

Reciprocal Healing *Nature, Health, and Wild Vitality*

A National Confluence

November 5-8, 2019, Sedona, Arizona



Confluence Schedule

All presentations in Mago Hall; all meals in Dining Hall; workshops meet in front of Welcome Center

Tuesday, 5 November

- 2:00-5:00 Check-in
5:30-7:00 Dinner
7:30- 9:00 *Welcome and Opening Comments* - Tom Fleischner
Fostering Kinship and Reciprocity - Robin Wall Kimmerer

Wednesday, 6 November

- 6:00-7:00 Individual and Small-Group Natural History Immersion
7:00-8:30 Breakfast
8:45-10:15 *The Ecology of Medical Care: Physicians' Panel Discussion*
Anna O'Malley, moderator, with Michael Finkelstein,
Brian Stafford, and Sara Warber
10:15-10:30 Break
10:30-12:00 *Healing in Depth: Ecopsychological Perspectives*
Laura Sewall and Peter Kahn, Jr., with Tom Fleischner, moderator
12:00-1:00 Lunch
1:30-4:00 Workshops:

*Inner Tracking: Healing Relationships With Ourselves,
Others, and the Planet*
George Leoniak and Charlie Perakis
Step 13: Healing Addiction, Nature Connection, Spirit, and Soul
Joseph McCaffrey

*Rewilding the Heart: Embodied, Emotional, and Imaginal
Communion With the Living World*

Gene Dilworth and Lauren Golten

Nature-based Resiliency of the Healthy Care Provider

Brian Stafford

Opening the Gates: Wonder, Awe, and Inter-being

Anna O'Malley and Laura Sewall

*How to Publish Your Work in the Ecopsychology Journal
(and Other Journals)*

Peter Kahn, Jr.

Geology of the Red Rock Landscape

Kellen Shaver

The Rupture Within: Healing the Trans-Species Psyche

Sara Granovetter

Restoration of Soil and Human Health

Gary Paul Nabhan

- 4:00-5:30 Wandering and Reflection
5:30-7:00 Dinner
7:15-8:45 *Land As Ally in Recovery From Historical Trauma*
Davona Blackhorse

Thursday, 7 November

- 6:00-7:00 Individual and Small-Group Natural History Immersion
7:00-8:30 Breakfast
8:45-10:15 *Why Natural History Matters*
Tom Fleischner
10:15-10:30 Break
10:30-12:00 *Restoring Land Health, Human Health, and Community
Well-being*
Gary Paul Nabhan
12:00-1:00 Lunch
1:30-4:00 Workshops:

*Aligning Our Medicine With Nature: Integrating Our Practice
Into the Whole*

Michael Finkelstein and Anna O'Malley

Heartening: Encouragement for Earth's Weary Lovers

Kathleen Dean Moore

*Inner Tracking: Healing Relationships With Ourselves,
Others, and the Planet*

George Leoniak and Charlie Perakis

Entering the Sanctuary of Our Origins

Jade Sherer

Shinrin-Yoku--Forest Bathing: Medicine Meets Spirit

Tina Fields

*Rewilding the Heart: Embodied, Emotional, and Imaginal
Communion With the Living World*

Gene Dilworth and Lauren Golten

*Guided Exploration: Connecting With Nature
in the Mogollon Highlands*

Bob Ellis

Step 13: Healing Addiction, Nature Connection, Spirit, and Soul

Joseph McCaffrey

- 4:00-5:30 Wandering and Reflection
(representatives of allied organizations will be in attendance at information tables)
- 5:30-7:00 Dinner
- 7:15-8:30 Evening Councils
- 8:30--on Firelight and Starry Skies

Friday, 8 November

- 6:00-7:00 Individual and Small-Group Natural History Immersion
- 7:00-8:30 Breakfast
- 8:45-10:15 *Rallying Cry: Moving Back Into the World*
Kathleen Dean Moore
- 10:15-10:30 Break
- 10:30-12:00 *One River: Gratitude, Encouragement, and Closure*
Facilitated by Tom Fleischner
- 12:00-1:00 Lunch
- 2:00 Check-out

WORKSHOPS

Opening the Gates: Wonder, Awe, and Inter-being

Anna O'Malley and Laura Sewall (W)

With permission to open the sensory gates and release habitual defenses, the natural world becomes enlivened, informative and wondrous. Join us to engage directly with the wild wonders of the landscape by tuning into, and tuning up, our senses through guided perception exercises.

