

«Περιβαλλοντική Επικοινωνία και Προαγωγή Υγείας »



Οικοθεραπεία

Καθηγήτρια Κωνσταντίνα Σκαναβή

Διδάσκων:

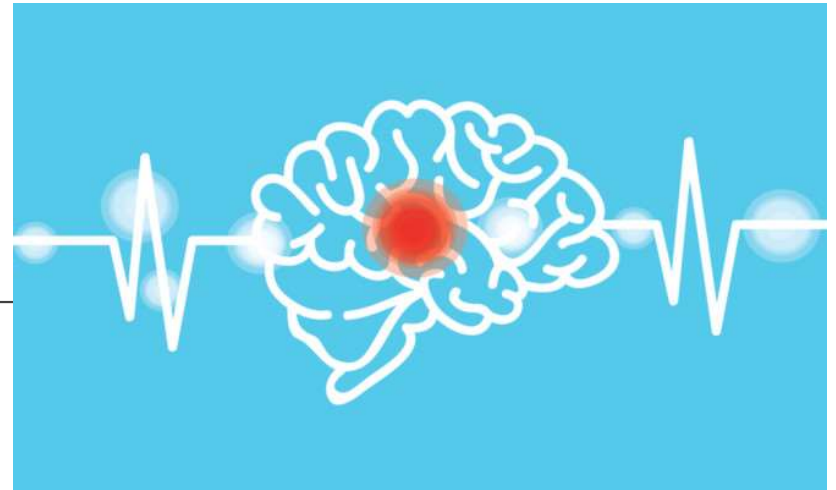
Ιωάννης Σκιαδάς, MD, PhD

Θεματική ενότητα:

Επίπεδα οικοθεραπείας. Πολλαπλοί πληθυσμοί , πολλαπλές θεραπείες, πολλαπλοί μέθοδοι σύνδεσης και επικοινωνίας με την φύση (περιβάλλον). Καρδιαγγειακά νοσήματα, ψυχική διάθεση και περιβαλλοντικά προβλήματα: τα συχνότερα και ουσιαστικότερα προς αντιμετώπιση θέματα.



Πανεπιστήμιο Δυτικής Αττικής
ΠΜΣ Περιβαλλοντική
Επικοινωνία και Προαγωγή
Υγείας



Τα ύψη η κατανάλωση αντικαταθλιπτικών

Ραγδαία αύξηση παρουσιάζει τα τελευταία χρόνια η κατανάλωση αντικαταθλιπτικών φαρμάκων στη χώρα μας

