

# Introduction to practical ecopsychology

## Sensorial exploration in the forest

*Rencontres Solidarités Jeunesse*  
*L'éducation populaire, c'est politique*

Saturday, December 3, 2022  
9.30 a.m. – 12 p.m.

***Introduction to practical ecopsychology. Sensorial exploration in the forest*** | Ecopsychology aims to question the conscious and unconscious dimensions of our relationship with the Earth. The experience is inspired by the *Work that Reconnects*, a process that facilitates the expression of our feelings and of our commitment in a context of ecological disaster. | Gwenaël Le Nohaïc | Ecopsychologie.fr

13 participants  
A majority of young non-French-speaking international volunteers

### ***The set intention***

To offer participants a practical ecopsychology experience – an introduction to the *Work that Reconnects* (Joanna Macy) – by offering a space to feel their emotions and their desire to be involved in a society that supports the living.

### ***More details on the activity***

Ecopsychology aims to question (on a theoretical level) and to feel (on a practical level) the conscious and unconscious dimensions of our relationship to Earth, to others living beings and to oneself.

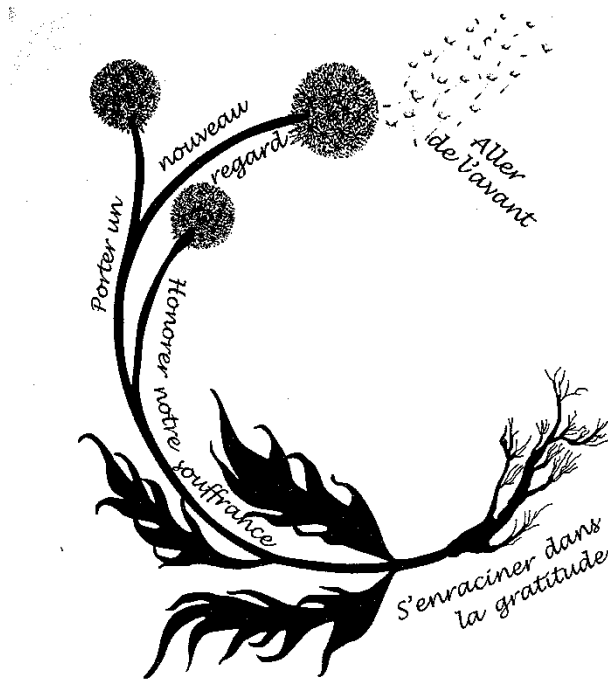
The *Work that Reconnects* is a process that facilitates the reception of our feelings in a context of ecological disaster, social and geopolitical upheavals.

In the 1980s, Joanna Macy (systems theorist, environmental activist, feminist, anti-nuclear activist, respected alter-globalization figure) began to develop *Work That Reconnects* workshops to enable people to “to find the solidarity and the courage to act, despite the rapid deterioration of ecological and social conditions”. Since then, the *Work that Reconnects* has been experienced by hundreds of thousands of people around the world, in transition environments and after major ecological or humanitarian disasters.

### ***Workshop (2h30)***

- Meeting at room 7 – we make a collective dance while people arrive
- Gathering in group circle, turn to speak (tour de parole)
- “Membrane of trust” for the workshop
  
- Short introduction to the *Work that Reconnects* and to ecopsychology to set a theoretical framework; nevertheless the invitation is to experience the *Work that Reconnects* through the senses and the sensitive (and not through the mind, debate or reflection).

Presentation of the 4 stages of the Spiral of Work that Reconnects:



- Departure to the forest - Sensory experiences of practical ecopsychology in the forest (winter weather!):
  - o Exercise of guided intersections (“hodgepodge”) where we make different encounters with the Other; turn to speak (tour de parole) to share feelings
  - o Micro-break
  - o Dance of the 4 elements (Native American dance)
  - o Introduction to the history of the *Dance of the Elm*, then experience of this dance
  - o Ritual "wishes for the Earth" to express in your mother tongue
  - o End of workshop talk (how I feel; what I am leaving with)
- Closing, group hug, thank you!

### ***Intervener***

Gwenaël Le Nohaïc / Facilitator of the *Work that Reconnects* workshops, founder of [ecospyhologie.fr](http://ecospyhologie.fr) (Instagram [@decroissante](https://www.instagram.com/decroissante))

Throughout my professional career in (human rights NGO, ecolabels, alternative travel, health-environment), then today as a facilitator, my experiences have always nourished a desire for Justice and Resonance with the world. I like to design workshops, retreats and *sharing circles* (cercles de parole) as spaces for expression and emancipation, a bridge between the intimate and the political.

### ***More informations – english websites***

- Work That Reconnects Network: <https://workthatreconnects.org/>
- <https://www.activehope.info>
- <https://www.deepecology.org.au/philosophy/arne-naess/>