

Master of Science in Applied Eco-Arts Therapy

Akamai University

Dr. Stacey S. Mallory
Applied Eco-Arts Therapy
Approved: January 2019

"Healing Art is being born as we speak. The concept is catching fire, is awakening in people's spirits...Artists, musicians and dancers are realizing their imagery has meaning...that their imagery heals them, others, their neighborhood, or the earth."

---Michael Samuels

"Painting from nature is not copying the object; it is realizing one's sensations." ---Paul Cézanne

Introduction

Eco-Arts Therapy is an organic, nature-connected remedy for the excessive stress of contemporary life that causes us to unreasonably want and overuse our natural resources. In turn, our ecosystem resource abuse produces the catastrophic problems of Earth Misery (EM) that affect all of us.

The love and art of creating or applying music, gardening, painting, math, yoga, science, poetry, counseling, management, education and most other skills is enhanced by adding a naturally unifying emotional component to them that increases sane ecological relationships and social justice.

The significance of Eco-Arts Therapy is that it enables the natural world to help us reverse Earth Misery (EM). It helps our artistic emotions and skills transition our excessive EM demands on Earth's life into honest and trustable relationships that we can embrace. This is fundamental because, since 1974, EM has tragically created a 50% average increase in species extinction, mental illness, obesity, climate change, oceanic oxygen depletion, loneliness, atmospheric carbon, population, forest fire size, mass shootings, and excessive stress. They are accompanied by increased corruption, child abuse, unhappiness, mistrust, unfairness, expensive health care, political and economic extremes, destructive dependencies, addiction, and many other disorders.

The heartfelt, sensory science of Eco-Arts Therapy is a personal and teachable, nature-supportive way to think and feel as well as a long-term healing and performing proficiency. In natural areas it transforms the wanting parts of our psyche and society that produce EM into happy, 54-sense relationships that reduce the emotional pain of EM and increase personal, social and environmental well-being.

A special 18-month degree or certification program is available to practitioners who have appropriate life and/or livelihood experience in their field.

Who Can Utilize Eco-Arts Therapy? Anyone regardless of age, background, or artistic talent.

What “Arts” does Eco-Arts Therapy utilize? Therapies include: art, music, poetry, dance, sand-play therapy, drama and poetry, movement therapy, expression therapy, multi-culture arts, et al.

Who Utilizes Eco-Arts Therapy?

- People experiencing stress;
- Children or young adults having problems in work or school;
- Individuals with mental health or learning disabilities or difficulties. Some applications have included: eating disorders and body image difficulties, abuse, autism, brain injuries, eating disorders, cancer, anger management, schizophrenia, ADD, ADHD, grief and life losses, Post Traumatic Stress Disorder (PTSD), Post Traumatic Stress (PTS), Obsessive Compulsive Disorder (OCD), addiction, depression, anxiety, Alzheimer or dementia, and climate or social/relationship stress;
- Someone who wishes to explore themselves more deeply or improve their sense of self;
- And so forth.

What Career Fields have Eco-Arts Therapy Been Applied to? A list of professional fields, but not limited to are: Teachers, counselors, Art Therapists, Music Therapy, school administrators, Animal Assisted Therapists, Life coaches, Applied Ecopsychologist’s, Summer Camp’s, Retreat Centers, Pastor’s, Childcare and preschools, eco-villages and independent communities, Home-schools, Reiki and energy workers, marriage and spiritual counselors, massage therapists, addiction specialists, family and marriage workers, naturopathic medicine, parents, personal relaxation, social workers, aging seniors, supportive care for hospice or long-term illness workers, hospital and medical settings, crisis centers, veteran’s services and support, community organizations, caretakers, and so forth.

Entry Requirements

As prerequisites for acceptance to the Master's degree, applicants should have completed the equivalent of a recognized baccalaureate degree in an appropriate field of study and have several years of meaningful career experience. Applicants are expected to be proficient in collegiate English language skills. Second language English applicants should submit records of TOEFL examination with scores of 550 minimum. All applicants are expected to have access to a computer, email and the Internet, and verify access to academic library resources for the full extent of your program.

