

Ambra Burls. (2007). People and green spaces: promoting public health and mental well-being through ecotherapy. Journal of Public Mental Health. Available at: [People and green spaces: promoting public health and mental well-being through ecotherapy | Emerald Insight](#)

This reference discusses the link between public health and mental well-being through ecotherapy. It likely explores the benefits of green spaces and nature in promoting mental health and overall well-being.

American Horticultural Therapy Association. (n.d.). Retrieved from <https://ahta.org/>

AHTA offers information and resources on horticultural therapy, a form of ecotherapy that uses plants and gardening to promote healing and well-being.

Association of Nature & Forest Therapy: Guides and Programs. Available at: <https://www.natureandforesttherapy.earth/>

This organization likely offers information on certified forest therapy guides and programs related to nature and forest therapy.

Berman, M.G., Jonides, J., Kapla, S (2008): "The Cognitive Benefits of Interacting With Nature." Association for Psychological Science, 2008, Vol. 19, no. 12, SAGE publications

This research paper discusses the cognitive benefits of interacting with nature, highlighting how nature can positively impact cognition.

Bielinis, E., Jaroszevska, A., Lukowski, A., et al. (2020). The Effects of a Forest Therapy Programme on Mental Hospital Patients with Affective and Psychotic Disorders. International Journal of Environmental Research and Public Health, 17(1).

This study investigates the impact of a forest therapy program on mental hospital patients with affective and psychotic disorders. It explores the potential benefits of forest therapy in improving the mental well-being of these patients.

Breathe Portugal [Consulted 02/08/2022]. Available at: <https://www.breatheportugal.com/>

Breathe Portugal appears to be an organization or initiative related to nature and well-being. The provided link may offer more details.

Bosence's EcoTherapy & Horticulture Project. [Consulted 03/08/2022]. Available at: <https://bosencefarm.co.uk/treatment-for-drug-alcohol-addiction/eco-therapy-horticulture-project/>

This resource may provide information about a specific ecotherapy and horticulture project related to addiction treatment.

Breathe Portugal. (Year). Title of the Website. Retrieved from [URL]

Chaudhury P, Banerjee D. "Recovering With Nature: A Review of Ecotherapy and Implications for the COVID-19 Pandemic." Front Public Health. 2020 Dec 10;8:604440. DOI: 10.3389/fpubh.2020.604440. Retraction in: Front Public Health. 2023 Jan 04;10:1124835. PMID: 33363096; PMCID: PMC7758313.

This reference is a review article that discusses ecotherapy and its potential implications for coping with the COVID-19 pandemic. It may explore how nature-based therapies can be beneficial during times of crisis.

Clinebell, H. (2014). Ecotherapy in Practice: A Buddhist Model. Fortress Press.

Building on his previous work, Howard Clinebell explores ecotherapy through the lens of Buddhist principles and practices, offering a unique perspective on healing with nature.

Cohen, M. J. (2017). Reconnecting with Nature: Finding Wellness through Restoring your Bond with the Earth. Ecopress.

Michael J. Cohen's book offers insights into how nature reconnection can improve mental health and provides practical activities to strengthen the bond with the natural world.

Clinebell, H. (1996). Ecotherapy: Healing with Nature in Mind. Baylor University Press.

This classic book provides an in-depth exploration of ecotherapy and how it can be used to promote mental and emotional well-being.

Corazon, S.S., Stigsdotter, U.K., Jensen, A.G., & Nilsson, K. (2010): "Development of the Nature-based therapy Concept for Patients with Stress-Related Illness at the Danish Healing Forest Garden Nacadia." Journal of Therapeutic Horticulture.

This article from the Journal of Therapeutic Horticulture discusses the development of the nature-based therapy concept within the context of the Danish Healing Forest Garden Nacadia. The authors explore how natural environments can be used as therapeutic spaces for patients dealing with stress-related illnesses. This concept is likely to include practices such as forest bathing, gardening, and outdoor activities as part of the therapeutic process.

Ecological Psychology. (n.d.). Taylor & Francis.

This journal focuses on the relationship between individuals and their natural and built environments, exploring topics related to ecological psychology, environmental perception, and human-nature interactions.

Ecopsychology: Interdisciplinary Journal of the Society for Ecopsychology. (n.d.). Mary Ann Liebert, Inc.

This peer-reviewed journal explores the relationships between human psychology and the natural world, making it a valuable resource for ecotherapy practitioners and researchers.

European Forest Therapy Institute. Available at:
<https://www.europeanforesttherapyinstitute.com/beautiful-and-simple/>

This resource may offer insights into the European Forest Therapy Institute and its activities related to forest therapy.

Forest Therapy HUB. "Why train with the Forest Therapy Hub?" Available at:
<https://foresttherapyhub.com/>

This resource is about the benefits of training with the Forest Therapy Hub.

Frumkin, H., Hartig, T., & Kahn Jr., P. H. (2019). The Handbook of Nature Therapy. University of California Press.

"The Handbook of Nature Therapy" is a comprehensive resource that explores the science and practice of various nature therapy approaches, including ecotherapy and wilderness therapy.

