

EcoPsychology

Sent: Wednesday, May 20, 2020 3:41 PM

From: Darcia Narvaez

Hi, Louise,

My students and I have just published a paper in Ecopsychology that might interest the list:

[Indigenous Nature Connection: A 3-Week Intervention Increased Ecological Attachment](#)

There are 30 days of free access to the article: <https://bit.ly/2T5elhd>

I can also attach a copy.

Here is the abstract:

Humanity as a species has spent most of its existence moving with instead of against nature as found among Indigenous or First Nation communities traditionally. Yet most members of modern societies feel disconnected from nature, which is attributed to a lack of connection and respect toward the more than human. We developed assessment tools for ecological attachment from an Indigenous perspective, validating measures (n = 695) of ecological empathy (feeling concern for more-than-human entities), ecological mindfulness (mindful attitudes and behaviors toward living things), and green action (conservation behaviors). Then we conducted a 3-week behavioral intervention with university students (n = 47) with two conditions expected to increase ecological mindfulness: (1) Indigenous ecological attachment (e.g., acknowledge the trees you pass today) by which ecological empathy was expected to increase; (2) conservation behaviors (e.g., turning off lights) by which green action was expected to increase. In session one, participants completed key measures, read texts related to their condition (facts, a poem, and an essay), and selected condition-relevant actions to draw from and perform in the following 3 weeks (one selected per day). In session two, measures were retaken. In comparison with a control group, MANOVA revealed that hypotheses were supported: Only the ecological attachment group increased on ecological empathy, only the conservation group significantly increased on green actions, and both intervention groups increased on ecological mindfulness.

Thanks,
Darcia

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**[My University Website](#)**

[The Evolved Nest \(\*Evolved Developmental Niche\*\)](#) (academic papers)  
[EvolvedNest.Org](#) (podcasts, info, and monthly newsletter)

Also see [DarciaNarvaez.com](#)

**Blog** at Psychology Today: [Moral Landscapes](#)  
**Twitter:** @MoralLandscapes, @EvolvedNest  
**Facebook:** Moral Landscapes, EvolvedNest  
**Youtube:** [Evolved Nest Initiative](#), [DarciaNarvaez](#)

**SoundCloud (podcasts):** [Evolved Nest](#)

**[For Life to Continue on Earth, Every Day Must Be Indigenous Peoples' Day](#)**

BOOKS:

[Indigenous Sustainable Wisdom: First Nation Know-How for Global Flourishing](#) (Peter Lang)  
[Basic Needs, Wellbeing and Morality: Fulfilling Human Potential](#) (Palgrave-Macmillan)  
[Embodied Morality: Protectionism, Engagement and Imagination](#) (Palgrave-Macmillan)  
[Neurobiology and the Development of Human Morality: Evolution, Culture and Wisdom](#) (winner of the 2017 Expanded Reason Award and the 2015 APA William James Book Award)  
[Evolution, Early Experience and Human Development](#) (OUP)  
[Ancestral Landscapes in Human Evolution](#) (OUP)  
[Young Child Flourishing: Evolution, Family & Society](#) (OUP)  
[amazon.com/author/darcianarvaez](https://amazon.com/author/darcianarvaez)  
[Kindred World](#)

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**From:** Ron Boyer

**Sent:** Wednesday, May 20, 2020 7:04 PM

Thanks so much for sharing your eco-psychological study Darcia. I read it with great interest and am delighted to learn this kind of research is happening. May we all learn to not only consciously practice conservation methods but also develop our feeling-relatedness for the Earth and all our relatives--and do so in time to protect our Mother for countless generations to come.

I noticed that you do a lot of work with Four Arrows. So there is a personal connection as well. I was introduced to Four Arrows by a close mutual friend, Dan "The Peaceful Warrior" Millman a few years ago in connection with one of my Earth-activist projects.

I trust you are familiar with the pioneering efforts in eco-psychology by other friends, the late Ted Roszak and Mary Gomes, "Ecopsychology: Restoring the Earth, Healing the Mind." I would say this sub-field of psychology really began to emerge with Ted's book "Person/Planet" published in the late 1970s.

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**From:** Darcia Narvaez

**Sent:** Wednesday, May 20, 2020 10:08 PM

Thanks for your note, Ron. It's good to connect.

I stumbled into the ecopsychology area from my interdisciplinary study of the evolutionary neurobiology of human morality--the book I wrote on the

topic led me to indigenous wisdom and subsequently the rich work of prior academics like Roczak and Paul Shepard. I met Four Arrows serendipitously during this time and he and I have collaborated on several things.

I pray we can wake people up to their earth nature, aware that we depend on the earth for life, not the other way around.

Warm regards,  
Darcia

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From: Dr. Judy Kuriansky - drjudyk at aol.com (via iptaskforce list)
Sent: Thursday, May 21, 2020 4:10 AM

What impressive and expansive work with important messages!

The field of ecopsychology is so important now, especially given the United Nations focus on 2 P's: the planet and the people. The other 3 P's are prosperity, peace and partnership.

You might enjoy the 2 vols I co-edited on:

Nemeth, D.G., & Kuriansky, J. (2015). Introduction. In J. Kuriansky (Ed.) *Ecopsychology: Advances from the Intersection of Psychology and Environmental Protection* (pp. TBD). Santa Barbara, CA: ABC-Clio (Praeger).

