Connections, compassion, and co-healing: Ecofeminism in the Anthropocene
Precarious Times
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Denise Mitten, PhD
Prescott College
dmitten@prescott.edu
Start them young
We NEED a different way of BEING
Change is inevitable
Change is opportunity
The importance of stories
The danger of a single story
Self esteem is our ability to feel lovable and capable.

- It is a combination of
  - Our birth situation
  - What happens to us in life.
  - The positive messages (stories) we tell ourselves from those incidences
  - The negative messages (stories) we tell ourselves from those incidences.
Self esteem is a result of stories
- Novelty
- Nature
- Engagement
- Immersion
- Openness
- Attunement
It can be quiet nature.
SO far we’ve gotten to:

- Change is inevitable and can mean opportunity
  - Use our hearts and our brains: intuition & frontal lobes

- We are our stories

- Outdoor education is positioned well to bring out compassion in people and help them change—if they want.

- Perhaps we are moving into the Age of Nature
So far we’ve gotten to:

- Our talks are teasers or cliff notes of the larger work

- A travel size bottle of contact lens saline solution costs $2.95 in the US and $14.95 in AU. I’m still looking....
Flutes and carvings
How we are in/with nature matters

Kurt Hahn drew from William James (Philosopher). He said that war satisfied a primitive longing in men which will never be extinguished. Peace tempts men and women to unmanly ease.
Agricultural society
Industrialized society
Technological society
Pervasive fear and mistrust of the natural world
Ellen Swallow (Richards) 1842-1911 Ecology
Marina Ewald was Kurt Hahn’s cofounder of Salem School and the initiator of the expeditionary concept.
Fields engaged in research
Research: Time and activities in nature
Research Settings used in nature and wellbeing research
Outcome measures
Why it is important to spend time outdoors?
A child’s direct and ongoing experience of accessible nature is an essential, critical, and irreplaceable dimension of healthy maturation and development.  Kellert (2002)
Sense of spirituality
Adds to spiritual development

• Sense of wonder
• Sense of peace
• Sense of place in the world/universe
• Sense of connectedness and belonging
• Peace of mind
• For some: a sense of spirituality and connection to God or a higher power
Outdoor experiences may help women create a positive body/self relationship

Arnold, 1994; Hornibrook et al., 1997; Kiewa, 2000; Mitten, 1992; Pohl, Borrie, & Patterson, 2000; Ross, 2003; Woodruff & Mitten, 2009; D’Amore & Mittten, 2014
The influence of exercise on women’s lives
A link between participation in outdoor activities and women's perceptions of the importance of being both physically effective and attractive.
By cultivating awareness of physical competence and capability some women may re-define what it means to be attractive and as a result improve how they feel about how they look.
Inoculation & dosage
Adventure therapy combined with cognitive-behavioral treatment for overweight adolescents

Acknowledge we have stories

- Examine our stories
- Use research to inform our practice (How we are in the outdoors matters)

Lead with connections, compassion, and choice. In order to encourage co-healing.

- Continue to grow your story
My mommy climbs rocks
I guess I’ll climb rocks
Thank you
Sense of place and belonging
Sappho (c.625 B.C.E.)
the tenth muse
Miriam of Magdala
Hypatia of Alexandria (c. 351-70 - 415)
Directed the Neoplatonist School of Philosophy
Marina Ewald
Kurt Hahn’s cofounder of Salem School and the initiator of the expeditionary concept.
Never a Single Story
Chimamanda Adichie