



Root in what you are.

Change the world with what you do!



Summer School
2018

Art and Science of Ecotuning

*An introduction to
Applied Ecopsychology*

August 11th –16th, 2018 – Canzo (Como), Italy

Practices of exploration of ourselves and of the world to reconnect to our deepest roots, to rise up towards the highest peaks. Ecopsychology is a promoter of self-fulfillment at the service of life, it wants us to discover and use our personal, individual and collective power.

Contact with nature and wildlife helps us to find the connection with the deepest parts, often forgotten, of our being. Contact with our most authentic core, with our soul, allows us to recover a sense of partnership, often forgotten, with the whole Creation.

A 5 days seminar with playful and joyful practices of reconnection with oneself, with others, and with nature. A practical introduction to Ecopsychology



International Ecopsychology Society



Hellenic Ecopsychology Society
Mental and Integrative Health

Greek IES School



Italian IES School



“Primalpe”, an old stone farmhouse, in the heart of the Lombard Prealps, in northern Italy - set in the woods like a gem in a jewel - will be the venue for the international seminar organized in collaboration between *Ecopsiché*, the first Italian School of Ecopsychology, and the Greek *Hellenic Ecopsychology Society*.

The seminar will offer the theoretical elements of introduction to Ecopsychology and some basic practices of Ecotuning, the art of Applied Ecopsychology.

The Ecotuning practices are suitable to be adapted to different fields, integrating the knowledge and skills of the basic professionalism of those who propose them.



We will work in the woods, with the trees, the meadow and the sky, in the company of nocturnal animals and the scent of the earth. We will enjoy starry skies, discovering the charme of night walks, we will live together and experience where the laws of ecological relationships will guide us to share those days together.

The seminar is recognized by the *International Ecopsychology Society* - IES and, then, by all the IES Schools that are part of the international association. It is valid, for two years, as an IES Training module. The entire training path - which allows to acquire the title of Ecotuner and to register in the “International Register of Ecotuner” (Iroe) - can be completed in Italy, Spain, Greece, Uruguay, Argentina, Brazil, Chile and Peru.

What is Ecopsychology



Ecopsychology is a psychology that promotes personal growth in order to open a path toward a higher awareness and to allow human beings to become self-realized persons and then free, creative and responsible citizens of Planet Earth.

At the base of the research there is the concept of interagency between inner and outer world, the parallelism between a conceived world vision and the kind of reality effectively created, between the sides of personality neglected and the environmental aspects penalized, between what we do to ourselves and what we do to others and to the world.

Finding again attention, respect and love for nature signify, first of all, to give meaning, integrity and direction to our own lives. Two points - an arrival and a departure one - strictly interconnected, that defines the field of Ecopsychology through a multidisciplinary path that includes psychology, ecology, epistemology, philosophy, geography and anthropology; with working instruments chosen among the ones of counseling, psychological techniques for personal growth, meditation, artistic activities, trekking and old shamanic techniques reviewed.

Ecopsychology becomes a "Psychology of the us", stimulates toward a global vision at different levels and elaborates interaction strategies that lead toward dialogue and collaboration. It has multiple applications, from the enrichment of the helping activity in a psychological field - psychotherapy or counseling - with new reflection cues, new settings, new methodologies; to the elaboration of new strategies of environmental sensitization in schools, parks; to training in management field, of mass communications in the environmental activism, of animation in communitarian or recreational projects.

The strength of Ecopsychology it is not only in a practical field but also in a philosophical one, where it suggests a vision of the world that is no more anthropocentric, but able to include all the creation, coherently with the paradigmatic shift that is going on in an epistemological and scientific ambit toward a systemic vision of reality. Young science, not yet structured and codified, Ecopsychology rises from a need of nature, beauty, wide spaces, and she offers a concrete contribute to the individual growth in this peculiar historical situation involving any cultural and experiential work that proceeds in the same direction, seeing human not opposing but within nature, life and the universe.



