

Course Code	Course Title	L	T	P	C
PHD19015	Eco-Psychology	4	0	0	4

Unit 1. This unit focuses to understand the Emotional Relationships to Place, nature, attachment and identity

Introduction to Eco-psychology: The Nature and Scope of Environmental Psychology,

Emotional Relationships to Place: Attachment and identity
 Relationships to Nature
 Environmental attitudes, assessments and Preferences

2. Earthwork Literature and Environment:

This unit intends to understand what has brought about human destruction of the rest of nature, and how human-nature relationships can be revitalized

* Bio- and Eco-semiotics, Phenomenology, Environmental Justice, Post-humanism.

Unit 3. Eco-Counseling & Therapy:

This Unit aims to study the relationship between human beings and the natural world through eco-counselling and eco-therapy principles.

Readings Jordan, M. & Marshall, H. (2010) Taking counselling and psychotherapy outside: Destruction or enrichment of the therapeutic frame? *European Journal of Psychotherapy and Counselling*, 12, 345–359

Reese & Myers (2012) *EcoWellness-The missing factor in holistic wellness* Rust, M. J. (2009) Why and how do therapists become ecotherapists? (pp. 37-45). In L. Buzzell & C. Chalquist *Ecotherapy*. San Francisco: Sierra Club Press.

Unit 4: Attention restoration theory

This Unit aims to analyze the potentiality for natural environments to provide positive human health and well-being benefits.

- (a) Ecopsychology: Restoring the Earth/Healing the Mind (Paperback)
by Theodore Roszak
- (b) Ecotherapy: Healing with Nature in Mind (Paperback)
by Linda Buzzell

Unit 5: Environmental Justice

This **Unit** examines challenges and controversies associated with the unequal distribution of **environmental** hazards across communities. Unit will also explore the social, industrial, and government forces that create inequitable burdens of **environmental** pollution as well as movements to reduce such burdens

Margaret Atwood, *Oryx and Crake*, London: Virago, 2004.

T. V. Reed, "Toward an Environmental Justice Ecocriticism," in J. Adamson, M. M. Evans and R. Stein, *The Environmental Justice Reader*, Tucson: Arizona UP, 2002.

Suggested Readings:

1. Adamson, Joni. *American Indian Literature, Environmental Justice, and Ecocriticism*.
Alaimo, Stacy. *Undomesticated Ground: Recasting Nature as Feminist Space*.
2. Barry, Peter. "Ecocriticism" in *Beginning Theory: An Introduction to Literary and Cultural Theory*.
3. Bertens, Hans. "Ecocriticism." In *Literary Theory: The Basics*.
4. Gaard, Greta, Simon C. Estok, and Serpil Oppermann, eds. *International Perspectives in Feminist Ecocriticism*. London: Routledge, 2013. Ganderton, Paul S., and Paddy Coker. *Environmental Biogeography*. New York: Prentice Hall, 2005.
5. Garrard, Greg. *Ecocriticism*. London: Routledge, 2011. Garrard, Greg, ed. *Teaching Ecocriticism and Green Cultural Studies*. New York: Palgrave Macmillan, 2012.

Assessment:

Candidate will be assessed based on written papers and/or oral presentations followed with a written examination.