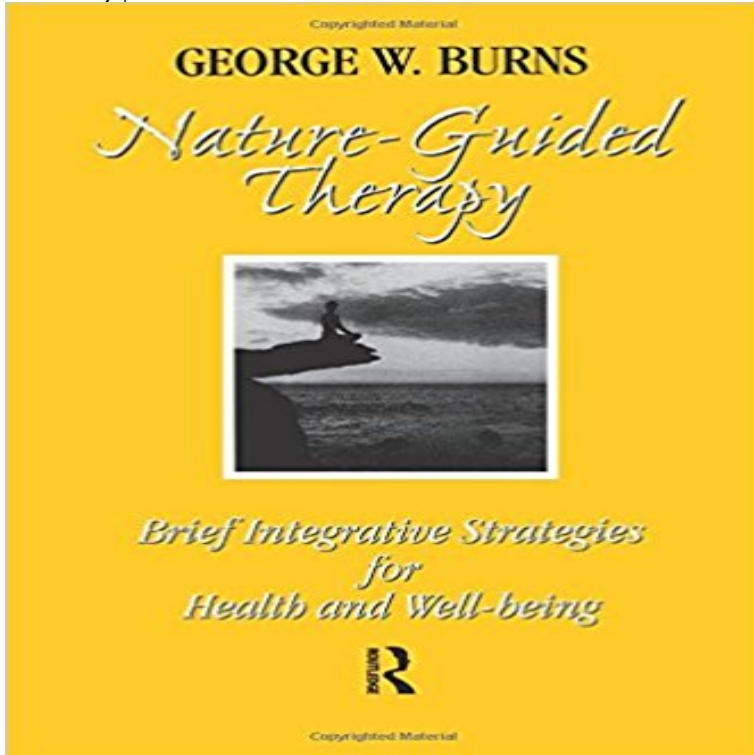


# Nature Guided Therapy: Brief Integrative Strategies For Health And Well Being



Beginning with an evolutionary history of the relationship between man and his environment, Nature-Guided Therapy takes us on a cross-cultural journey into traditional healing disciplines, such as ethno-medicine, sociobiology, and anthropology. By examining clinical data, empirical scientific investigations, and anecdotal accounts, Dr. George Burns helps point the way to healing benefits of a balanced relationship with the environment. Case histories and step by step procedures for utilizing nature-guided strategies are also presented. Designed as an immensely practical guide for clinicians, this volume contains over 80 therapeutic exercises and a variety of nature-based strategies to help augment clinical skills regardless of ones theoretical orientation. Also included is the authors Sensual Awareness Inventory to help access the clients experiences that may facilitate relaxation, happiness, and wellness. This book provides a fascinating read that can expand our views, challenge our therapeutic paradigms, broaden our clinical practice, and provide simple yet pragmatic treatment interventions.

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