

Ecopsychological connections

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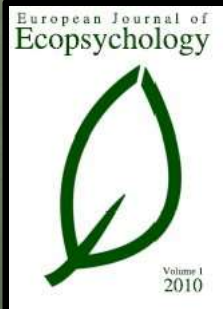
Psychology Research Group

<http://dec.bournemouth.ac.uk/research/psychology>

Editor, European Journal of Ecopsychology

<http://ecopsychology-journal.eu/>

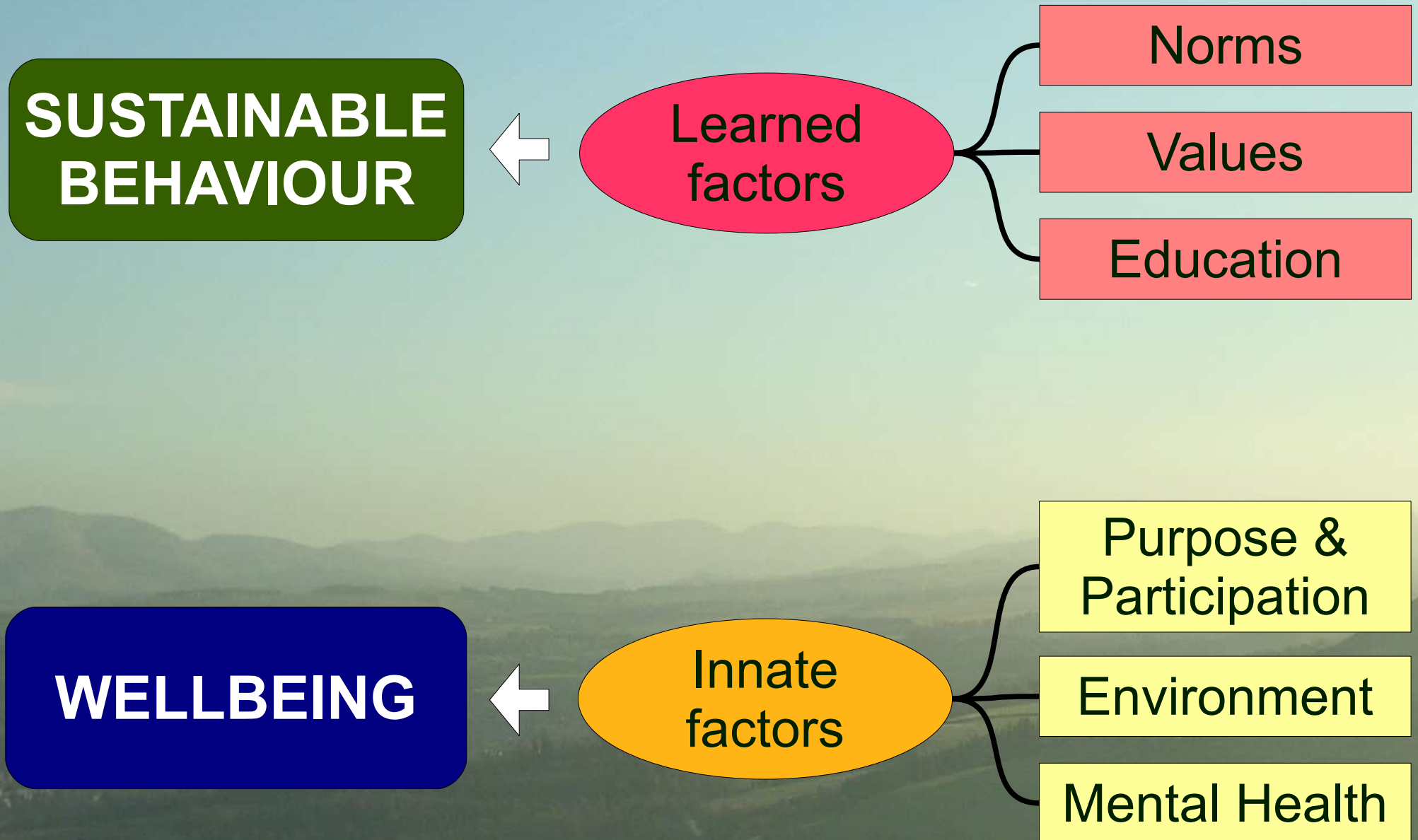
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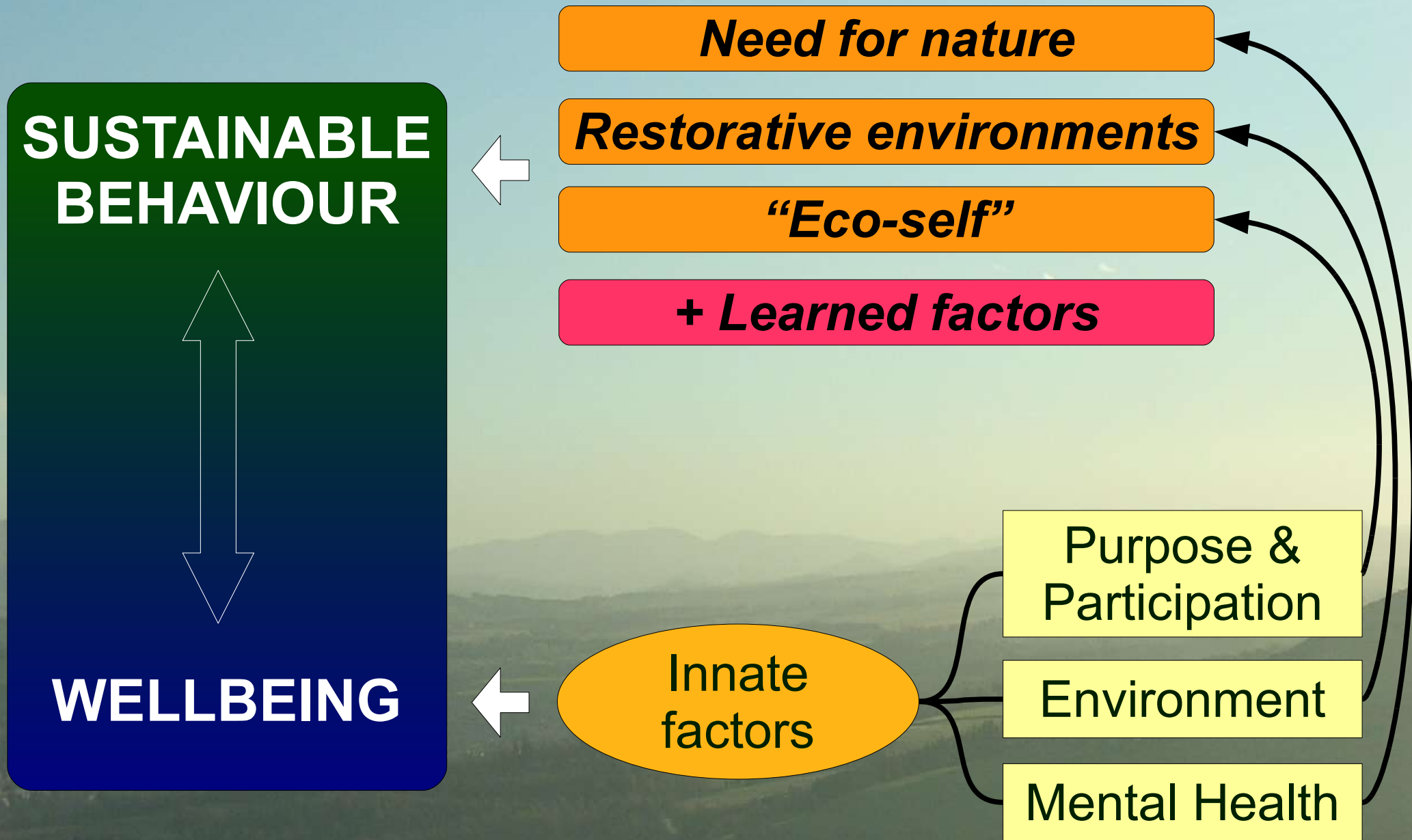
Ecopsychology

- ★ Is a synthesis of psychology & ecology
⇒ “the study of the inter-relationships between human mental processes/behaviours and the environment”
- ★ Looks at our emotional bond with other animals, plants & the planet
- ★ Emphasises that “humans are nature too”
- ★ Provides a language that talks about the human-nature interrelationship so we can understand why we are destroying our habitat

Traditional model



Ecopsychology model



Ecological self

- ★ Blurring of human-environment “boundaries”
- ★ Feeling part of something larger
(inc. community, pro-environmental efforts)
- ★ Social (emotional) relationships with non-human beings & places
- ★ Symbolism: “natural” closer than “urban” & more preferred/beautiful





Restorative environments

Psychological, physiological & health-related benefits
Tend to be preferred / favourite places



Decreased: Stress, Crime, Vandalism
Noise levels, Flooding

Increased: Immune function, Mental Health
Air quality, Wildlife, Biodiversity
Satisfaction, Happiness, Attractiveness

Need for nature

★ As need-fulfilment

(ADHD/depression, “ineffable”)

★ As a relationship

(personal ↔ planetary needs)

★ As therapeutic environment

(helps healing / restores to baseline)

⇒ Environment plays a role in **any** issue
& sustainability directly linked to wellbeing