

Ecopsychology

The emerging field of ecopsychology is concerned with the psychospiritual side of human and ecological health, proposing that the well-being of both is inextricably linked. Ecopsychology places psychology in an ecological context and draws on psychological insights for effective and sustainable environmental action. This course introduces and examines various aspects of ecopsychological theory and practices through an integration of intellectual exploration, experiential practices, and contemplative self-reflection.

Course Number: PSYE640E

Unit: 3.0

Program: GRAD Ecopsychology