ΚΑΤΑΝΑΛΩΣΗ ΑΝΤΙΚΑΤΑΘΛΙΠΤΙΚΩΝ ΧΑΠΙΩΝ



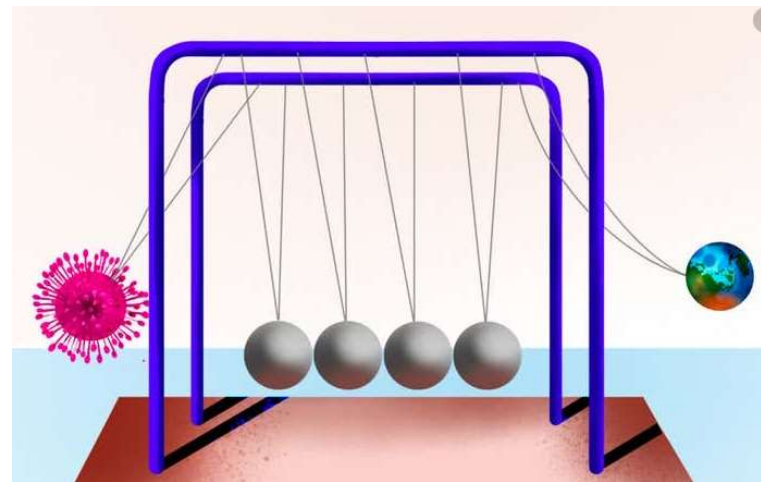
ΣΥΧΝΟΤΗΤΑ ΚΑΤΑΘΛΙΨΗΣ

Παιδιά	2%-4%
Έφηβοι	5%-10%
25 - 50 ετών	10%-15%
Άνω των 65 ετών	άνω του 15%

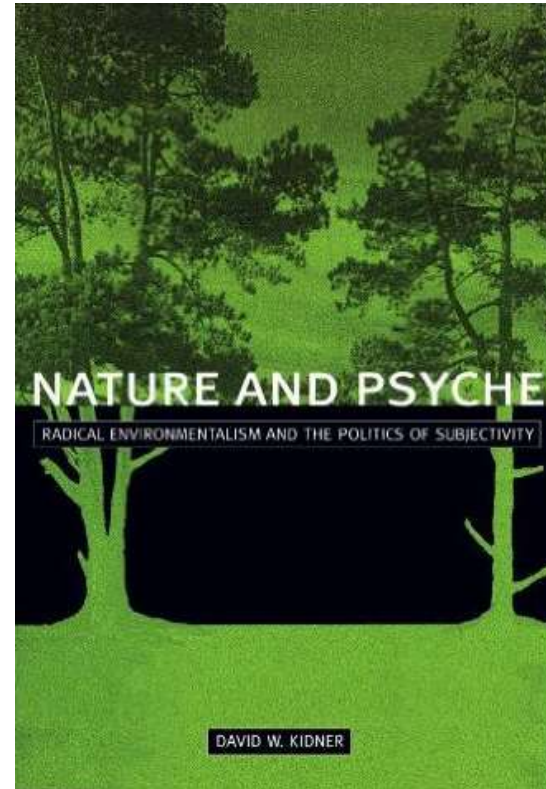
Μέσος όρος 8%

ΣΥΜΠΤΩΜΑΤΑ ΣΟΒΑΡΗΣ ΚΑΤΑΘΛΙΨΗΣ

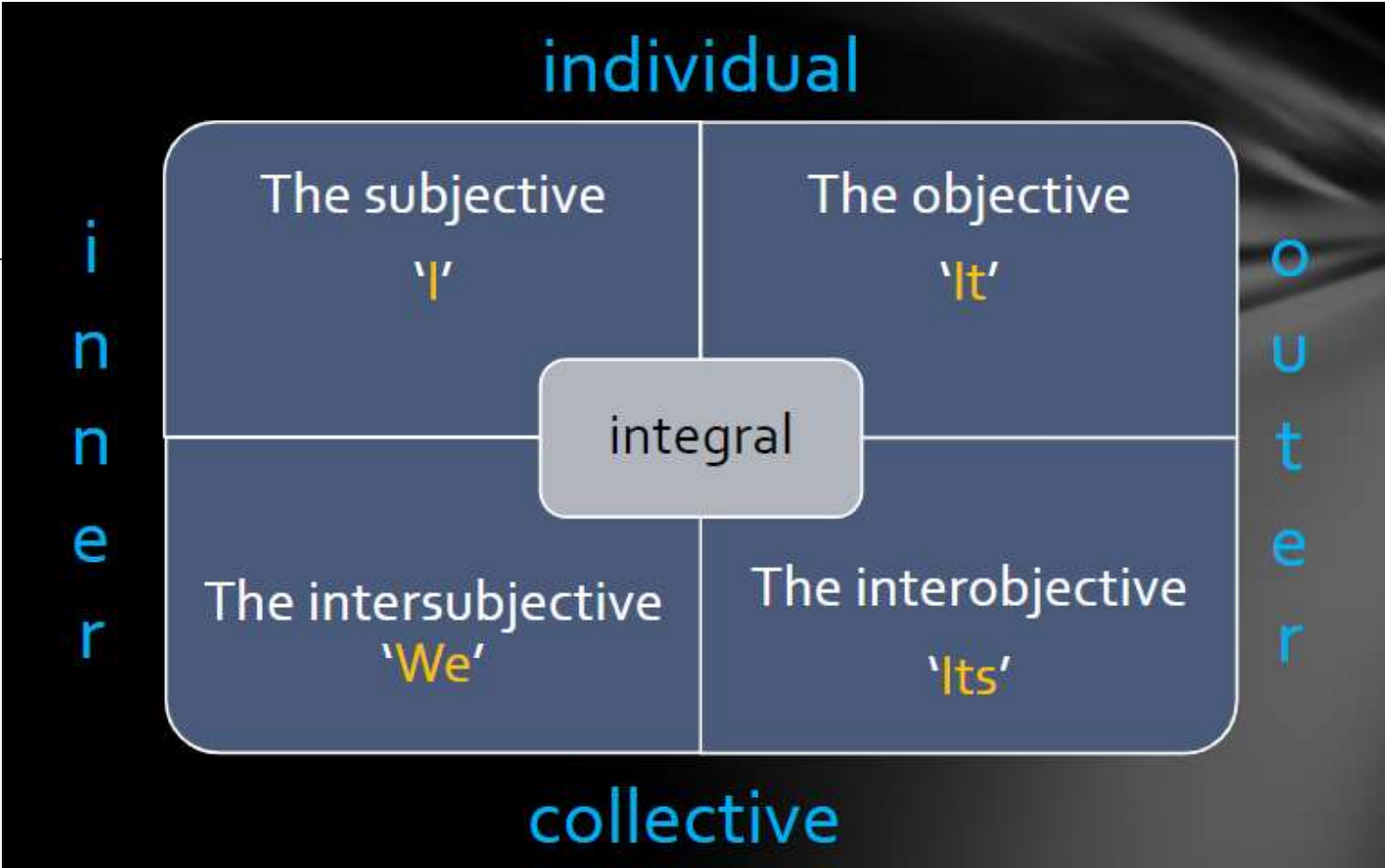
- Παρατεταμένη και έντονη θλίψη
- Ανορεξία και μεγάλη απώλεια βάρους (σπανιότερα αύξημένη όρεξη και μεγάλη αύξηση του βάρους)
- Διαταραχές ύπνου
- Έντονο άγχος και ανησυχία
- Αίσθημα έντονης κόπωσης
- Αισθήματα ενοχής για πράγματα μη ρεαλιστικά
- Μειωμένη αυτοεκτίμηση
- Απαισιόδοξες ιδέες
- Αίσθημα αναξιοπτίας
- Μειωμένη ικανότητα συγκέντρωσης
- Αυτοκατατροφικές σκέψεις



*...δεν μπορεί να υπάρχει
πραγματική
ανθρώπινη υγεία
σε έναν άρρωστο πλανήτη...*



Ντέιβιντ Κίντνερ Φύση και Ψυχή: Ριζοσπαστικός
Περιβαλλοντισμός και η Πολιτική της Υποκειμενικότητας
(Kidner, 2001)





Sarah A. Conn

αμοιβαιότητα

‘When the Earth Hurts, Who Responds?’
(Conn, 1995)

‘Opening to the Other’

Individual health ... is connected to the health of other beings and to the health of the Earth as a whole ... Ecological health is the larger context of human health; they go together as outside-inside. Healthy human functioning in an ecopsychological context includes sustainable and mutually-enhancing relations not just at the intrapersonal level (within humans) or the interpersonal level (among humans) but also at the level of ‘interbeing’ (between humans and the non-human world).

(Conn and Conn, [2009](#), p. 112)