Gomes, M., & Kanner, A. D. (1995). Ecotherapy: Healing the Earth, Healing Ourselves. Sierra Club Books.

This book examines the interconnection between personal and planetary health and presents a holistic view of ecotherapy as a means of healing both.

Instituto de Banhos da Floresta. [Consulted 02/08/2022]. Available at:
<https://www.institutodebanhosdefloresta.pt/>

This may be an organization or institute focusing on forest bathing and ecotherapy. The link provides more information.

International Nature and Forest Therapy Alliance. (n.d.). Retrieved from
<https://www.infta.org/>

INFTA provides information on the practice of forest therapy, a form of ecotherapy, and offers resources, training, and a directory of certified forest therapy guides.

Jordan, H., & Hinds, M. (Eds.). (2016). Ecotherapy: Theory, Research, and Practice. Sierra Club Books.

This edited volume brings together a range of perspectives on ecotherapy, including theoretical foundations, research findings, and practical applications.

Jordan, Martin. (2015). Nature and Therapy. Understanding counseling and psychotherapy in outdoor spaces. Routledge, Taylor & Francis Group.

Martin Jordan's book, "Nature and Therapy," delves into the understanding and application of counseling and psychotherapy in outdoor settings. It discusses the therapeutic benefits of nature and conducting therapy in natural environments.

La Razón. (Consulted on 25 August 2022). "Madrid aprovechará los parques junto a hospitales para organizar circuitos terapéuticos y zonas saludables." Available at: <https://www.larazon.es/madrid/20220607/ksgyd5hjfvrdd7esnfkolfb5q.html>

This news article (in Spanish) discusses how Madrid is utilizing parks near hospitals to create therapeutic circuits and healthy areas.

Lencastre, M. P. A., Farinha-Marques, P. - "Da Biofilia à Ecoterapia: A Importância dos Parques Urbanos para a Saúde Mental." Trabalhos de Antropologia e Etnologia 61, 2021, pp. 131-155.

This article discusses the importance of urban parks for mental health, with a focus on the transition from biophilia to ecotherapy.

Louv, R. (2012). The Nature Principle: Human Restoration and the End of Nature-Deficit Disorder. Algonquin Books.

Richard Louv's book, "The Nature Principle," emphasizes the importance of reconnecting with nature for human health and well-being. It offers practical ways for individuals to incorporate nature into their lives.

Madselfexperience. "Psychotherapy & Ecotherapy in Majorca." Available at: <https://www.madselfexperience.com/>

This reference pertains to the website "Madselfexperience," which appears to offer a unique blend of psychotherapy and ecotherapy experiences in Majorca.

Maller, C et.al. "Healthy nature healthy people: 'contact with nature' as an upstream, health promotion intervention for populations." Health Promotion International, Vol. 21, No. 1, 2005

This article in Health Promotion International discusses the concept of "contact with nature" as an upstream health promotion intervention for populations. It may highlight how interacting with natural environments can have positive effects on public health and well-being. The authors likely discuss the potential of nature-based interventions to prevent health issues and promote a healthier population.

Mitchell, E. (2019). The Wild Remedy: How Nature Mends Us - A Diary. Michael O'Mara.

A beautifully illustrated and personal account of how the author, Emma Mitchell, used nature to cope with depression and anxiety, highlighting the healing power of the natural world.

Plevin, J. (2019). The Healing Magic of Forest Bathing: Finding Calm, Creativity, and Connection in the Natural World. Ten Speed Press.

This book explores the Japanese practice of shinrin-yoku (forest bathing) and how it can be a powerful tool for enhancing mental well-being through immersion in nature.

Professional Development Programme, Forest Therapy Hub. [Consulted 02/08/2022]. Available at: <https://foresttherapyhub.com/professional-development-training/>

This is likely information about a professional development program for forest therapy guides offered by the Forest Therapy Hub.

Renature. Available at: <https://www.renature.pt/>

Renature is an organization that provides programs related to ecotherapy.

Sabini, M. (Ed.). (2008). The Earth Has a Soul: C.G. Jung on Nature, Technology & Modern Life. North Atlantic Books.

This book compiles the writings of C.G. Jung on the relationship between the human psyche and the natural world, shedding light on the psychological aspects of ecotherapy.

Selhub, E.M., & Logan, A.C. (2012). Your Brain on Nature. The Science of Nature's Influence on Your Health, Happiness, and Vitality. John Wiley & Sons Canada, Ltd.

"Your Brain on Nature" is a book that explores the scientific evidence of how nature impacts human health, happiness, and vitality. It provides insights into the restorative and therapeutic benefits of nature.

**Universidad Internacional Menéndez Pelayo (UIMP). (Consulted on 29 August 2022).
"Conciencia ecológica y experiencia de la naturaleza en la infancia." Available at:
http://www.uimp.es/agenda-link.html?id_actividad=64TI&anyaca=2020-21**

Discusses ecological awareness and the childhood experience of nature.

Wild Deer Portugal. Available at: <https://wilddeerportugal.com/>

This is an organization that focuses on ecotherapy and experiences in nature in Portugal.