

Art and Science of Ecotuning

An introduction to Applied Ecopsychology

August 11th –16th, 2018 – Corni di Canzo (Como), Italy

Practices of exploration of ourselves and of the world to reconnect to our deepest roots, to rise up towards the highest peaks. Ecopsychology is a promoter of self-fulfillment at the service of life, it wants us to discover and use our personal, individual and collective power.

Contact with nature and wildlife helps us to find the connection with the deepest parts, often forgotten, of our being. Contact with our most authentic core, with our soul, allows us to recover a sense of partnership, often forgotten, with the whole Creation.

A 5 days seminar with playful and joyful practices of reconnection with oneself, with others, and with nature. A practical introduction to Ecopsychology

IES

Hellenic Ecopsychology Society
Mental and Integrative Health

ecopsiché
SCUOLA DI ECOPSICOLOGIA

Info: ITALY – ecopsicologia@ecopsicologia.it GREECE - info@ecopsychology.gr



“Primalpe”, an old stone farmhouse, in the heart of the Lombard Prealps, in northern Italy - set in the woods like a gem in a jewel - will be the venue for the international seminar organized in collaboration between *Ecopsiché*, the first Italian School of Ecopsychology, and the Greek *Hellenic Ecopsychology Society*.

The seminar will offer the theoretical elements of introduction to Ecopsychology and some basic practices of Ecotuning, the art of Applied Ecopsychology.

The Ecotuning practices are suitable to be adapted to different fields, integrating the knowledge and skills of the basic professionalism of those who propose them.



We will work in the woods, with trees, meadows and sky, in the company of nocturnal animals and the scent of the earth. We will enjoy the starry sky, discover the charm of night walks, we will live toghether and experience where the laws of ecological relatonships will guide us to share those days together.

The seminar is recognized by the International Ecopsychology Society - IES and, then, by all the IES Schools that are part of the international association. It is valid, for two years, as an IES Training module. The entire training path - which allows you to acquire the title of Ecotuner and to register in the “International Register of Ecotuner” (Iroe) - can be completed in Italy, Spain, Greece, Uruguay, Argentina, Brazil, Chile and Peru.

What is Ecopsychology



Ecopsychology is a psychology that promotes personal growth in order to open a path toward a higher awareness and to allow human beings to become self realized persons and then free, creative and responsible citizens of Planet Earth.

At the base of the research there is the concept of interagency between inner and outer world, the parallelism between a conceived world vision and the kind of reality effectively created, between the sides of human personality that are neglected and the environmental aspects that are penalized, between what we do to ourselves and what we do to others and to the world.

Finding again attention, respect and love for nature signifies, first of all, to give meaning, integrity and direction to our own lives. Two points - an arrival and a departure one - strictly interconnected, that define the field of Ecopsychology trough a multidisciplinary path that includes psychology, ecology, epistemology, philosophy, geography and anthropology; with working instruments chosen among the ones of counseling, psychological techniques for personal growth, meditation, artistic activities, trekking and old shamanic techniques reviewed.

Ecopsychology becomes a "Psychology of the us", stimulates toward a global vision at different levels and elaborates interaction strategies that lead toward dialogue and collaboration. It has multiples applications, from the enrichment of the helping activity in a psychological field - psychotherapy or counseling - with new reflection cues, new settings, new methodologies; to the elaboration of new strategies of environmental awareness in schools, parks; to training in management field, of mass communications in the environmental activism, of animation in communitarian or recreational projects.

The strength of Ecopsychology it is not only in a practical field but also in a philosophical one, where it suggests a vision of the world that is no more anthropocentric, but able to include all the creation, coherently with the paradigmatic shift that is going on in an epistemological and scientific ambit toward a systemic vision of reality. A young science, not yet structured and codified, Ecopsychology rises from a need of nature, beauty, wide spaces, and offers a concrete contribution to the individual growth in this peculiar historical situation involving any cultural and experiential work that proceeds in the same direction, seeing human not opposing but within nature, life and the universe.