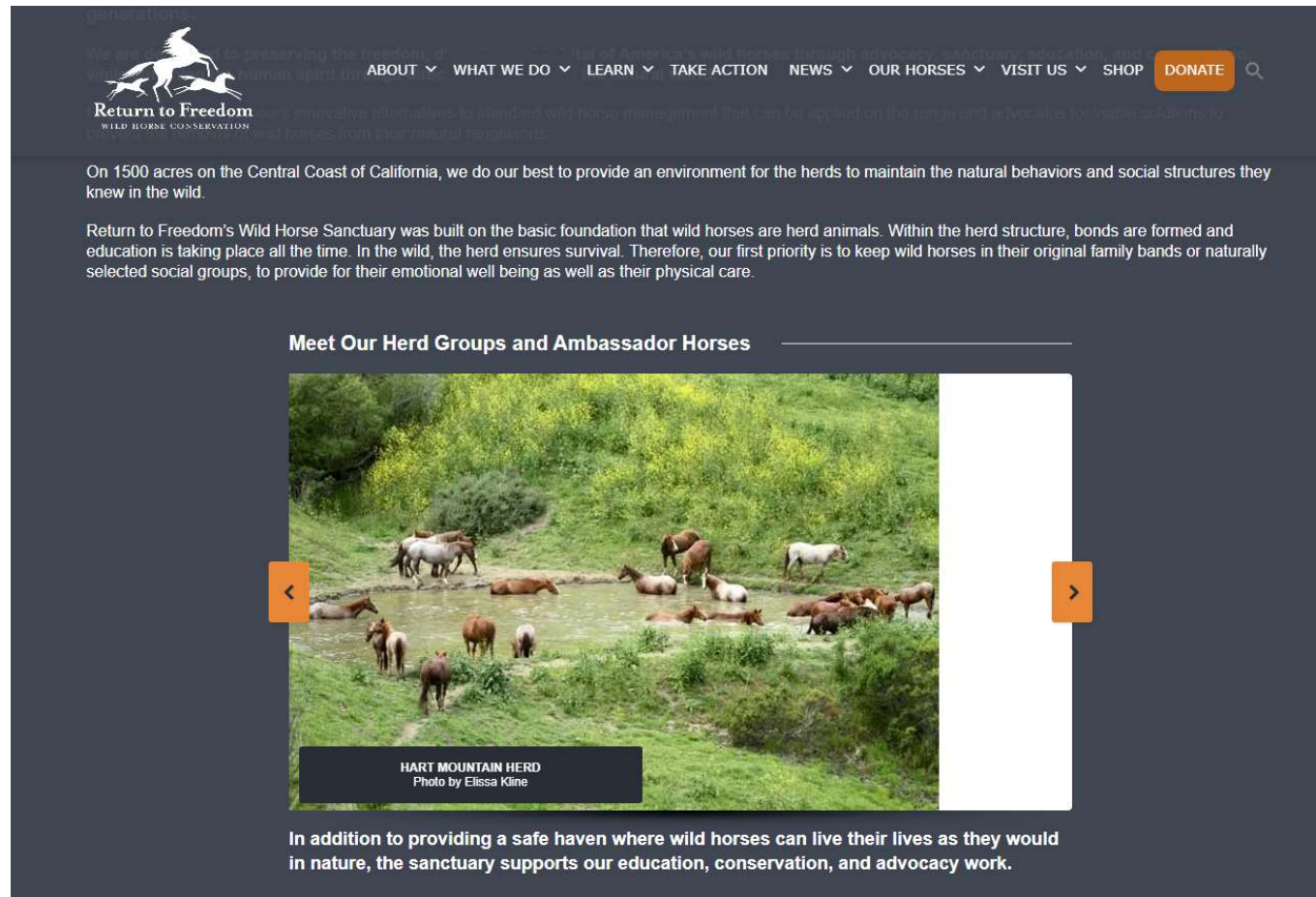
Contact may be divided into three types:

reality contact is awareness of people, places, things and events;

affective contact is awareness of distinct moods, feelings and emotions;

and communicative contact is the symbolization of reality contact and affective contact to others

(Dekeyser et al., 2008; Solomon, 2010).




Return to Freedom Wild Horse Conservation

On 1500 acres on the Central Coast of California, we do our best to provide an environment for the herds to maintain the natural behaviors and social structures they knew in the wild.

Return to Freedom's Wild Horse Sanctuary was built on the basic foundation that wild horses are herd animals. Within the herd structure, bonds are formed and education is taking place all the time. In the wild, the herd ensures survival. Therefore, our first priority is to keep wild horses in their original family bands or naturally selected social groups, to provide for their emotional well being as well as their physical care.

Meet Our Herd Groups and Ambassador Horses



HART MOUNTAIN HERD
Photo by Elissa Kline

In addition to providing a safe haven where wild horses can live their lives as they would in nature, the sanctuary supports our education, conservation, and advocacy work.

Σύνδεση

Ξεχάσατε το λογαριασμό σας;



School of Lost Borders

@lostborders

Αρχική σελίδα

Πληροφορίες

Εκδηλώσεις

Φωτογραφίες

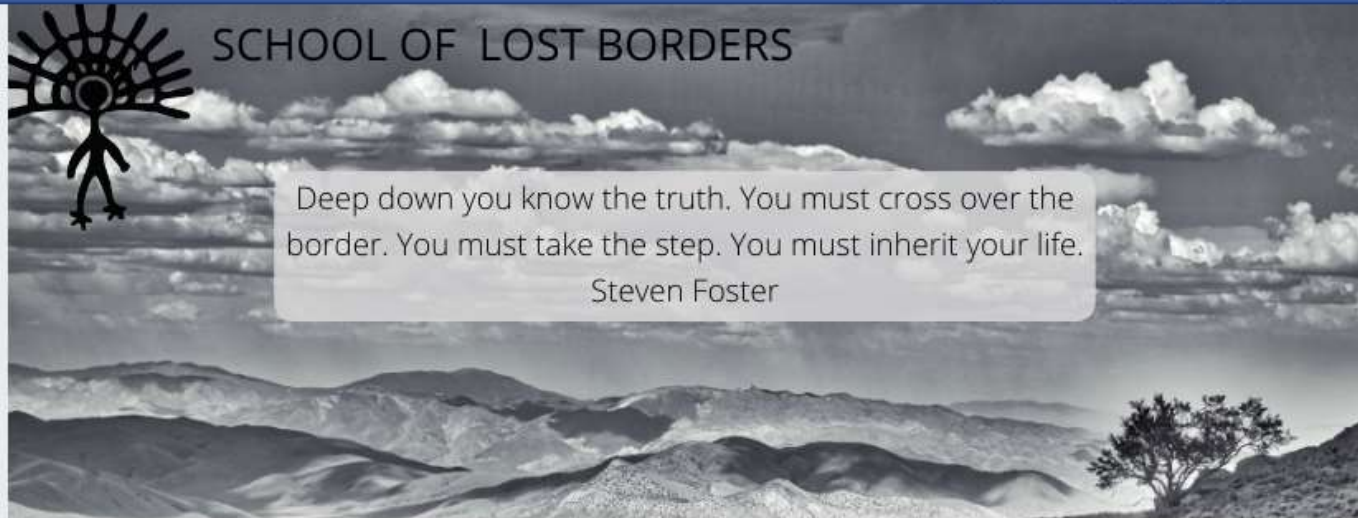
Βίντεο

Κοινότητα

Κριτικές

Δημοσιεύσεις

Δημιουργήστε Σελίδα



SCHOOL OF LOST BORDERS

Deep down you know the truth. You must cross over the border. You must take the step. You must inherit your life.
Steven Foster

Μου αρέσει!

Κοινοποίηση



Μάθετε περισσότερα

Στείλτε μήνυμα

Φωτογραφίες



ONE MUST LIVE IN THE MIDDLE OF CONTRADICTION BECAUSE IF ALL CONTRADICTION WERE ELIMINATED AT ONCE LIFE WOULD COLLAPSE. THERE ARE MANY MORE...