Covers the new topic of ECOSPSYCHOLOGY - including my articles about what the UN is doing for the environment, projects for China recovery from the earthquake there, and my project in Haiti for recovery ongoing from the earthquake there, in collaboration with a Catholic priest who is vice provost of the University of Notre Dame who founded the Center for Spirituality and Mental Health, continuing my work about psychosocial recovery in Haiti since the earthquake there!

My edited volume is volume II (not shown on the net: about Interventions and Policy
<http://www.abc-clio.com/ABC-CLIOCorporate/product.aspx?pc=A4328C>

Best,
Judy Kuriansky

“Dr. Judy” Kuriansky, Ph.D.

* Sounding the Alarm about Coronavirus in Africa: Black Star News. <http://www.blackstarnews.com/global-politics/africa/sounding-the-alarm-about-coronavirus-in-africa-by-diaspora>

*Main United Nations NGO Representative, International Association of Applied Psychology & World Council for Psychotherapy

*Past President, Psychology Coalition of NGOs accredited at the United Nations

*Professor, Department of Clinical Psychology, Columbia University Teachers College

*Advisor, United Nations member states Group of Friends on Mental Health and Well-being

*Member, Global Council 3 on Health, "SDGs in Action" United Arab Emirates initiative

*Co-founder "Health in Your Hands" initiative and "Stand Up for Peace Project"

* Member, International Association of women in Radio and TV

*TV and radio commentator

*Columnist, Black Star News

*Board of Directors, Library of American Broadcasting

*Honorary Professor, Beijing University Health Sciences Center, China

*Trustee, United African Congress

*Ambassador's Advisory Board, H.E. Sidique Wai, Ambassador of Sierra Leone to the USA

*Fellow, American Psychological Association

*Policy committee, member Mental Health and International Health sections, American Public Health Association

* Consultant, Global Task Force on Terrorism and Peacebuilding, IAAP

*Books: "Ecopyschology: Advances in the Intersection of Psychology and Environmental Protection"

"Living in an Environmentally Traumatized World: Healing Ourselves & Our Planet"

"Beyond Bullets and Bombs: Grassroots peacebuilding between Israelis and Palestinians"

"The Psychosocial Aspects of a Deadly Epidemic: What Ebola has Taught Us about Holistic Healing"

"The Idiots Guide to a Healthy Relationship" "31 Things to a Child's Self Esteem"

*<http://www.huffingtonpost.com/judy-kuriansky-phd/>

*Member, League of Professional Theatre Women

*www.DrJudy.com

Sample Publications:

* <http://www.japantimes.co.jp/news/2015/03/23/national/psychologist-connects-disaster-affected-children-around-the-world/>

* Blog for World Humanitarian Summit: <http://www.e-ir.info/2016/05/19/i-am-african-i-am-not-a-virus/>

* <http://goodnewsplanet.com/five-words-can-change-world/>

* <http://www.algemeiner.com/2015/02/09/how-a-new-york-psychologist-and-an-israeli-humanitarian-organization-are-helping-sierra-leone-stand-up-to-ebola-interview/>

* interview on NPR about coping with crisis/climate change:

<http://www.wbur.org/hereandnow/2018/06/18/climate-change-disasters-mental-health>

* Lessons on Love from Martin Luther King: A Psychologist's Dream. Access

at: <http://www.blackstarnews.com/global-politics/others/lessons-on-love-from-martin-luther-king-jr-a-psychologists>

* Theatre: Investor: "TINA" 2019; "Ain't Too Proud: story of the Temptations" 2018, "Summer on Broadway:

Story of Donna Summer" 2018; "Desperate Measures" 2017; *Executive Producer, Off Broadway: "Temple of the Souls" 2014, 2017

From: Marc Pilisuk

Sent: Wednesday, May 20, 2020 9:35 PM

Friend's,

Thanks for sending the eco-psychology paper reaffirming the paths of indigenous culture. Some who liked this might also enjoy the attached chapter on ecology and humanistic psychology.

[Humanistic Psychology and Ecology.pdf](#)

Peace,

Marc

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<http://marcpilisuk.com/bio.html>

The Hidden Structure of Violence: Who Benefits From Global Violence and War by Marc Pilisuk and Jennifer Achord Rountree. New York, NY: New York Monthly Review, 2015. Released July 2015. [Order the book here.](#)

Peace Movements Worldwide (3 Volumes) by Marc Pilisuk and Michael Nagler (Eds). Santa Barbara, CA: Praeger/ABC-Clio, 2011.

From: Joseph P. Gone
Sent: Thursday, May 21, 2020 10:57 AM

Thanks, folks, for these interesting sources.

I have just finished a paper about land-based therapeutic traditions among my own people (Aaniiih-Gros Ventres of present-day Montana) as these intersect with professional psychology. The overarching approach is "decolonization," which is quite popular just now. This approach is also complex and contested, so I'm trying to make some sense of it.

I am attaching this article for those who might find it relevant at this intersection of Indigenous psychology and ecopsychology.

[JPG Decolonizing CounsPsy.pdf](#)

Best wishes,

Joe Gone

From: Darcia Narvaez
Sent: Thursday, May 21, 2020 11:08 AM

Joseph, thank you so much for this important article--just when it will benefit my work on shifted baselines for being and becoming human.

All the best,
Darcia

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