, and eco-spirituality. Lynne Fessenden, Ph.D., facilitates dialogue and builds bridges between scientists and communities needing to understand and incorporate environmental concepts into decision-making. They have both studied and practiced Joanna Macy's The Work That Reconnects for three years.

5. Ecodance Seattle - Ecopsychology, Movement and the Body as Nature

Leif Tellmann, M.A., ADTR, LMHC

JR Howard Hall 135 (2 CEUs)

This session outlines and shows, through presentation, experiential exercises, and discussion, the general principles and practice of Ecodance Seattle and offers a case for the necessity of bringing attention to the body into Ecopsychology. Ecodance is designed to help participants feel a deeper connection to self and nature through facilitated free-form movement and group process.

Leif Tellmann M.A., ADTR, LMHC, is a licensed counselor and dance/movement therapist in private practice in Seattle. He holds an M.A. in Dance/Movement Therapy from Columbia College Chicago, where he wrote his masters thesis on bringing Ecopsychological principles into dance/movement therapy on an urban in-patient psychiatric ward. He created Ecodance Seattle in 2005.

6. Accompanying the Deep Sustainability Movement

Tod Sloan and J. Brush, moderators

JR Howard Hall 242 (2 CEUs)

Several activist-organizers from the local Portland sustainability movement discuss successes and obstacles they encounter in the group process aspects of their work. The session will provide a space for mental health professionals to reflect and brainstorm on how their skills can be applied to augment success and remove obstacles due to interpersonal conflict and problematic group dynamics. The session will end with concrete planning for an accompaniment project to support the sustainability movement.

7. Making Your Office More Sustainable: A Logical Place to Start

Darcy Hitchcock

JR Howard Hall 115

Many people who are interested in sustainability decide first to experiment with applying it in their everyday lives at work. In this session, you'll learn a practical framework for understanding sustainability and apply it to office practices. You'll leave the session with ideas for making your own office practices more sustainable.

Darcy Hitchcock is the author of The Business Guide to Sustainability and other popular business books. She is the president of AXIS, a consulting firm that helps organizations implement sustainable business practices. She is also co-founder of the International Society of Sustainability Professionals.

Panel (4:00 to 5:00 pm)

The Psychology of Sustainable Design

Sarah Conn, Ph.D., Stuart Cowan, Ph.D., John Echlin, and Carol Mayer-Reed

Templeton Student Center, Stamm (1 CEU)

Over the past ten years, sustainable design has burgeoned within the construction industry generally. Buildings are now LEED certified, native plants have replaced exotic species, and naturescaping has transformed the cultured landscape into biotic habitat. This panel will discuss how (1) sustainable design affects psychological health and (2) what psychology has to offer sustainable design. Looking ahead, how can psychological and ecological health considerations be considered in sustainable design work?

Small Group Discussions (5:00 to 5:30 pm)

Templeton Student Center, Stamm

Conference participants will engage in facilitated small group discussions to explore the key themes and insights that have emerged for each member of the group throughout the day. These discussions are designed to focus our minds for Sunday's Open Space process, through which we will create a vision for Psychology for a Sustainable Future.

Reception (5:30 to 6:30 pm)

Templeton Student Center, Stamm

Sponsored by the Department of Counseling Psychology, Lewis & Clark College

SUNDAY:

Panel – Sustaining the Vision (9:00 to 10:00 am)

Templeton Student Center, Stamm

This panel will take threads from the conference and weave them into several concrete opportunities for continuing engagement to help clarify the vision for Psychology for a Sustainable Future as a resource for ongoing and episodic initiatives. Panelists will be drawn from conference participants and planners, based on collective insights from the Friday and Saturday sessions. Facilitated by keynoter Steve Chase, Ph.D.

Open Space Dialogue and Visioning Session (10:15 am to 12:15 pm)

Templeton Student Center, Stamm

Participants will propose themes and issues for dialogue and break up into groups to begin planning projects, processes, and activities to form the core of Psychology for a Sustainable Future. The groups will report back to the collective and invite participation from all who are interested in following up on their plans.

Closing (12:15 to 12:30 pm)

Templeton Student Center, Stamm