Μη κερδοσκοπικός οργανισμός στην τοποθεσία: Big Pine, California

Πάντα ανοιχτά

Κοινότητα

Προβολή όλων

Αρέσει σε 17.288 άτομα

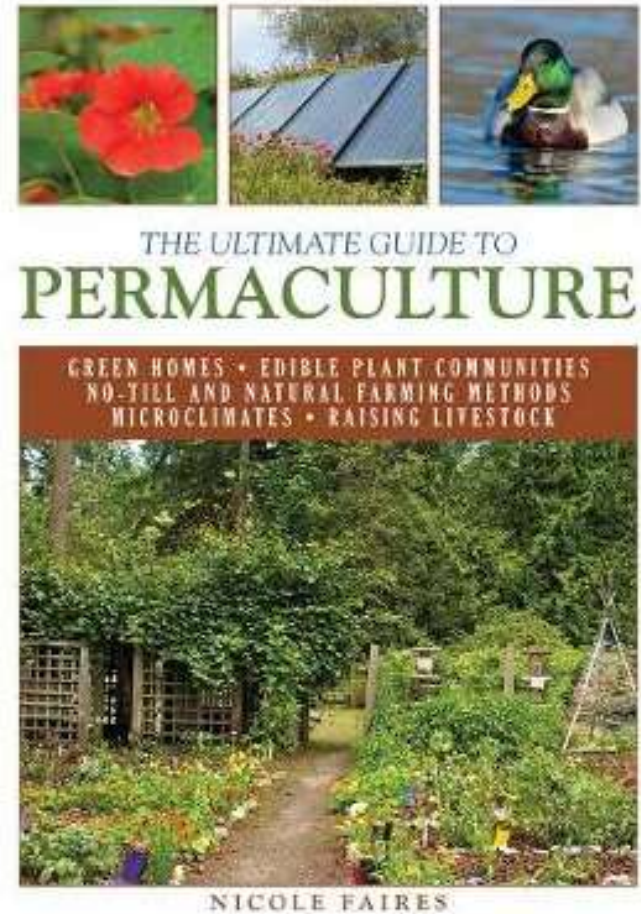
18.206 άτομα ακολουθούν αυτή τη Σελίδα.

19 κοινοποιήσεις παρουσιάσας

Θεραπευτική κηπουρική

Μόνιμη κηπουρική και
καλλιέργεια

Bill Mollison και David Holmgren (1970)

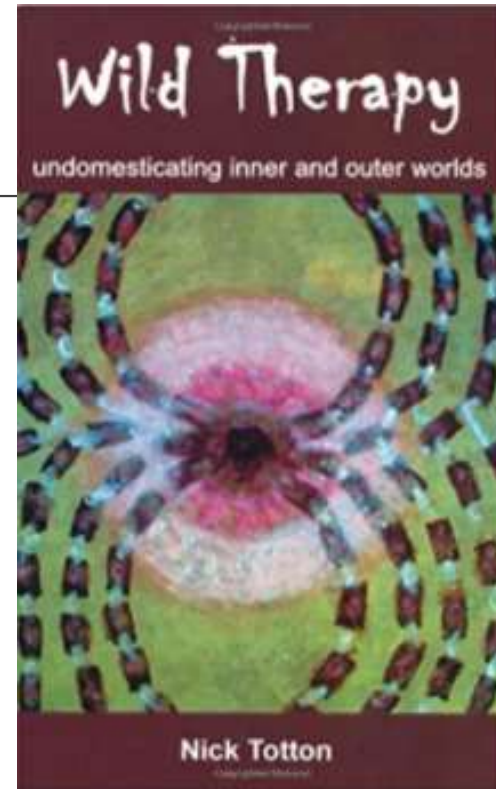


Rows to biomimicry

Geum



connecting individual psyche
to wider Psyche.



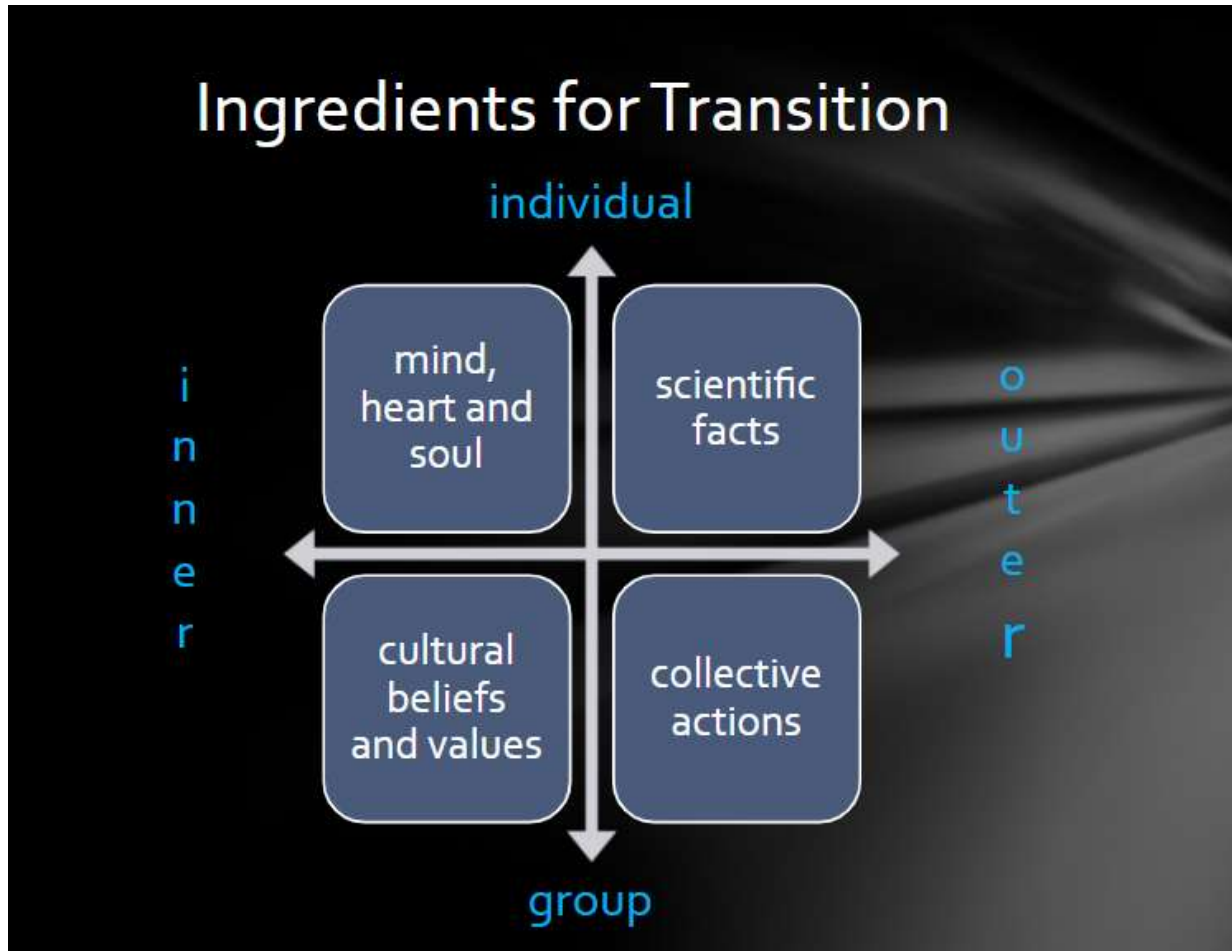
‘The Waking Up Syndrome’ (Edwards and Buzzell, 2009)