PROGRAM

Saturday August 11th	
9.30	• Meeting at the Railway station of Canzo (CO)
10 - 12	• Meeting at Fonte Gajum at the beginning of the trail, games of mutual knowledge**, a**rrival at Primalpe, presentation of the Summer School and of the House, registration & lodging
13	• Lunch
14-15	• Volontary Community participation
16-18	• **Introduction to Ecopsychology** A multidisciplinary path that promotes an ecocentric vision of the world and a wider vision of the self. Recognizing to be part of the ecosystem gives new meaning, integrity and direction to our own lives.
18-19	• **Working the way that ecosystems does** Planning Community participation, in such a way that each one can find his/her own way to contribute to the needs of the House, the group, the activity. We will decide and share tasks, responsibilities and shifts.
19-20	• Love in action: caring and co-creation in our common space
20	• Dinner
21.30-22	• Relaxing game

Sunday August 12th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• Breakfast
9-10	• Love in action: caring and co-creation in our common space
10-13	• **Awakening the Intelligence of our Natural Senses** By living a Western way of life and in an artificial environment, our senses have been disturbed and confined so that we experience a basic sensory deficit that leads us to perceive ourselves and the world around us in a limited and distorted way. We can awake our senses, and give another dimension to our perception.
13	• Lunch
14-15	• Love in action: caring and co-creation in our common space
16-19	• **Nature inside, nature outside** The metaphor of nature as a path to improve relationships: there is an interdependency among the way we relate to nature, to others and to ourselves. Personal growth through attention, respect and love for nature
19-20	• Love in action: caring and co-creation in our common space
20	• Dinner
21.30-23	• Inspiring videos, discussion and sharing

Monday August 13th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• *Breakfast*
9-10	• Love in action: caring and co-creation in our common space
10-13	• **Dialogue with Nature** Discovering the world as a living being. Connecting with the Genius Loci, "spirit of the place" in the ancient Roman culture, as a way to feel more safe and respectful in nature. Walking meditation.
13	• *Lunch*
14-15	• Love in action: caring and co-creation in our common space
16-19	• **Exploring the "I Planet"** Building a map to get in touch with the depths and the highs of ourselves, to get to know and to dialogue with the different facets of personality recognizing and strengthening the coordinating Centre.
19-20	• Love in action: caring and co-creation in our common space
20	• *Dinner*
21.30-23	• Night walk

Sunday August 14th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• *Breakfast*
9-10	• Love in action: caring and co-creation in our common space
10-13	• **Five senses and beyond** A training of the five perceptual channels that put us in touch with the world, to go beyond the usual limits, beyond ordinary reality.
13	• *Lunch*
14-15	• Love in action: caring and co-creation in our common space
16-19	• **Discovering our natural self** The objective empirical experience with a natural environment and its elements with specific deepening techniques is intended to remind our own existence as a part of nature that coexists and interacts with it as a whole. Experiencing, expression through the natural materials and characteristics of nature.
19-20	• Love in action: caring and co-creation in our common space
20	• *Dinner*
21.30-23	• Artistic Night Please come with a song, or a dance, or a poem, or an image that you would like to share.

view from the summit of the central Canzo Horn (Corno di Canzo)



Sunday August 15th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• *Breakfast*
9-10	• Love in action: caring and co-creation in our common space
10-13	• **Green Mindfulness** A gymnastics of the conscience to widen the boundaries of one's own identity towards the sense of co-participation in the natural world of which we are a part.
13	• *Lunch*
14-15	• Love in action: caring and co-creation in our common space
16-19	• **Building Ecotunig events** How to plan activities in nature, in your professional and personal life, that are inspiring and transformative for the participants, that can tune people toward their inner and outer Nature.
19-20	• Love in action: caring and co-creation in our common space
20	• *Dinner*
21.30-23	• Ceremony

