

GEORGE W. BURNS

Nature-Guided Therapy



*Brief Integrative Strategies
for
Health and Well-being*

Nature Guided Therapy Brief Integrative Strategies For Health And Wellbeing

George W. Burns



Nature Guided Therapy Brief Integrative Strategies For Health And Wellbeing:

Nature Guided Therapy George Burns, 2018-10-24 Beginning with an evolutionary history of the relationship between man and his environment Nature Guided Therapy takes us on a cross cultural journey into traditional healing disciplines such as ethno medicine sociobiology and anthropology By examining clinical data empirical scientific investigations and anecdotal accounts Dr George Burns helps point the way to healing benefits of a balanced relationship with the environment Case histories and step by step procedures for utilizing nature guided strategies are also presented Designed as an immensely practical guide for clinicians this volume contains over 80 therapeutic exercises and a variety of nature based strategies to help augment clinical skills regardless of one's theoretical orientation Also included is the author's Sensual Awareness Inventory to help access the client's experiences that may facilitate relaxation happiness and wellness This book provides a fascinating read that can expand our views challenge our therapeutic paradigms broaden our clinical practice and provide simple yet pragmatic treatment interventions

Happiness, Healing, Enhancement George W. Burns, 2009-12-15 Praise for Happiness Healing Enhancement Filled with good strategies based in research compelling case material and most importantly practical advice this book belongs in the library of everyone interested in what it means to live well It provides not only ample food for thought but for action Christopher Peterson Professor of Psychology University of Michigan If you are a therapist a coach or if you want to help yourself and others flourish then this book is a must read It is an important theoretical and practical contribution to the field of positive psychology and in fact to the field of psychology as a whole Tal Ben Shahar author of *Happier* and *The Pursuit of Perfect* A practical guide to applying the principles of positive psychology in your mental health practice Edited by internationally recognized psychologist author and therapist trainer George Burns Happiness Healing Enhancement Your Casebook Collection for Applying Positive Psychology in Therapy provides thought provoking yet realistic and practical contributions from practitioners of positive psychology from around the world who share how they have translated solid positive psychology research into sound clinical practice Organized to make searching for a particular diagnostic category or therapeutic outcome fast and easy this guide features Contributions from some of the world's foremost positive psychology clinicians researchers and teachers including P Alex Linley Betty Alice Erickson Robert Weis Antonella Delle Fave Richard G Tedeschi Robert Biswas Diener Michael D Yapko and Bill O Hanlon Examples and strategies including a Putting It into Practice feature that illustrates how readers can immediately apply the therapeutic applications covered in each chapter Building on the proven benefits of the positive psychology movement Happiness Healing Enhancement will teach you new skills that will strengthen your practice of therapy and equip your clients with the pathways to overcome challenging problems and live a full satisfying life

Wellbeing and Self-Transformation in Natural Landscapes Rebecca Crowther, 2018-09-20 This book explores how natural landscapes are linked to positive mental wellbeing While natural landscapes have long been represented and portrayed as transformative the link to mental wellbeing is an area that