eco-trauma

Kunstler’s ‘Long Emergency,’



«Heart and Soul of Transition»



Self & SOCIETY

A Forum for Contemporary Psychology

£4.50 where sold Volume 35 Number 2 Sept - Oct 2007

Healing the earth, healing the mind

The Heart and Soul of Transition – Creating a Low Carbon Future with Psychological and Spiritual Awareness
Sophy Banks

Seeing Things: Therapists' Altered Visual Perceptions
Maria North

Surfing the Field: An Exploration of Energetic Communication in Therapy
Audrey Wilson



Healing and Psychotherapy – a Personal Integration
Maria North

Integral Psychology vs. Humanistic Psychology
Elliot Benjamin

Reigniting the passion for life
Asaf Roief Ben-Shahar

published by
The Association for Humanistic Psychology in Britain - AHP(B)
website: www.ahpb.org.uk

Aspects of climate change

individual

i
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Inner experience

- Consciousness
- Thoughts
- Feelings
- Emotions
- Intuition
- Spiritual experience

Physical reality

- Physics
- Chemistry
- Biology
- Physiology
- Pathology

Cultural features

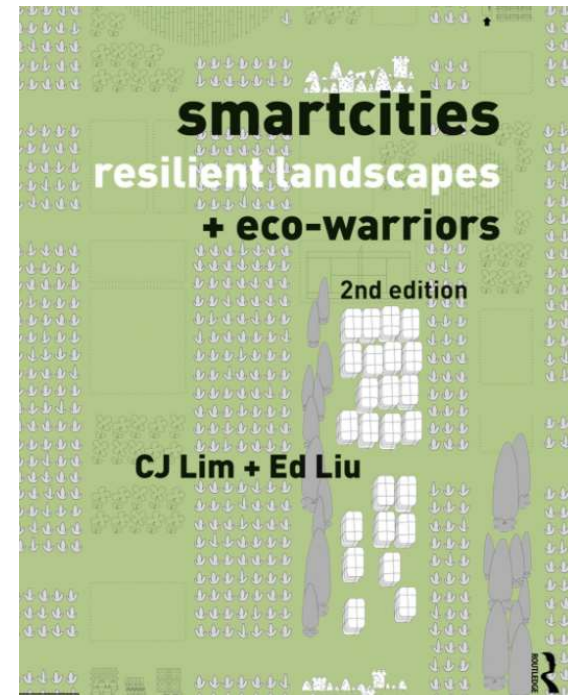
- Shared worldview
- Shared beliefs
- Shared attitudes
- Shared values

Systems

- Political
- Economic
- Technological
- Ecological
- Educational

group

«πολιτιστική οικολογικότητα»



Οικοθεραπεία

Καθηγήτρια Κωνσταντίνα Σκαναβή

Διδάσκων:

Ιωάννης Σκιαδάς, MD, PhD



Πανεπιστήμιο Δυτικής Αττικής
ΠΜΣ Περιβαλλοντική
Επικοινωνία και Προαγωγή
Υγείας

Θεματική ενότητα:

Συναισθηματική γεωγραφία και ανθρωπογεωγραφία. Η οικοθεραπεία ως βιολογική θεραπεία και ψυχοθεραπεία. Το περιβάλλον ως “τρίτος χώρος” θεραπειών και διασφάλισης της υγείας.

hello world

**we must get health
services to all
communities**

**it's time to build a fairer
healthier world for
everyone everywhere**





ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΠΕΡΙΦΕΡΕΙΑ ΑΤΤΙΚΗΣ



ΙΑΤΡΙΚΟΣ ΣΥΛΛΟΓΟΣ
ΑΘΗΝΩΝ

7 Απριλίου
Παγκόσμια
Ημέρα
ΥΓΕΙΑΣ

ΜΕΙΝΕΤΕ ΥΓΙΕΙΣ



WORLD HEALTH DAY

— *April 7* —

Protecting **Health**
from **Climate Change**

Climate change is
a health emergency.