Sunday August 16th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• *Breakfast*
9-10	• Love in action: caring and co-creation in our common space
10-12	• **Co-created workshop**
12-13	• **Final circle**
13	• *Lunch*
14-15	• Love in action: caring and co-creation in our common space
15-16	• Walk back to Fonte Gajum
17	• Arrival at Canzo railway Station



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CONDUCTION

Three members of the *International Ecopsychology Society* will lead the seminar:



Marcella Danon
Italian Psychologist. She has been promoting Ecopsychology in Italy since 1996. She completed her University education with seminars and training in California, Holland and Spain, with Fritjof Capra, Joanna Macy, Molly Young Brown and Anna Halprin. Active as a counseling trainer and supervisor in Italy since 1990, she has studied with a direct student of Roberto Assagioli and works in trainings for personal growth in the professional and business world. She has founded (in 2004) and leads in Osnago (Lc), Ecopsiché, the Italian School of Ecopsychology. She is a member of the board of the International Ecopsychology Society - IES.



Kleio G. Apostolaki
Greek Psychologist. She studied Psychology and Clinical Psychology at the University of Kent at Canterbury. She continued her post-graduate studies in the University of London, King's College, where she received a MSc.in Mental Health with an emphasis on Dynamic Psychotherapy and CBT. She took further specialization in Ecopsychology at the University of Strathclyde, Glasgow, in 2002. Since then she has worked as a psychologist-psychotherapist in private practice in Greece, with her main focus being Ecopsychology. She is the President of the International Ecopsychology Society - IES, and the representative of the Hellenic Ecopsychology Society.



Bruno Gentili
Italian Cyber-Physicist with passion for Mathematics and Computer Science, analyst programmer and Yoga teacher. Researcher in new sciences for passion, in spirituality for vocation and in the connections between the two, like harmonic geometry is, for the commitment toward life. He leads the workshops "Understanding complexity", "Spirals, labyrinths and Sacred geometry" "Inner router, a compass for sincronicity" and "Therapeutical Gardens", with Ecopsiché.







The house will be self-managed and the theory of Ecopsychology, with its focus also on social ecosystems, will translate in moments of common life: food preparation, dining room care, cleaning of kitchen and spaces.

The location is beautiful but it is Spartan. The accommodation is in a dormitory, with shared bathrooms. The food is vegetarian and, on request, vegan, with local organic products... or almost; the kitchen will be coordinated by **Vanesa Tesone**, ecotuner, yoga teacher and enthusiast natural cook.

The seminar will be held in English, with partial translation in Italian and Greek: a knowledge, also elementary, of the English language is required.



INVESTMENT

● € 670 vat/iva included (550 + taxes) ● Early registration (by May 30th) : € 620 vat/iva included (510 + taxes).

The fee includes the training course and the food / accommodation, from Saturday 11 August to Thursday 16 August. The seminar ends on August 16 after lunch.

LOGISTICS

Bring comfortable clothing, warm for summer evenings on the mountains - we are 700 meters high - hiking boots, bed linen or sleeping bag. On request, if you travel by plane, we can buy sheets for you. Primalpe can be reached by foot, in a half hour of slightly uphill path, in the woods. The appointment is at 10am at Fonte Gajum in Canzo, at the beginning of the path. Luggage will be transported with a 4x4 directly to the farmhouse.

The appointment is on August 11th at 9.30 AM at Canzo railway station: the train leaves Milano at 8.08 from Cadorna Station. For those arriving by car, leave it at the parking lot near the railway station. Upon agreement, we'll pick you up at that time at the station and take you to the starting point. For those arriving later, you can contact a taxi service (€ 25) that brings you directly to the house. For those arriving the day before, there is the possibility to stay at Cascina La Fura, in Ello Lc (night + breakfast € 25, lunch € 15, dinner € 15).

TRIP TUTORING :

Costanza Vismara costyfura@libero.it – **Elena Felicita Colombo:** elena@ecocentering.it.

REGISTRATION:

www.ecopsicologia.it/form/

