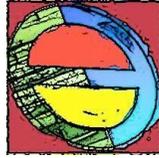


Ecopsychology Programs and Workshops (In the Hawaiian Islands)



Jorge Conesa-Sevilla, PhD

<http://www.wix.com/jorgeconesasevilla/ecopsychology>

<http://www.wix.com/jorgeconesasevilla/nanimu>

Nani Mu Quest, a US Charter of the European Ecopsychology Society (EES)

nanimuquest@yahoo.com

I. Introductory Program (Introduce 'ecopsychology' to interested parties.)

Duration

7-15 days (including travel time)

Modular Presentations (P) and Workshops (W)

- * Introduction to Ecopsychology (P)
- * Nature Attunement (P, W)
- * Psycho-biomechanics: foxwalking (P, W)
- * One-Three Day water fasts (W)
- * Contemplative Neuroscience: Ecopsychology of Breathing (W)

Cost

- * *To the participants:* To be judged by host/proprietor
- * *Principal Presenter:* no training fee, but one meal per-dium, lodging, and travel expenses are covered by host/proprietor (several businesses can pool their resources together to cover these minimal costs)

(Note: In the past, these costs have been taken care of, in the case where local lodging would compete with those of a paying customer, by hosting the presenter in somebody's home or other, more economical lodging.)

- * Book sales (% to the host/proprietor)

II. One-Month Program

(Introduce 'ecopsychology' to interested parties plus implement more *advanced practices*. This one-month program could also be implemented twice during the same period to serve as two introductory programs, while addressing the needs of different groups.)

Duration

20-30 days (including travel time)

Modular Presentations (P) and Workshops (W)

- * Introduction to Ecopsychology and Human Ecology (P)
- * Nature Attunement (P, W)
- * Psycho-biomechanics: foxwalking (P, W)
- * One-Three Day and Ten-Day water fasts (Psychology in the Wilderness) (P, W)
- * Contemplative practices including non-religious Zazen and Self-hypnosis (P, W)
- * Contemplative Neuroscience: Ecopsychology of Breathing (W)

Cost

- * To the participants: To be judged by host/proprietor
- * Principal Presenter: *training fee TBA depending on group size*, plus one meal per *dium*, lodging, and travel expenses are covered
- * Assistant: As per local need

(Note: In the past, these have been taken care of, in the case where local lodging would compete with those of a paying customer, by hosting the presenter in somebody's home or other, more economical lodging.)

- * Book sales (% to the host/proprietor)

III. Two-To-Three-Month Program

(Introduce 'ecopsychology' to interested parties, implement more advanced practices, and offer half-to-full *quarter long academic courses*. This program covers full academic content of Ecopsychology for any individual wishing to offer ecopsychology workshops.)

Duration

60-90 days (including travel time)

Modular Courses (C) Presentations (P) and Workshops (W)

- * Ecopsychology (full academic course worth 3 semester units) (C)
- * Human Ecology (full academic course worth 3 semester units) (C)
- * Psycho-biomechanics: foxwalking (P, W)
- * One-Three Day and Ten-Day water fasts (Psychology in the Wilderness) (P, W)
- * Contemplative practices including non-religious Zazen and Self-hypnosis (P, W)
- * Contemplative Neuroscience: Ecopsychology of Breathing (W)
- * The psychobiology of "grumpy," "nice," "fearful," and "blissful" (P)

Cost

- * To the participants: To be judged by host/proprietor
- * Principal Presenter: *Academic and training fees; (minimum group size seven)* plus one meal per *dium*, lodging, and travel expenses are covered
- * Assistant: As per local need

(Note: In the past, these have been taken care of, in the case where local lodging would compete with those of a paying customer, by hosting the presenter in somebody's home or other, more economical lodging.)

- * Book sales (% to the host/proprietor)

IV. Professional (for Host/Proprietor) Program

(Introduce 'ecopsychology' to interested managers, employees, students, and/or professionals in the *hospitality industry*. This program could be implemented during the above indicated three time frames: 7-15 days, 20-30 days, or 60-90 days.)

Duration

TBA (including travel time)

Modular Presentations (P) and Workshops (W)

- * Introduction to Ecopsychology and Human Ecology (P)
- * Eco-Tourism and Agro-Tourism (P)
- * Safety, Energy, and Possibility the three "R's" of the hospitality industry (P)
- * The psychobiology of "grumpy," "nice," "fearful," and "blissful" (P)
- * Leadership styles (P, W)
- * Positive Psychobiology: The Power of a Smile (P, W)

Cost

- * To the participants: To be judged by host/proprietor
- * Principal Presenter: *training fee TBA depending on group size*, plus one meal per *dium*, lodging, and travel expenses are covered
- * Assistant: As per local need

(Note: In the past, these have been taken care of, in the case where local lodging would compete with those of a paying customer, by hosting the presenter in somebody's home or other, more economical lodging.)

- * Book sales (% to the host/proprietor)

Modular Presentations

Any of the above content (plus additional content that host/proprietor wishes to incorporate) is modular to the extent that a particular focus (e.g. workshop, presentation) can be replaced by a more relevant one.