Geology of the Red Rock Landscape

Kellen Shaver (W)

In Geology of the Red Rock Landscape, we will take a deep dive into Sedona's geologic history. Over the afternoon, we will investigate the environments in which these rocks formed, how the rocks in Sedona compare to those in the Grand Canyon, and why they're so red!

The Rupture Within: Healing the Trans-Species Psyche

Sara Granovetter (W)

Through lecture, deep imagination, and embodied awareness, we explore how and what it means to feel and be of Nature as a first step to healing the violent rupture with indigenous human, Animal, and Plant kin which has caused today's ecological destruction and culturally etched alienation, disconnection, and grief.

Restoration of Soil and Human Health

Gary Paul Nabhan (W)

Restoring our health and the health of our soils are directly linked. Come explore how.

Nature-based Resiliency of the Healthy Care Provider

Brian Stafford (W)

How can we health professionals develop an alliance with nature, so that our own work of helping others is supported?

How to Publish Your Work in the Ecopsychology Journal (and Other Journals)

Peter Kahn, Jr. (W)

This will be a practical discussion with the editor-in-chief of Ecopsychology, on how to develop and direct your writing for publication in professional and academic journals.

Inner Tracking: Healing Our Relationships with Ourselves, Others and the Planet

George Leoniak and Charlie Perakis (W, Th)

Discover how "tracking" is relevant in our modern world. We will mindfully explore the outer/inner landscapes and focus on the skills needed to recognize and follow signs that present opportunities for us to more fully and deeply connect with oneself, others, and the world around us.

Step 13: Healing Addiction Through Nature Connection, Spirit, and Soul

Joseph McCaffrey (W, Th)

This experiential workshop will invite you into your ecological imagination and sacred reciprocity through storytelling, nature-based conscious shifting practices, and somatic mindfulness processes as a way to explore the underlying spiritual and emotional issues of a culture lost in addiction.

Rewilding the Heart: Embodied, Emotional, and Imaginal Communion with the Living World

Lauren Golten and Gene Dilworth (W, Th)

Attuning our hearts and cultivating our essential human capacity for deeply listening to — and engaging with — wild nature will be the focus of our inquiry as we gather together on wild land to explore listening to the more-than-human world. We can develop our capacity by cultivating a deep attentiveness to the natural world that simultaneously engages our sensuous living body, our open feeling heart, our creative deep imagination, and a kind of humility that arises when we shed the hubris of our everyday thinking mind.

Shinrin-Yoku (Forest Bathing): Medicine Meets Spirit

Tina Fields (Th)

Based on a recent research trip and certification training in Japan, this workshop will introduce Shinrin-yoku, including evidence-based medical research, animistic Shinto, and practices fostering stress reduction via a slower-paced, more aware connection with the more-than-human world. We will also discuss how we might foster more reciprocity in “ecotherapeutic” relationships worldwide.

Entering the Sanctuary of Our Origins

Jade Sherer (Th)

In our time together we will remember how to enter into a space that will open us to conversations with the Others and possible ceremonies inside of a wander on the land. Together we will open a very personal door to sacred reciprocity with the land and the beings that abide here.

Aligning Our Medicine With Nature: Integrating Our Practice Into the Whole

Michael Finkelstein and Anna O'Malley (Th)

We will explore how our healing practices can become more closely connected with the larger lessons of the natural world.

Connecting with Nature in the Mogollon Highlands

Bob Ellis (Th)

The Mogollon Highlands is one of the most biologically diverse ecoregions in the country and yet, one of the least understood. Situated on the continent in such a way as to invite biodiversity and to conceal it, the Mogollon Highlands is enigmatic and important. This hike seeks to uncover some of this biological diversity using a mixture of story, our senses and an ecological framework that invites participants to both understand and to be alive to the significance of this captivating landscape.