researchers are still aiming to comprehend Accompanying five groups of people to rural Scotland the author considers individual external and group motivations for journeying from urban environments examining in what ways these excursions are personally and socially transformative Far more than traversing mere physical boundaries this book illustrates the new challenges experiences territories and cultures provided by these excursions firmly anchored in the Scottish countryside In doing so the author questions the extent to which people s own narratives link to the perception that the outdoors are positively transformative and what indeed does have the power to influence transformation Grounded in extensive qualitative research this contemplative and ethnographic book will be of interest and value to students and scholars of the outdoors and its connection to wellbeing *With Nature in Mind* Andy McGeeney,2016-04-21 Connecting with nature is proven to promote healing growth and positive mental health benefits Ecotherapy harnesses these benefits and this book explains what it is why it works and how to introduce it into clinical practice Be inspired by 100 nature based activities and guidelines for facilitating outdoor sessions **Nature-guided Therapy** George William Burns,1998 **101 Stories for Enhancing Happiness and Well-Being** George W. Burns,2017-02-10 Research shows us clearly what works in counseling and psychotherapy Often by the time clients enter a therapist s office they have been told what to do often soundly and sensibly by well meaning family friends and health professionals The challenge for the effective therapist is how to communicate these same sound messages in ways that the client is more likely to take on board act on and benefit from 101 Stories for Enhancing Happiness and Well Being harnesses the power of stories to translate the research from positive psychology into effective and practical therapeutic interventions It communicates the core processes for enhancing happiness and well being in ways that are easy to understand and incorporate into one s therapeutic practice and clients lives **Healing with Stories** George W. Burns,2007-08-27 An invitation to observe and learn the therapeutic art of storytelling Healing with Stories brings together a stellar collection of some of the world s most prominent practitioners taking you inside their thinking and processes for working with metaphors They represent the panorama of metaphor practice in psychotherapy today with considered humorous and compassionate case examples that step you through the intricacies for replicating their work in your own This is a book for family therapists who work with children adults and families as well as for hypnotherapists cognitive behavioral therapists narrative therapists dynamic therapists solution focused therapists and child therapists In fact all therapists who wish to communicate their therapeutic messages with the greatest effectiveness will find this book to be an essential and useful clinical tool Contributors include Richard Kopp Julie H Linden Mikaela J Hildebrandt Lindsay B Fletcher Steven C Hayes Michael D Yapko Valerie E Lewis Gregory Smit Joy Nel Christine Perry Joyce C Mills Rubin Battino Carol A Hicks Lankton Wendel A Ray Jana P Sutton Robert McNeilly Roxanna Erickson Klein Angela Ebert Hasham Al Musawi Teresa Garcia Sanchez George W Burns Praise for Healing with Stories George Burns has done an expert job of compiling a definitive work that demystifies the ever versatile metaphor Whether you are a novice or an expert

clinician you will find a treasury of story interventions along with the inside scoop on how each was created and applied to bring success in nineteen unforgettable case chapters Better yet you ll be able to create your own healing metaphors thanks to the expert guidance of a wide range of talented storytellers Don t miss out on this one Maggie Phillips PhD author of Finding the Energy to Heal and coauthor of Healing the Divided Self If you want to be inspired entertained and enlightened Healing with Stories is the book to read George Burns a master storyteller has assembled a creative diverse group of clinicians to share their ideas about how metaphor can be used with a variety of problems and clients The result is a fascinating array of insights into metaphor s role in the healing process Richard G Whiteside MSW author of Becoming Dragon

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug,2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree

Natural Approaches to Optimal Wellness Ryan F. Reese,2025-06-30 Natural Approaches to Optimal Wellness Integrating EcoWellness into Counseling offers a groundbreaking perspective on holistic human wellness by introducing the EcoWellness framework to counselors and psychotherapists The book integrates discussion of nature s therapeutic benefits with an understanding of clients broader ecological and sociocultural contexts It addresses foundational professional issues such as the clinician s scope of practice ethics and nature worldview and explores the empirical and conceptual bases of the EcoWellness model through a comprehensive review of the multidisciplinary literature and supporting theories Interspersed with the author s own clinical experience the book offers practical examples for applying the EcoWellness perspective in counseling and

psychotherapy With a roadmap for ethical EcoWellness counseling practice including assessment treatment planning specialized strategies and advocacy this book equips professionals with tools to enhance client wellness advocate for environmental and climate justice and foster a deep respectful connection to the more than human world This essential guide equips counselors and psychotherapists with innovative inclusive and effective practices to enhance client wellness and foster restorative connections with the natural world **Outdoor Therapies** Nevin J. Harper, Will W. Dobud, 2020-10-05 Drawing on the leading voices of international researchers and practitioners Outdoor Therapies provides readers with an overview of practices for the helping professions Sharing outdoor approaches ranging from garden therapy to wilderness therapy and from equine assisted therapy to surf therapy Harper and Dobud have drawn common threads from therapeutic practices that integrate connection with nature and experiential activity to redefine the person in environment approach to human health and well being Readers will learn about the benefits and advantages of helping clients get the treatment service and care they need outside of conventional office based therapies Providing readers with a range of approaches that can be utilized across a variety of practice settings and populations this book is essential reading for students practitioners theorists and researchers in counseling social work youth work occupational therapy and psychology

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