Degree Requirements

Participants in the Master of Science program in Eco-Arts Therapy complete a minimum of 40 credits above the baccalaureate degree, including the thesis and summary reviews. The coursework requirements include the core elements of the academic major, a major concentration within the major field and research preparation coursework. Participants also complete a comprehensive examination at the conclusion of the academic coursework, prepare a formal thesis proposal, complete the thesis project, and prepare the manuscript

for physical and oral review by the faculty committee. Participants may document and petition for equivalence education when it is reasonably appropriate.

Degree Requirements: Master of Science in Eco-Arts Therapy

Core Elements of Academic Major (Required: 18 credits minimum)
 Major Concentration (Required: 9 credits minimum)
 Research Preparation (Required: 3 credits minimum)
 Comprehensive Examination (Required: 2 credits)
 Thesis Proposal (Required: 2 credits)
 Thesis (Required: 4 credits)
 Oral Review of Thesis (Required: 2 credits)

Core Elements of the Academic Major (18 credits)

Participants complete core elements of the academic major comprised of 18 credits of mandated studies, as outlined below:

Required: Each of the following modules which include incorporating Eco-Arts:

EA 500A: Explore Nature's Wisdom with Eco-Art (1 credit)
 EA 500B: Psychological Elements of Global Citizenship (3 credits)
 EA 501: Introduction to Educating and Counseling with Nature through Eco-Arts (3 credits)
 EA 502: Educating and Counseling with Nature in Eco-Arts I (4 credits)
 EA 503: Educating and Counseling with Nature in Eco-Arts II (4 credits)
 EA 752: Advanced Readings in Applied Art Therapies (3 credits)

Major Concentrations (Required: 9 credits)

Participants select a major concentration comprised of nine credits of specialized studies selected from the area of Eco-Arts Therapy. The selected concentration would also be the focus of the student's thesis topic:

Eco-Arts Therapy focuses upon the application of Eco-Arts and its relevance in our daily lives and healing with Nature-connected Art(s) related activities.

Major Concentration Requirements

Students complete three of the following modules for a total of 9 credits with a focus on the selected area of concentration. Note that the area of concentration will also be the specialization for the student's thesis research project. The assigned instructor will guide the student in structuring the unique focus of the courses and assign the required readings and study materials.

Required: The following modules for a total of 9 credits

ECO 530: Field Studies in Eco-Art Therapy (3 credits)

ECO 531: Advanced Field Studies in Eco-Art Therapy (3 credits)

ECO 532: Case Studies in Eco-Art Therapy (3 credits)

Research Preparation

Master's students must pursue studies providing advanced research knowledge necessary for success in their final projects (thesis). At least three-semester credits of research preparation coursework are required, and this might focus upon quantitative and qualitative methods or participatory action research techniques including subject selection, research design, and statistical analysis, as appropriate to each student's proposed project.

Through this requirement, students learn to effectively define applied problems or theoretical issues and articulate the rationale for the study. They should learn to present an effective scholarly review of the academic literature and implement quantitative, qualitative or participatory action methods for evaluating academic issues.

Required: Minimum of three credits selected from among the following:

EA 561 Phenomenology Research Techniques in Eco-Arts Therapy (3 credits)

Choose One: Eco 515: Liberate Your Natural Essence (1 Credit) **or** EA 508: Natural Attractions, Intelligence and Sanity in Eco-Arts. Then add **Eco 516:** Revoluntary Wisdom (2 credits) to Eco 515 or EA 508.

Eco 517: Nature as a Higher Power (3 Credits)

Eco 518: With Justice for All (3 credits)

Eco 533: Student Facilitation in Eco-Arts Therapy (3 Credits)

OR

Another research preparation course module, as determined in communication with the student's Committee Chair.