Heartening: Encouragement for Earth's Weary Lovers

Kathleen Dean Moore (Th)

We may be tired, we may be discouraged, but the assaults on a just and sustainable planet keep coming. Together, we will collect our thoughts, confront our dismay, gather our courage, summon our communities, and reclaim our laughter and joy for the work ahead. Our fury may bring us to the task, but it's our love for the world that will empower our voices in its defense.

SPEAKERS and WORKSHOP FACILITATORS

Davona Blackhorse, M.A., is a Clinical and Mental Health Counselor who seeks to develop culturally appropriate therapy interventions that are inclusive of Native American healing practices. She is pursuing a Ph.D. in Interdisciplinary Health with an emphasis in Psychosocial Health; her studies focus on the psychological impact of toxic land mining exposure on the Navajo Reservation and historical trauma among Native Americans.

Gene Dilworth, M.A. is dedicated to the project of rewilding the human spirit as an essential dimension of being fully alive in these times. Facilitating deep inquiry into the mystery of one's true nature through meaningful engagement with the more-than-human world, he supports individuals to discover, re-member and live from their soul-rooted sense of belonging to the world. Gene is founder of Wild Heart Center for Nature & Psyche and is a lead guide at Animas Valley Institute.

Bob Ellis, M.S. has been traveling through and teaching about the Southwest's biotic communities for thirty years. Twenty of those thirty years he taught Ecology at Prescott College where he was awarded Emeritus Faculty status. Currently Bob is Program Director at the Natural History Institute where he leads hikes, trips and workshops on the natural history of the Mogollon Highlands.

Tina Fields, Ph.D. serves as Professor in the Ecopsychology M.A. program at Naropa University. She has taught about the psychological, cultural, and spiritual dimensions of environmental issues since 1999, including five years of teaching and living fully outdoors. She recently certified in Forest Medicine through the Japan-based International Society of Nature and Forest Medicine. Tina is also a wilderness rites-of-passage guide, scholar/practitioner of latter-day Druidry, community songleader, storyteller, and contradance caller.

Michael Finkelstein, M.D., "the Slow Medicine Doctor," trained in both Internal and Integrative-Holistic Medicine, is the author of *Slow Medicine: Hope and Healing for Chronic Illness*, and has been the medical director of major hospitals and health institutes, as well as having a private medical practice.

Thomas L. Fleischner, Ph.D. is a naturalist and conservation biologist, the Executive Director of the Natural History Institute, Faculty Emeritus at Prescott College, and editor of the anthologies *Nature, Love, Medicine: Essays On Wildness and Wellness* and *The Way of Natural History*.

Lauren Golten, M.S., M.A. is a nature-based therapist and group facilitator, grounded in many years of working in nature and a long-time practice of mindfulness meditation. She is also a Wild Mind Facilitator in the work of the Animas Valley Institute (animas.org). Lauren currently works with groups and individual clients near Lyons, Colorado, where she facilitates clients' connections with themselves, others, and the natural world (mountainsanddrivers.com).

Sara Granovetter is a depth psychotherapist, executive coach, and ecopsychology doctoral candidate at California Institute of Integral Studies. She received her B.A. in Philosophy at Harvard University, but with a deepening Zen practice and connection to her personal and planetary body, she went on to train as a holistic depth psychotherapist. In her current Ph.D. candidacy, she listens intently to human and animal psyches to unmask cultural trauma that alienates humans from the more-than-human world.

Peter Kahn, Jr., Ph.D. is Editor-in-Chief of the journal, *Ecopsychology*, and co-editor of the books *Ecopsychology: Science, Totems, and the Technological Species*, and *The Rediscovery of the Wild*. He is a professor at the University of Washington, with appointments in the Department of Psychology and the School of Environmental and Forest Sciences.

Robin Wall Kimmerer, Ph.D. is Professor of Environmental and Forest Biology and Director of the Center for Native Peoples and the Environment at the SUNY College of Environmental Science and Forestry, the author of *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*, and an enrolled member of the Citizen Potawatomi Nation.

George Leoniak, M.S. has a passion for sharing the art of animal tracking with people of all ages and experience levels. His school, The Mindful Tracker, combines both "outer" and "inner" tracking techniques that lead people to a deeper sense of connection to themselves and the natural world. He is recognized as a Senior Tracker by the international organization Cybertracker, and holds a M.S. in Conservation Biology and a B.A. in biology and educational psychology.