Emotions, a springboard for personal growth and health



ART TERM

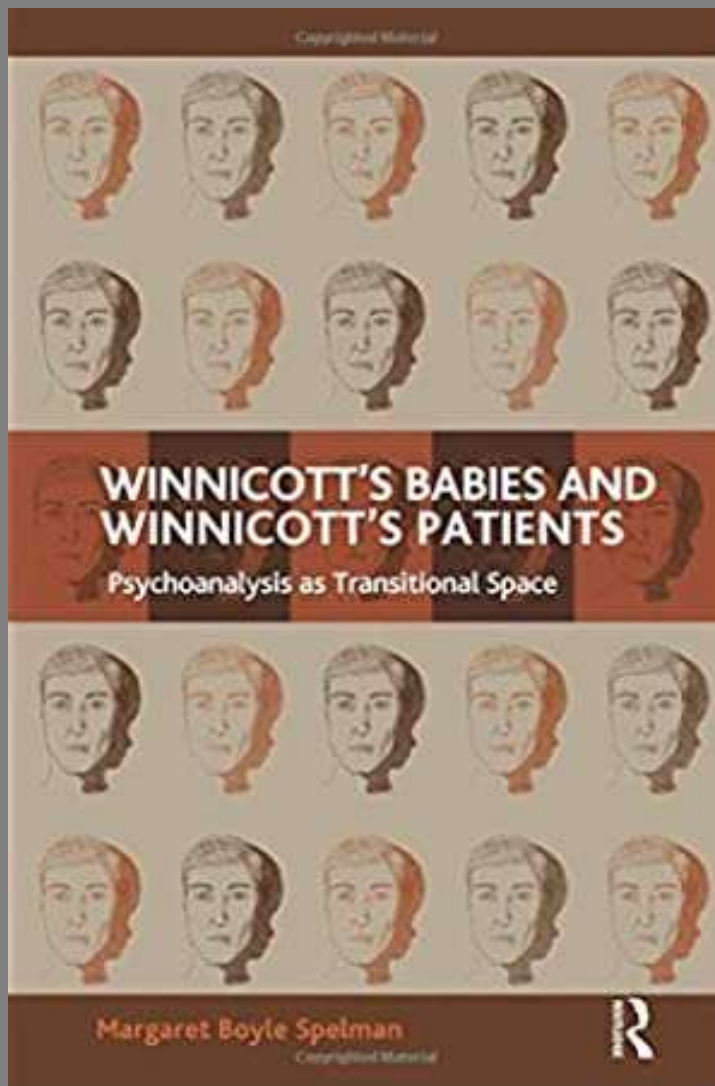
PSYCHOGEOGRAPHY

Psychogeography describes the effect of a geographical location on the emotions and behaviour of individuals

aimed to break down the barriers between culture and everyday life



Tristram Hillier
La Route des Alpes 1937



The Emotional Space of Therapy

February 25, 2020

WINNICOTT: POTENTIAL IN THE TRANSITIONAL



It is in playing and only in playing
that the individual child or adult is
able to be creative and to use the
whole personality, and it is only in
being creative that the individual
discovers the self.

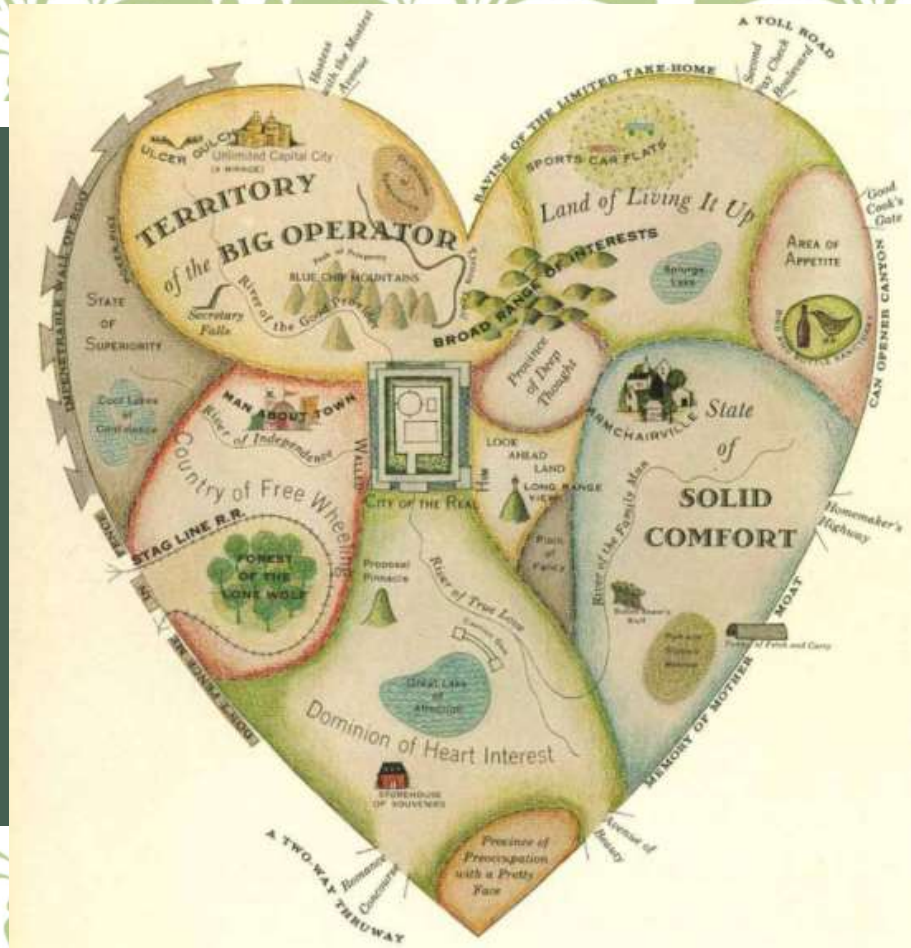
— *Donald Woods Winnicott* —

AZ QUOTES



Abramovic, M. (2015) *Transitory Objects*. [Crystals] Sao Paulo, Brazil: SESC Pompeia.

"The Location of Cultural Experience" by Donald Winnicott in *Playing and Reality*



Emotional Geographies

Acknowledge emotions "as ways of knowing, being and doing in the broadest sense; and using this to take geographical knowledges...beyond their more usual visual, textual and linguistic domains" (Anderson & Smith 2001, p. 8).



Defining emotional geographies

“The recent ‘emotional turn’ in geography results as much from positive recognition that emotions already have an important place in our own and others’ work” (Bondi, Davidson and Smith, 2005, p. 1).

“Places exert a powerful influence on people’s feelings and knowledge productions, while people exert a powerful influence on and within place” (Bartos, 2013, p. 89).

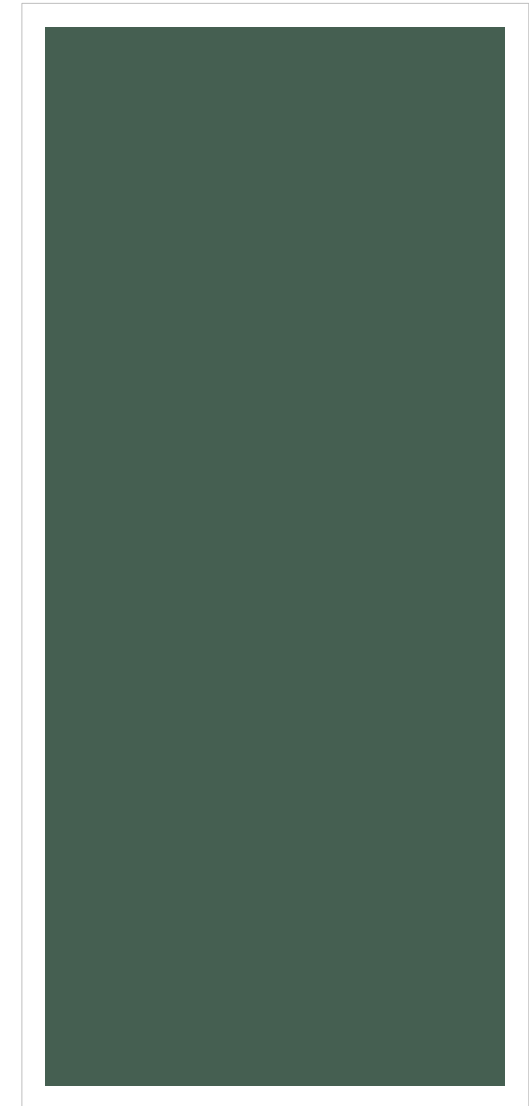
“The ‘feel’ of a place is made up of experiences, mostly fleeting and undramatic, repeated day after day and over the span of years. It is a unique blend of sights, sounds, and smells, a unique harmony of natural and artificial rhythms registered in one’s muscles and bones” (Tuan, 1977, p. 184).