Comprehensive Examination

Once students have completed the coursework elements of their degree, they will be asked to schedule the Comprehensive Examination. The primary mentor and a faculty member representing the secondary academic area conduct both the written and oral components of the examination. The written portion is open book style with selected essay questions requiring creative responses that reach the higher levels of cognition. Your answers are expected to draw from both the primary and secondary competencies of your program with proper referencing of the scholarly literature. The oral component of the examination is normally completed by telephone conference and is intended to allow detailed investigation of your written responses.

Required: EA EXM 880: Eco-Arts Master's Comprehensive Examination (Required: 2 credits)

Thesis Proposal

You are expected to prepare a formal proposal related to your concept for research under the direction of your primary faculty advisor and according to University expectations. At a minimum, your research proposal should clarify the thesis statement and methodology (including the data gathering instruments and data analysis techniques) and provide an effective overview of the scholarly literature that sets the foundation for the thesis. Your research proposal should also include a brief manuscript outline that demonstrates how you will present in written form the various elements of the research project.

Required: EA 885: Eco-Arts Major Project Proposal (Required: 2 credits)

Thesis Project

Following approval of your thesis proposal, you will begin your research project. Your thesis may take the form of a traditional research project, or it may be a major scholarly project of the type appropriate to the discipline. Whichever approach to the thesis is chosen, the resulting project must demonstrate mastery of a body of knowledge in the major field of study, be your original work and represent a meaningful contribution to the betterment of the human condition or an improvement in the professional field.

Your thesis research may be conducted via quantitative, qualitative, or participatory action research. The body of your thesis manuscript, structured according to a set of approved manuscript guidelines, should exceed 75 double-spaced, typewritten pages. If your thesis takes the form of a scholarly project, it must follow the guidelines provided by the University for such projects.

Required: EA 890: Eco-Arts Major Project (Required: 4 credits)

Oral Review of Thesis

Once you have prepared the thesis manuscript, you will be asked to schedule the formal review process. Your primary faculty advisor and a faculty member representing the secondary academic area will conduct both the formal physical review of the thesis manuscript and the oral review of the thesis.

The physical review of the thesis manuscript usually takes the review committee four to six weeks. Each reviewer will prepare questions and commentary relative to your underlying review of the literature, the thesis methodology, the mechanics of your project, and your presentation of the findings, conclusions, and recommendations.

The Oral Review of Thesis is conducted under the direction of your primary faculty advisor with the assistance of one qualified member of the faculty. The examination is carried out by telephone conference call and is designed to allow detailed investigation of your thesis. The faculty reviewers explore with you issues related to your thesis including methodology, review

of literature and interpretation of the findings.

One outcome of the thesis review process is a set of final expectations directing you through the remaining tasks for completing the thesis manuscript. Once your final manuscript is approved, you will submit the formal document to an approved bindery and later ship the bound thesis to the University for permanent archival storage.

Required: EA EXM 895: Oral Review of Eco-Arts Major Project (Required: 2 credits)

The Thesis Committee

Formation of Thesis Committee

Master's students have a Thesis Committee of two qualified graduate Eco-Arts faculty appointed to and govern the student's program structure, the progress of studies, comprehensive examinations and thesis project.

Responsibilities of Thesis Committee

The responsibilities of the Thesis Committee, under the leadership of the Committee Chair, are as follows:

- Directing the preparation and approval of the student's plan for study, clarifying the timeline for study and the assignment of faculty to provide instruction and to assist with the functions of the Thesis Committee.
- Providing direction regarding the student's foundational studies, core studies, specialization, and research preparation coursework.
- Providing leadership by integrating appropriate research preparation coursework or assignments within the plan for study, distributing the coursework to appropriate faculty for instruction and advisement.
- Providing leadership for the written and oral components of the student's comprehensive final examination, in unity with the other Committee members
- Providing oversight, direction, and mentorship during the conduct of the student's research project and manuscript preparation, in unity with the other Committee members
- Providing leadership for the physical and oral reviews of the research manuscript, in unity with the other Committee members.
- Assist the student in making formal changes in the plan study and timeline for completion, by written addendum, as needed to assure effective progress throughout the program of study.
- Providing final approval for the student's Thesis and overall degree program and cooperate fully in building the appropriate archival records for the University of record.