Joseph McCaffrey, LAC, M.S., M.A. blends ecopsychological and traditional therapeutic processes with nature connection, story, poetry, spirituality, mindfulness, and somatic work as a way to support individuals in the process of healing, deep self-knowing and nature-based soul work. Joseph has trained with Animas Valley Institute and holds a Master of Science in Clinical Counseling from Prescott College and a Master of Arts in Educational Psychology from the University of Colorado, Denver.

Kathleen Dean Moore, Ph.D. is an award-winning author of numerous books that integrate philosophical clarity with personal reflection and moral purpose, including *Great Tide Rising: Towards Clarity and Moral Courage in an Age of Planetary Change*. She is Distinguished Professor of Philosophy Emerita at Oregon State University, having left academia to speak and write about the moral urgency of addressing climate change.

Gary Paul Nabhan, Ph.D. is an ecologist, ethnobotanist, and author of more than thirty books on the relationship between nature and culture. Currently the Kellogg Endowed Chair in Southwestern Borderlands Food and Water Security at the University of Arizona's Southwest Center, he is the recipient of numerous awards, including a MacArthur Fellowship.

Anna O'Malley, M.D. is an Integrative Family and Community Medicine physician in West Marin, California, and is the founding Director of the Natura Institute for Ecology and Medicine in the Commonweal Garden. She guides people in the medicine of reconnecting to Nature, holds restorative retreats for physicians, and works toward infusing deep ecological consciousness into the art of healing.

Charlie Perakis, D.O. gained some understanding of the human condition while practicing family medicine in a rural, underserved community in Maine for 20 years. He spent years researching the use of the humanities in medical education catalyzing and integrating creativity, storytelling and holism into clinical practice. Now he spends much of his time in spiritual connection with Nature through observing the signs of wildlife and sharing his passion with others.

Laura Sewall, Ph.D., M.S.E.L., the author of *Sight and Sensibility: The Ecopsychology of Perception*, taught ecopsychology and environmental perception at Prescott and Bates colleges, and is Director of the Bates-Morse Mountain Conservation Area in coastal Maine. She has a doctorate in Visual Science and a master's in environmental law.

Kellen Shaver works as an Interpretive Park Ranger at Badlands National Park. He was introduced to natural history at Prescott College, where he also studied creative writing and literature. While his central focus is geology, he is fascinated by the complex interplay of the biotic and abiotic world. Sedona, and the greater Arizona transition zone, is a spectacular example of that interplay and Kellen is excited to share his understanding of the geologic history of the region.

Jade Sherer has devoted her life to guiding others in nature-based transformational processes and ceremonies, and has been a mentor to many as they have listened for how they might bring their integrity and authentic genius alive and accessible for the world. Her particular passion is focused on what she calls "transformational biomimicry" where listening to the natural world guides us in our own movement toward a healthy, vital, and meaningful life.

Brian Stafford, M.D., M.P.H., is an adult and child psychiatrist, pediatrician, ecotherapist, and a wilderness and vision quest guide. He is the founder of Wilderness Is Medicine where he leads wilderness journeys for healthcare professionals, and is a Guide, Trainer, and Program Director for the Wild Mind holistic ecotherapy training program at the Animas Valley Institute.

Sara Warber, M.D. is Emeritus Professor of Family Medicine at the University of Michigan, former co-director of the university's integrative medicine program, and Honorary Professor at the European Centre for Environment and Human Health. The co-author of *Natural Products From Plants*, her clinical practice included holistic women's health and holistic herbal medicine.

Natural History Institute

provides leadership and resources for a revitalized practice of natural history that integrates art, science, and humanities to promote the health and well-being of humans and the rest of the natural world.

(naturalhistoryinstitute.org)



Sponsor

The Biophilia Foundation

Allied Organizations

Center for Humans and Nature

Ecopsychology journal

Natura Institute for Ecology and Medicine

North Cascades Institute

Stanford University, Earth Systems Program

Steering Committee

Bob Ellis

Victoria Ellis, *Confluence* Coordinator

Tom Fleischner, *Chair*

Anna O'Malley

Laura Sewall

Brian Stafford

Saul Weisberg