“Emotions contribute to our situatedness and to the ways in which we relate bodily to the world, hence to our emplacement... In addition, emotions connect us to ourselves and to others... and engage us with each other but also with space and with memory...” (Berrens, 2016, p. 76).

“... emotions, feelings and values... lead to perceptions of learning tasks (or moods) that help to determine students’ approach to learning activities” (Boyle et al., 2007, p. 301).

“Emotion is central to the way people experience the world” (Geoghegan, 2013, p. 41).

“... direct experience can stimulate emotional connection and deepen understanding of ‘the other’” (Hope, 2009, p. 171).



Emotional Geographies

- Key Concepts:

Self (& Other)

Emotion



Window

Emotional Geographies

"Emotions are states, complexes of physically palpable, feeling-imbued, unconscious fantasy meanings, as well as practices" (Chodorow 1999, p. 155).

Emotions are "complex manifestations of corporeal and psychological aspects of human beings which are simultaneously felt and performed as relations between self and world" (Laurier and Parr 2000, p. 98).



Emotional Geographies

- *Key Influences:*

Anthropology

Phenomenology

Psychoanalysis

Neuroscience



Window

Emotional Geographies

Anthropology

- Contributions: A sustained attention to cultural practice and an influence on methodologies
- Influences: Clifford, Cohen, Geertz, Michelle Rosaldo:

"Feelings are not substances to be discovered in our blood but social practices organized by stories that we both enact and tell. They are structured by our forms of understanding" (Rosaldo 1984, p. 143)

- Geographers: Hester Parr. Liz Bondi





Emotional Geographies

Phenomenology

- Definitions (see *The Dictionary of Human Geography* online)
- Influences: Husserl, Bachelard's *The Poetics of Space*:
'to determine the human value of the sorts of space that may be grasped, that may be defended against adverse forces, the spaces we love' (Bachelard 1994, p. xxxv).
- Geographers: Joyce Davidson, Nichola Wood

Emotional Geographies

- Psychoanalytic theory

- Definitions

- (Feminist Glossary)



- Influences: Freud, Winnicott,
Chodorow: "*psychoanalysis is first and foremost an account and a theory of personal meaning*" (1999, p. 129).

- Geographers: Bondi, Philo & Parr, Pile, Rose, Sibley



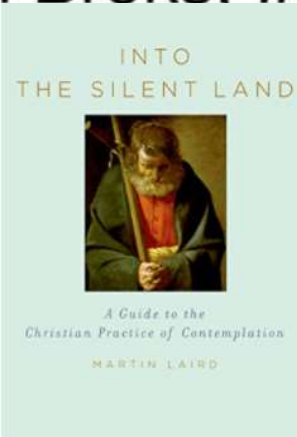
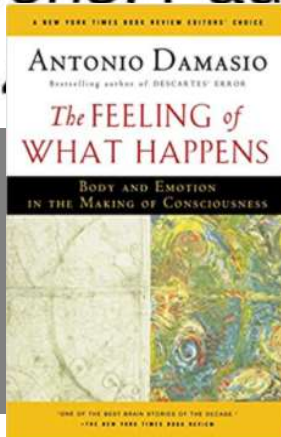
Emotional Geographies

- Neuroscience
 - Definitions
 - Influences:

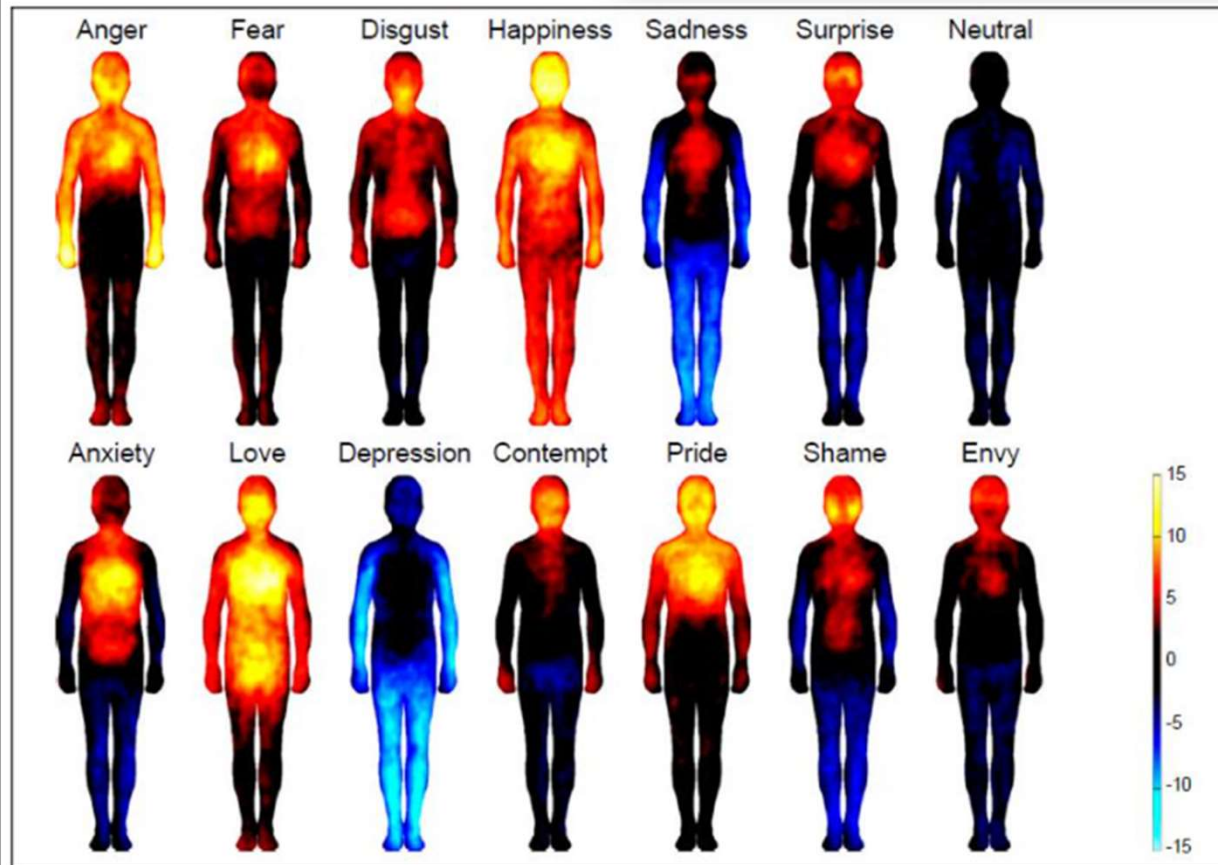
Antonio Damasio, *The Feeling of What Happens*; Paul Broks, *Into the Silent Land*