Master's Committee Appointment Schedule

The Committee Chair is appointed immediately following the Master's student's registration and continues in charge of the student's program until final completion is recorded at the school of record. While the secondary and tertiary members of the Thesis Committee are

identified and confirmed at the onset of the program, and listed in the plan of study, they become active later, just before the activities for which they are asked to participate. Instead of the Thesis Committee Chair being appointed at the onset of the program, when appropriate, a primary faculty advisor will be appointed to guide the development of the Master's student's plan for the study. Under this situation, the Chair will be appointed later, one month before the commencing of the written component of the Master's student's Final Comprehensive Examination, and shall continue with the governance of the student's program until final completion is recorded at the school of record.

The Secondary Committee Member becomes active one month before commencing the written component of the Master's student's Final Comprehensive Examination and continues with the student's program until final completion is recorded at the school of record.

Building the Student's Plan for Study

Immediately following registration, Master's students begin work with their assigned Committee Chair in structuring their formal plan for the study. The process determines and formalizes the elements of the student's Master's program and the timeline for completion. The plan for the study includes the following essential elements:

- The designation of the degree major for the Study Plan.
- The identification of the school contacts and contact information for the schools participating in the delivery of the Master's program.
- Identification of the required array of coursework for each element of the program.
- Identification of the secondary and tertiary members of the Thesis Committee.
- Appointment and notification of the course module instructors.
- Acceptance of transfer courses for the student's program.
- The timeline for completion of the degree program.

These activities require active participation in program planning by the student and may take considerable time to complete the dialogue and exchange of information. Students are strongly advised to discuss in detail the elements of the plan for study including the coursework, the examinations, and elements of research including the manuscript guidelines.

Once all of the decisions have been made concerning the plan for study, the student and Committee Chair approve the formal document. Copies of the document are sent to the University headquarters for entry to the permanent student record. The plan for the study is then distributed to the participating schools and becomes the document that determines effective progress toward the degree. When the expectations laid out in the plan for study have been successfully accomplished, the student is recommended for the degree by the Committee Chair. Students are alerted that the University can make no commitment to inclusion of course modules and assignment of instructors to a student program until after the plan for the study has been fully processed and approved.

Course Descriptions

EA 500A: Explore Nature's Wisdom with Eco-Art (1 credit) Students learn the basic elements of citizenship which are observed in members of healthy natural communities. The experiential activities of the course help students learn through direct sensory perception how these have broken down. Each participant practices the basic steps of the Natural Systems Thinking Process through utilizing various Eco-Art activities.

EA 500B: Psychological Elements of Global Citizenship (Required: 3 credits)

This course is the foundation work for the written Eco 530 Eco-Art coursework. This is an entrance level course that utilizes the established therapeutic science of Applied Ecopsychology and incorporates Eco-Art's as a means for expressing oneself throughout the course.

EA 501: Introduction to Educating and Counseling with Nature through Eco-Arts

(Required: 3 credits) This course utilizes over 18 Eco-Art activities and reading, alongside the written work of Dr. Michael Cohen, *Reconnecting with Nature*. This course enables individuals to promote social and environmental responsibility by adapting unique nature-reconnecting methods and materials for your personal or professional use. Tangible sensory reconnections with nature through 27 activities and 54 natural senses.

EA 502: Educating and Counseling with Nature in Eco-Arts I (Required: 4 credits)

Students incorporate a variety of Eco-Art activities to help them discover how our society's prejudice against nature, in and around us, stresses us and reduces personal, social and environmental well-being. Learn to reverse this destructive process. This course teaches hands-on education, counseling and mental health skills that feelingly tap the grace of nature's self-correcting balance and beauty.

