

# PROFESSIONAL DIPLOMA IN APPLIED ECOPSYCHOLOGY AKAMAI UNIVERSITY

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*Oh, what a catastrophe, what a maiming of love when it was made personal, merely personal feeling. This is what the matter with us is: we are bleeding at the roots because we are cut off from the earth and sun and stars. Love has become a grinning mockery because, poor blossom, we plucked it from its stem on the Tree of Life and expected it to keep on blooming in our civilized vase on the table.*

---D. H. Lawrence

*A true to life 'Pandora-Na'vi' relationship-strengthening process;  
it helps our well being improve through sensory contact  
with nature's restorative balance and beauty.*

---Michael J. Cohen



*We and our planet suffer because as cherished children of Mother Nature we are biologically conceived to suckle the loving breast of her purity, balance and beauty. However, as part of Industrial Society, it is as if we are socialized to separate from nature and instead suck a plastic nipple attached to a bottle of whiskey.*

*We are disjointed because our lives suffer the loss of nature's love along with the destructive effects of the whiskey, says Cohen. This continues until we consciously reconnect our senses with nature's restorative powers. The connection helps us cure our whiskey-nipple addiction. For this reason reconnecting-with-nature activities help us recover from the disorders that deteriorate our personal, social and environmental well-being.*

*Our estrangement from nature results in our unbalanced lives. We demand satisfactions that take 50 percent more resources from Earth than the planet produces. This gives Earth a fever and places one third of its species at risk of extinction. Our nature-disconnected thoughts and feelings make us deteriorate our own life support system. Is it any wonder some observers claim that Industrial Society is an insane asylum run by the inmates?*

*Cohen jokes that... Akamai should call their beginning ECHN class Wellness 101: How to Become the Lorax with an MD "However," he said, Folks enter the program because the problems we face are no joking matter. They want to make a difference by being it.*

---Michael J. Cohen

## **INTRODUCTION**

Applied Ecopsychology reverses our disconnectedness by utilizing proven medical procedures. For example, good medical thinking and research have created surgical techniques that reattach an amputated arm back to the body. If reconnected properly, the arm will, in time, function normally. Part of this art is the surgical technology our clear thinking has devised to bring the arm back in proper contact with the body. The remainder of the procedure is trusting that once this reconnection is made, nature itself has the wisdom to heal the rupture and rejoin the arm and body as one integrated organism. We don't know how to do that healing, however nature does it continuously via its natural attraction ecological processes at sub-atomic and global levels, for that is its way. Good medical thinking respects that nature has this extraordinary regenerative power. It taps into it. It surgically provides the proper environment and time for nature to heal, as only nature can. Applied Ecopsychology activities do the same thing with respect to our extremely nature-separated psyche and thinking process and the disorders they create.

The field of Applied Ecopsychology researches and initiates practical self-guiding methods and materials. These tools enable the prospective applied ecopsychologist to learn, use, and teach the nature- reconnecting process in the personal, professional and educational environments. This degree program offers vital information, expertise and support through mentorship, distance learning courses, interactive workshops, academic readings, Internet presentations, and independent study and projects.

Discover how our excessive separation from nature stresses our sentient inner nature and causes our most challenging problems. Learn to reverse this destructive process. Master thoughtful nature reconnecting activities that dissolve stress by satisfying our deepest natural loves, wants and spirit. This course teaches hands-on education, counseling and mental health skills that interlace our thoughts and feelings with the "higher power" wisdom of nature's creation process. Its unique natural attraction methods and materials let nature nurture self-esteem, friendships and responsibility. Applied Ecopsychology increases wellness and creativity and helps us build rewarding, sustainable relationships. Learn and teach this process to increase personal, social and environmental well-being.

Michael J. Cohen,  
Ph.D. Program  
Director Applied  
Ecopsychology

## Professional Diploma in Applied Ecopsychology

### PROGRAM AUDIENCE

Applied Ecopsychology participants have successfully applied nature-connected education and healing to a wide array of career fields, entrepreneurial and professional activities. While not an exhaustive list of fields from which our program has prepared successful practitioners, following will provide a perspective for the interested applicant for application of the program.

- Self-help, stress management, personal growth, motivational neuro-linguistic programming, creative writing, home schooling, hypnotherapy, aromatherapy, Reiki, energy medicine, and art therapy.
- Life coaching, personal coaching, success coaching, and relationship coaching, leadership skills, consulting, memory training, nutrition, men's and women's issues, and action assertiveness
- Teaching, mentoring and facilitating disorder and prevention remedies: eating, sleep, anxiety, post traumatic stress (PTSD), attention deficit, addiction, dependency, burnout, autism, self-confidence, mid-life crisis, and self-worth dysfunctions.
- Counseling: pastoral, therapy, recovery, family, marriage and spiritual counseling, massage therapy and biofeedback.
- Shamanism, spirituality retreat centers, self-esteem, Yoga, civil rights, therapist, retreat center training.
- Course instruction, workshop presentations, social work, conservation strategies, outdoor leadership, sociology, environmental education, and mental health.
- Meditation, complementary and alternative medicine, naturopathic medicine, parenting, relaxation, and intimacy.
- Founding or directing stress and healing programs, or creative writing courses for training or degree programs.
- Increasing training, administration, personal and professional benefits, improved conferences, progressive human services, independent contracting, child care, addressing global warming, retreats.