– BBC

Who Am I Now?



What Is Our Emotional Geography? Researchers Map Bodily Sensations Commonly Identified With Feelings



A team of researchers worked with more than 700 participants in order to create a unique emotional geography showing the physical sensations commonly associated with different feelings. *Courtesy of Nummenmaa L, Glearean E, Hari R, Hietanen JK.*

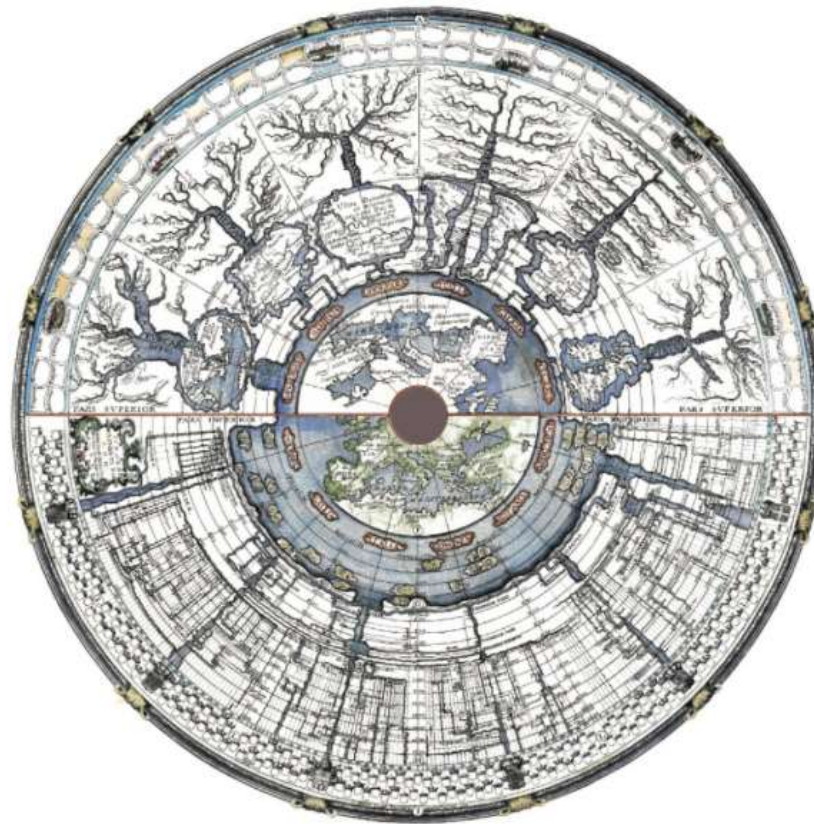
Η συναισθηματική γεωγραφία

ΧΑΡΤΗΣ 9 (ΣΕΠΤΕΜΒΡΙΟΣ 2019)
(Πυξίδες) Κείμενα

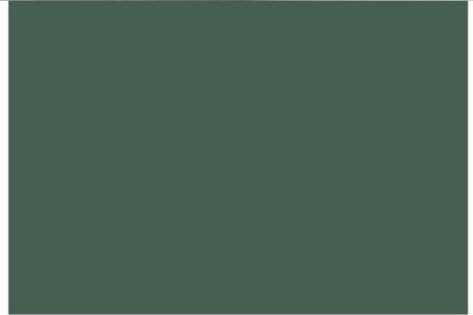
του Δημήτρη Π. Δρακούλη
[5 λεπτά]

αρχείο
χάρτης, 9

ΣΕΠΤΕΜΒΡΙΟΣ 2019



Ονομάζω *συναισθηματική γεωγραφία* τις ονειρικές μνήμες από συναντήσεις με πρόσωπα, με τοπία και διαδρομές. Περιγράφουν δευτερογενώς μεταγραμμένες οπτικές εικόνες, σχετικές με αισθήματα και συναισθήμα-





Window



Island of SHADOWS & LIGHTS

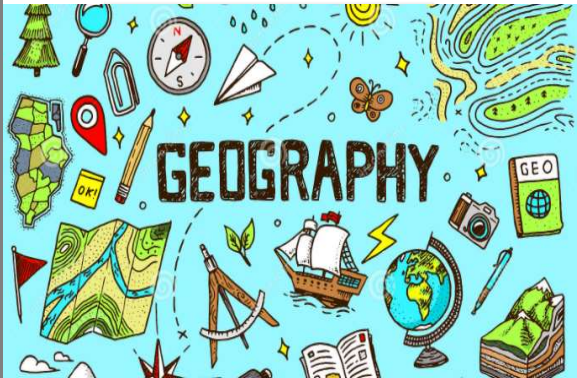
Peak of JOY

OVERGROUND

River of MOTHER

Peak of SAUDADE

W



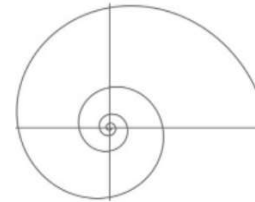
EMOTIONAL GEOGRAPHY FLOW CHART

Re-discover your
VOCATION
and your
SOUL,
follow your
IMAGINATION
and your
DREAMS

Think about your
EMOTIONAL
K-MOMENTS,
live
SYNAESTETICALLY,
develop
EMPATY and
SOLIDARITY
and try to reach an
HOLISTIC
KNOWLEDGE

PULL OUT
your
EMOTIONS
by perceiving
PLACES
and using other
MAIEUTICAL
TOOLS

MAP OUT
your emotions
by using
your TALENT
and
your
FAVOURITE
EXPRESSIVE
MEANS



Window