PROGRAM

Saturday August 11th	
9.30	• Meeting at the Railway station of Canzo (CO)
10 - 12	• Meeting at Fonte Gajum at the beginning of the trail, games of mutual knowledge, arrival at Primalpe, presentation of the Summer School and of the House, registration & lodging
13	• Lunch
14-15	• Voluntary Community participation
16-18	• Introduction to Ecopsychology A multidisciplinary path that promotes an ecocentric vision of the world and a wider vision of the self. Recognizing to be part of the ecosystem give us new meaning, integrity and direction to our own lives.
18-19	• Working the way that ecosystems does Planning Community participation, in such a way that each on can find his own way to contribute to the needs of the House, the group, the activity. We will decide and share task and responsibilities, shifts and turns.
19-20	• Love in action: caring co-creation in our common space
20	• Dinner
21.30-22	• Relaxing game

Sunday August 12th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• Breakfast
9-10	• Love in action: caring co-creation in our common space
10-13	• Awakening the Intelligence of our Natural Senses By living a Western way of life and in an artificial environment, our senses have been disturbed and confined so that we experience a basic sensory deficit that leads us to perceive ourselves and the world around us limited and distorted. We can awake our senses, and give another dimension to our perception.
13	• Lunch
14-15	• Love in action: caring co-creation in our common space
16-19	• Nature inside, nature outside The metaphor of nature as a path to improve relationships: there is an interdependency among the way we relate to nature, to others and to ourselves. Personal growth through attention, respect and love for nature
19-20	• Love in action: caring co-creation in our common space
20	• Dinner
21.30-23	• Inspiring videos, discussion and sharing

Monday August 13th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• <i>Breakfast</i>
9-10	• Love in action: caring co-creation in our common space
10-13	• Dialogue with Nature Discovering the world as a living being. Connecting with the Genius Loci, “spirit of the place” in ancient Rome’s culture, as a way to feel more secure and respectful in nature. Walking meditation.
13	• <i>Lunch</i>
14-15	• Love in action: caring co-creation in our common space
16-19	• Exploring the “I Planet” Building a map to get in touch with the depths and the highs of ourselves, to get to know and to dialogue with the different facets of personality recognizing and strengthening the coordinating Centre.
19-20	• Love in action: caring co-creation in our common space
20	• <i>Dinner</i>
21.30-23	• Night walk

Sunday August 14th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• <i>Breakfast</i>
9-10	• Love in action: caring co-creation in our common space
10-13	• Five senses and beyond A training of the five perceptual channels that put us in touch with the world, to go beyond the usual limits, beyond ordinary reality.
13	• <i>Lunch</i>
14-15	• Love in action: caring co-creation in our common space
16-19	• Discovering our natural self The objective empirical experience with a natural environment and its elements with specific deepening techniques is intended to remind our own existence as a part of nature that coexists and interacts with it as a whole. Experiencing, expression through the natural materials and characteristics of nature.
19-20	• Love in action: caring co-creation in our common space
20	• <i>Dinner</i>
21.30-23	• Artistic Night Please come with a song, or a dance, or a poem, or an image that you like to share.



Sunday August 15th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• <i>Breakfast</i>
9-10	• Love in action: caring co-creation in our common space
10-13	• Green Mindfulness A gymnastics of the conscience to widen the boundaries of one's own identity towards the sense of co-participation in the natural world of which we are a part.
13	• <i>Lunch</i>
14-15	• Love in action: caring co-creation in our common space
16-19	• Building Ecotunig events How to project activities in nature, in your professional and personal life, that can be inspiring and transformative for participants, that can tune people toward their inner and outer Nature.
19-20	• Love in action: caring co-creation in our common space
20	• <i>Dinner</i>
21.30-23	• Ceremony

Sunday August 16th	
7 - 8	• Greetings to the incoming day, optional, for early risers (meditation, tai chi, yoga, silent walks)
8-9	• <i>Breakfast</i>
9-10	• Love in action: caring co-creation in our common space
10-12	• Co-created workshop
12-13	• Final circle
13	• <i>Lunch</i>
14-15	• Love in action: caring co-creation in our common space
15-16	• Walk back to Fonte Gajum
17	• Arrival at Canzo railway Station



