



# ECO-THERAPY

Ecotherapy for people with substance abuse disorders



Substance abuse is one of the biggest challenges EU societies are facing. According to WHO, per capita alcohol consumption in the European Union is the highest in the world. Eco-Therapy is a two-year project that aims to improve the skills of professionals to better support people with addiction problems by introducing an innovative approach of ecotherapy in vocational training institutions and treatment centres. Its benefits can have a tremendous impact on the rehabilitation process of people suffering from substance abuse disorders. .

## Overview of project achievements and results

As our Eco-Therapy Project draws to a close, we are pleased to provide you with a comprehensive overview of our achievements and outcomes. Over the course of our efforts, we have made significant steps in advancing the integration of ecotherapy into the field of substance abuse treatment and vocational training institutions.

### Here is a summary of our key achievements:

**Ecotherapy Guide:** Our project has produced a robust resource in the form of the Ecotherapy Guide, which provides detailed insights into the benefits and opportunities of ecotherapy for substance misuse disorders. Based on extensive desk and field research in Germany, Spain, Denmark, Greece and Portugal, the guide provides a wealth of theoretical and practical knowledge, including exemplary practices from partner countries. Tailored for therapy centres and vocational training institutions, the guide fills a critical gap by providing resources not typically found in vocational training curricula.



**Ecotherapy Curriculum and Open Educational Resources:** In line with our commitment to disseminating knowledge, we have developed an Ecotherapy Curriculum and Open Educational Resources (OERs) tailored for drug and alcohol abuse counsellors. These resources empower counsellors to implement ecotherapy sessions in their daily practice, thereby widening the range of therapeutic interventions available to people struggling with substance misuse disorders.

**Ecotherapy digital toolkit for vocational trainers:** Our project has developed a digital ecotherapy toolkit specifically for vocational education and training (VET) trainers. This comprehensive toolkit includes exercises, tools and training materials to facilitate the seamless implementation of ecotherapy courses in VET settings.

**Massive Open Online Course (MOOC):** This MOOC provides a flexible and accessible platform for individuals wishing to deepen their understanding of ecotherapy principles and practice. Available in multiple languages, this course allows participants to engage with ecotherapy training at their own pace, fostering a community of learning and collaboration.

**Dissemination of good practice:** Through our collaborative efforts, we have successfully disseminated ecotherapy best practices in partner countries. By sharing insights from our research and experience, we have fostered a culture of knowledge sharing and collaboration, enriching ecotherapy practice at local, national and EU levels.

**Empowerment through training initiatives:** Our training initiatives have equipped professionals and practitioners with the necessary skills and knowledge to effectively integrate ecotherapy into their practices. From immersive workshops to in-depth training sessions, we have equipped participants with the tools to harness nature's therapeutic potential in supporting people with substance misuse disorders.

**Thorough evaluation and testing:** All project deliverables have been rigorously evaluated and tested by professionals in the field to ensure their quality and effectiveness.

## Looking ahead

As we celebrate our achievements, we remain committed to advancing the field of ecotherapy and promoting its widespread adoption within substance use disorder treatment and vocational training. Each milestone brings us closer to realising our vision of a world where people are empowered to thrive through their connection with nature.

As we reflect on the journey so far, we would like to thank all our partners, stakeholders and supporters who have contributed to the success of the Eco-Therapy Project. Together, we have paved the way for a more holistic and inclusive approach to substance misuse, based on the healing power of nature.

## More information

Eco-Therapy is a European Erasmus+ project co-funded by the European Union. It involves five partners from Germany, Spain, Denmark, Greece and Portugal with long experience in innovative educational projects in different thematic areas.

**Project website:** <https://ecotherapy.bupnet.eu/>



## Partners

Coordinator  
BUPNET GmbH (Germany)  
<https://www.bupnet.eu>

Ovar Forma (Portugal)  
<https://centroqualificaovarforma.com>

KMOP Education Hub (Greece)  
<https://education-hub.kmop.org/>

SOSU Østjylland (Denmark)  
<https://www.sosuoj.dk>

DEFOIN (Spain)  
<https://defoin.es>

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