

Harnessing Nature's Power: Ecotherapy for Mental Wellness and Healing



At a glance...

In this interactive workshop, you will delve into the heart of ecotherapy and discover the profound role that nature plays in mental well-being and holistic healing. You will have the unique opportunity to explore the therapeutic benefits that green spaces and natural environments provide, fostering an understanding of the intrinsic connection between mental wellness and the natural world around us.

Objectives

- 1) Understand the principles and practices of ecotherapy and learn why green spaces are vital catalysts for mental well-being.
- 2) Acquire hands-on skills to incorporate ecotherapy into your routine as a unique form of self-care to combat stress, anxiety, and maintain overall mental balance.
- 3) Learn how to effectively introduce and implement ecotherapy practices with your clients.

Speaker

As the owner and lead practitioner of Vida Acupuncture & Wellness, Rebeca integrates two distinct disciplines, Psychotherapy and Acupuncture, within her sessions to address mental health issues. Her unique treatment model is the only one of its kind in the State of Michigan. Combining talk therapy with body-centered therapies such as full-body acupuncture, acupressure, along with guided meditations has shown significant results in mental wellness. The body keeps memories of past traumas even if the mind blocks them. Thus, an integrated approach heals the mind, body, and spirit to address the root cause of an ailment so that persons can live their fullest Vida. **Rebeca Davila** is a Licensed Clinical Social Worker (LCSW) in Michigan and Illinois, and a Licensed Acupuncturist (L.Ac) in Michigan where she currently resides. She enjoys urban farming with her husband and son and believes in the importance of having a personal connection to food as part of a healthy lifestyle. She also loves to travel nationally and internationally and has visited over a dozen different countries.



Friday, October 13, 2023
10:00am - 12:00pm

Cost
\$49



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Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.



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