EA 502: Educating and Counseling with Nature in Eco-Arts II (Required: 4 credits)

Discover how our separation from nature stresses our sentient inner nature and creates our many problems. Learn to reverse this destructive process through a series of hands-on exponential activities which include various Eco-Arts techniques.

EA 508: Natural Attractions, Intelligence and Sanity in Eco-Arts (1 credit)

Participants discover how to help prevent contemporary society's nature-separated thinking from deteriorating personal growth and responsible relationships. Increase your effectiveness, marketability, and global citizenship by learning about the process of educating and counseling with nature. Learn how to introduce readily available Natural Systems Thinking Process (NSTP) into various aspects of society.

Eco 515: Liberate Your Natural Essence (1 Credit) Students learn to add art and science through adding the Greatest Trustable Truth (GTT) methods and materials to their life, relationships or livelihood. Most of us suffer the underlying "Earth Misery" that results. It includes many symptoms of addiction, PTSD and abandonment and it erodes personal and global well-being. This course enables participants to invoke their GTT and build a sustainable/repeatable nature-connecting remedy to help us in our everyday lives.

Eco 516: Revolutionary Wisdom (2 credits) This course teaches us the process of the heart-centered art and science of Earth's self-correcting beauty and balance enabling us to empower our personal lives. We desperately need heart centered individuals who want to improve their lives by learning to use the organic methods and materials that redress our violation of Earth's integrity, reverse its catastrophic effects and enable us to teach others to do the same. Like drinking water when we are thirsty, each new connection we learn to make with the life of Nature/Earth improves its and our wellness and joy.

Eco 517: Nature as a Higher Power (3 Credits) This course follows participants, in real-life, who utilized nature-connecting activities to overcome drug and alcohol addiction. The powerful remedy discussed in this course enables us to overcome all types of addictions and live by and through the wholeness of Nature in and around us.

Eco 518: With Justice for All (3 credits) Scientific and common sense observations from a wide variety of disciplines recognize that the world is increasingly falling apart. It is well known that the misery produced by our personal and global breakdown violates humanity's universal and constitutional rights to life, health, information and property protection. The breakdown creates a perpetual anxiety that increases our stress and mental illness accompanied by our wide range of runaway personal social and environmental disorders.

Because a diverse majority of the public is vulnerable to the world increasingly being pulled apart, many people recognize that a class action suit is their best means to peacefully gain access to Nature's glue and use its self-correcting powers to increase the well-being provided by strong personal, social and environmental justice.

This course, and its fictional book written by real life participants, presents testimony by sworn witnesses in a metaphoric federal grand jury class action investigation concerning the negligence and liability of the defendants for violating their human and constitutional rights to life by withholding the benefits of Nature's purifying and balanced life from them. It also gives the reader the ability to participate online in the investigation as a witness, juror or class action complainant while the Jury examines additional evidence.

Eco 530: An Introduction to Eco-Art Therapy (Required: 3 Credits) This is a fun, experiential course designed to introduce the student to how adding an art component to nature-connecting activities can enhance the ability of Nature to teach. Both art and nature are non-verbal ways through which our subconscious mind can express itself. In this class, the student will learn techniques to use to facilitate that expression through making therapeutic, nature-inspired art. You do not need to be an "artist" or have any so-called "creative talent" to take this class. It is not an art course, but rather uses the creative process of art-making as a tool for healing and self-discovery with Nature. It lets the student explore the innovative merging of traditional Art Therapy with Applied Ecopsychology. The course consists of 12 individual hands-on lessons/activities.

ECO 531: Advanced Field Studies in Eco-Art Therapy (3 credits)

This 12 week class teaches advanced hands-on education, counseling and mental health skills that use art to tap the wisdom of Nature's ways. Students continue their exploration of a set of creative and therapeutic tools that help reverse the problems caused by our separation from Nature.