### ENTRY REQUIREMENTS

As prerequisites for acceptance to the Professional Diploma program, 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.

### DIPLOMA COMPLETION REQUIREMENTS

Participants in the Professional Diploma Program in Applied Ecopsychology complete a minimum of 23 credits above the baccalaureate degree.

The concentration of the Professional Diploma Program is **Natural Attraction Ecology**, which focuses upon identifying the scientific process and ecological evidence in the practice of educating, counseling and healing with nature.

## Professional Diploma in Applied Ecopsychology

### Required: Each of the following modules:

- ECO 500: Organic Psychology of Global Citizenship (3 credits)
- ECO 501: Introduction to Educating Counseling with Nature (3 credits)
- ECO 502: Educating and Counseling with Nature I (4 credits)
- ECO 503: Educating and Counseling with Nature II (4 credits)
- ECO 508: Natural Attractions, Intelligence and Sanity (1 credit)
- ECO 751 Field Studies in Educating and Counseling with Nature (3 credits)
- ECO 791 Special Topics in Applied Ecopsychology (3 credits)
- ECO 800: Certification of Requirement Completion for Certificate, Degree, & Student Cooperative Agreements (2 credits)

### CLASS DESCRIPTIONS

#### **ECO 500: Organic Psychology of Global Citizenship (Required: 3 credits)**

This entrance level, online, sensory-ecology course in practical, nature-connected education, counseling and healing enables you, backyard or backcountry, to master and teach the established therapeutic science of Applied Ecopsychology. Increase personal, social and environmental wellbeing by enabling individual to create beneficial moments that let Earth teach. This restorative thinking skill helps their 54 natural senses reasonably embrace their nurturing origins in the balanced, self-correcting and renewing ways of natural systems within and around us. Visit <http://www.ecopsych.com/coursespsu.html> for details.

#### **ECO 501: Introduction to Educating and Counseling and Healing with Nature (3 credits)**

Learn 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 satisfy deep natural wants: when unsatisfied, these wants disrupt global balance, and inner peace by fueling runaway disorders. (Instructor: Dr. Michael Cohen)

**ECO 502: Educating, Counseling and Healing with Nature I (Required: 4 credits)** Discover how our society's prejudice against nature, in and around us, stresses us and reduces person, social and environmental well-being. Learn to reverse this destructive process. Master thoughtful nature reconnecting activities that help us renew our deepest natural loves, wants and spirit. This course teaches hands-on education, counseling and mental health skills that feelingly tap the grace of nature's self-correcting balance and beauty. Its nature-centered email and telephone correspondence nurture warm interpersonal relationships, wellness and responsibility.

**ECO 503: Educating, Counseling and Healing with Nature 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. Master thoughtful nature reconnecting activities that dissolve stress by satisfying our deepest natural loves, wants and spirit. This course teaches hands-on education, counseling and mental health skills that feelingly tap the wisdom of nature's creation process. Its email and telephone correspondence let nature nurture warm interpersonal relationships, wellness and responsibility.

#### **ECO 508: Natural Intelligence, Attraction, and Sanity (Required: 1 credit)**

Discover how to prevent contemporary society's nature-separated thinking from deteriorating

## Professional Diploma in Applied Ecopsychology

personal growth and responsible relationships. Encounter and consider how to meet the challenges of the socializing process of Industrial Society that reduces our sensitivity and sensibility by excessively separating us from the self-correcting grace, balance and renewing\ powers of nature in and around us. Increase your marketability, effectiveness and global citizenship by educating and counseling with a readily accessible natural system thinking process.

### **ECO 751 Field Studies in Educating and Counseling with Nature (Required: 3 Credits)**

Students experience in theory and practice how Western Civilization separates the "human" from the "natural" and destructively estranges us from nature's integrity, love, and spirit, in and around us.

Students master, design and implement public education techniques that help reverse this dilemma and catalyze responsible relationships for "reconnecting with nature in people and places."

### **ECO 791: Special Projects in Applied Ecopsychology (3 credits)**

This course explores present or past special projects that make, or would have made, the way nature works become an ally to increase well-being if organic psychology had been included as part of them. The application of Ecopsychology, 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.

### **ECO 800: Certification of Requirement Completion for Certificate, Degree, & Student Cooperative Agreements (Required: 2 credits)**

Validation of public education, social networking and cooperative community participation. This course provides credit for demonstrating the student has met the requirements of the cooperative self-organization, growth and economics of the Project NatureConnect Institute of Global Education program at the Akamai Applied Ecopsychology Institute. These requirements are described in the Student Webstring Cooperative Contract and are part of the ECO 751 course. The course includes taking a certificate or degree level comprehensive exam and submitting a short petition that documents the student's fulfillment of the requirements of academic program challenge exams and Student Cooperative Contract.



**APPROVED**