Hellenic Ecopsychology Society
Mental and Integrative Health



CONDUCTION

Three members of the *International Ecopsychology Society* will conduct the seminar:



Marcella Danon

Italian Psychologist. Promotes Ecopsychology in Italy since 1996. She completed her university education with seminars and training in California, Holland and Spain, with Fritjof Capra, Joanna Macy, Molly Young Brown and Anna Halprin. Active as counseling trainer and supervisor in Italy since 1990, she studied with a direct student of Roberto Assagioli and works in training for personal growth in the professional and business. She founded in 2004 and heads in Osnago (Lc), Ecopsiché, the Italian School of Ecopsychology. She is member of the board of the International Ecopsychology Society - IES.



Kleio G. Apostolaki

Greek Psychologist. She studied Psychology and Clinical Psychology at the University of Kent at Canterbury. She continued her post-graduate studies in the University of London, King's College, where she received a MSc.in Mental Health with an emphasis on Dynamic Psychotherapy and CBT. She took further specialization in Ecopsychology at the University of Strathclyde, Glasgow, in 2002. Since then she has worked as a psychologist-psychotherapist in private practice in Greece, with her main focus being Ecopsychology. She is the President of the International Ecopsychology Society - IES, and the representative of the Hellenic Ecopsychology Society.



Bruno Gentili

Italian Cyber-Physicist with passion for Mathematics and Computer Science, analyst programmer and Yoga teacher. Researcher in new sciences for passion, in spirituality for vocation and connections between the two, like harmonic geometry is, for the commitment toward life. Leads the workshops "Understanding complexity", "Spirals, labyrinths and Sacred geometry" "Inner router, a compass for sincronicity" and "Therapeutical Gardens", within Ecopsiché.



The house will be self-managed and the theory of Ecopsychology, with its focus even on social ecosystems, will also translate in moments of common life: food preparation, dining room care, cleaning of kitchen and spaces.

The location is beautiful but it is Spartan. The accommodation is in a dormitory, with shared bathrooms. The food is vegetarian and, on request, vegan, with organic products at zero km... or almost; the kitchen will be coordinated by Vanesa Tesone, ecotuner, yoga teacher and enthusiast natural cook.

The seminar will be held in English, with partial translation into Italian and to Greek: a knowledge, also elementary, of the English language is required.



Summer School 2018

11-16 August 2018 - Primalpe, Canzo (Co) - ITALY

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International Ecopsychology Society



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IES School - Italy

INVESTMENT

● € 670 vat/iva included (550 + taxes) ● Early registration (by June 15th) : € 620 vat/iva included (510 + taxes).
The fee includes the training course and the food / accommodation, from Saturday 11 August to Thursday 16 August. The seminar ends on the 16th day after lunch.

LOGISTICS

Bring comfortable clothing, warm for summer evenings in the mountains - we are 700 meters high - hiking boots, bed linen or sleeping bag. On request, if you travel by plane, we can buy sheets for you. Primalpe can be reached by foot, in a half hour of slightly uphill path, in the woods. The appointment is at 10am at Fonte Gajum in Canzo, at the beginning of the path. Luggage will be transported with a 4x4 directly to the farmhouse.

For those arriving by car, leave it at the parking lot near the railway station. The appointment is August 11th at 9.30 AM at Canzo railway station.

For those arriving by train from Milan, the train leaves at 8.08 from Cadorna railway station, and arrives, at 9.25 am to Canzo. By agreeing, we'll pick you up at that time at the station and take you to the starting point.

For those arriving later, it will be possible to contact a taxi service (€ 25) that leads directly to the house.

For those arriving the day before, or leaving the day after, there is the possibility to stay at Cascina La Fura, in Ello Lc (night + breakfast € 25, lunch € 15, dinner € 15. For information: Costanza + 39 333 3451313 costyfura@libero.it or Giuditta tel: + 39 338 9312792 giudimetra@gmail.com