ECO 532: Case Studies in Eco-Art Therapy (3 credits) This course component gives students the opportunity to complete 3 case studies in Eco-Art Therapy's processes and activities. This course includes Legal and ethical issues in interpreting and assessing Eco-Arts therapies. Each student writes a scholarly paper which explores books, journal articles, and other learning materials that support the use of art in its ability to help Nature teach. Students are to write an academic paper consisting of research and discussion on the goals and rationale of both art therapy and Applied Eco-therapy and the correlation between them. Students will find evidence to demonstrate that merging the two psychologies by adding an art component to The Natural Systems Thinking Process (NSTP) enhances effectiveness.

Eco 533: Student Facilitation in Eco-Arts Therapy (3 Credits) This course gives students the opportunity to teach the Eco-Art Therapy process and activities. Students facilitate ECO 530 or Eco 531 online. Students who complete facilitation online will receive a complete evaluation answered by students and evaluated by the course Instructor.

If students complete this course as applied Eco-Arts through a local workshop the student will need at least 3 class participants and are to submit weekly online summary reports to the class Instructor. The Summary reports will include the student's own experience in facilitation and problems encountered, if any. The Summary Report will also include the student's observation and a discussion of the experience of the participants in the student's workshop.

EA 561: Phenomenology Research Techniques in Eco-Arts Therapy (3 credits)

Students will investigate the available literature on participatory research techniques in the fields of Applied Eco-Arts, Art Therapies, and Ecopsychology. Students will identify an appropriate mini-study, apply techniques from their readings, complete the study and prepare a technical paper of at least ten double-spaced typewritten pages referencing the literature and describing the value of participatory research techniques to the field of Eco-Arts Therapy.

EA 791: Special Projects in Eco-Arts Therapy (3 credits)

This course explores present or past special projects that make, or would have made, the way nature works to become an ally to increase well-being if organic psychology had been included as part of them. The application of Eco-Arts, as practiced in the discipline of natural attraction ecology and organic psychology, helps humanity address the crises that result from our estrangement from nature as nature's flow manifests itself as our living planet, Earth. Students prepare an academic paper or project report as a minimum written assessment in this course.

EA 792: Advanced Readings in Eco-Arts Therapy (3 credits)

This course explores books, journal articles, and other learning materials that make, or would have made, the way nature works to become an ally to increase well-being if Eco-Arts had been included as part of them. Students also explore and can present new forms of art to the general field of inquiry of Eco-Art. Examples include: sand-play therapy, music therapy, movement therapy, et. all

EA EXM 880: Eco-Arts Master's Comprehensive Examination (2 credits)

Masters students complete this comprehensive examination as a required element of their academic program, before undertaking the thesis. The examination covers various aspects of Eco-Arts Therapy with a focus on the foundations of Applied Ecopsychology within Eco-Art.

EA RES 885: Eco-Arts Major Project Proposal (2 credits)

This course is required of all Masters students designed to guide them through the formal research proposal process for their final projects, including the development of the research methodology, data gathering device and data analysis techniques. Students also prepare annotated bibliographies of the major scholarly works underlying their project.

EA RES 890: Eco-Arts Major Project (4 credits)

This course governs the conduct of the thesis project for the Master's level student. The Master's thesis is the demonstration of the mastery of a body of knowledge in a given field and is presented in a manuscript usually 75 or more pages in length. The final project may take any of several forms, depending upon the field of study and the expectations of faculty. This may be quantitative or qualitative research, participatory action research, or a major project demonstrating excellence. Master's students may re-enroll for this course for no-credit, as needed.

EA EXM 895: Oral Review of Eco-Arts Major Project (2 credits)

This examination is an oral review of the Master's thesis conducted by the graduate committee immediately following their reading of the thesis manuscript.

