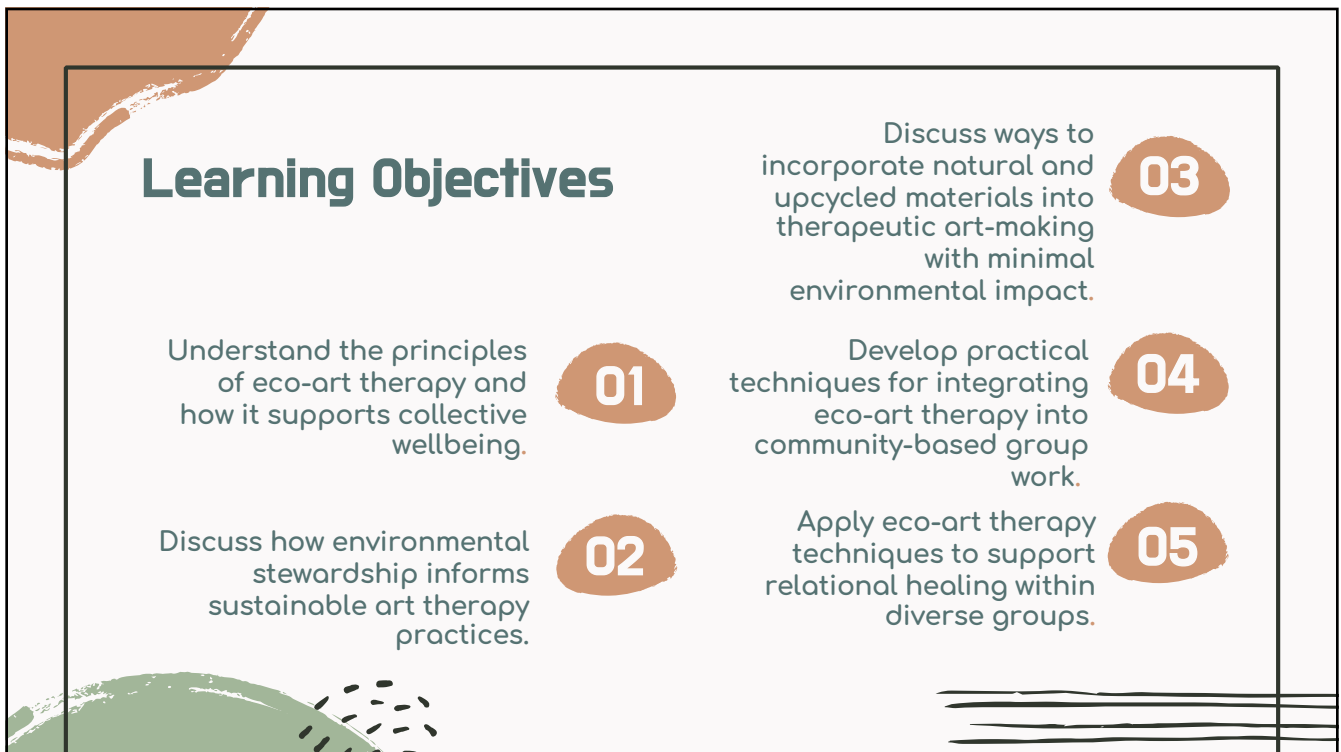


1



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Eco Art Therapy Principles

Ecopsychology

(Greenway, 1995)

Emotional bond
between humans and
nature



Traditional cherokee basketry
From Taos Art School <http://taosartschool.org>

Eco-Art Therapy

(Sweeney, 2013)

Healing through
nature.
Sensory engagement
with natural elements.
Reconnecting with
innate ecological
wisdom

Environmental Stewardship

(Bramston et al., 2010)

Responsible use of
natural resources
through sustainable
and mindful
creative practices

3

Collective Healing

Social Learning Theory

(Bandura, 1977)

Learning through observation, modeling,
and shared experiences.

Relational Healing

(Jordan, 2001)

Mutual empathy and shared
understanding foster personal
and collective growth.



Barro Negro de Oaxaca (Oaxacan Black Clay)
From Historia y Proceso del Barro Negro

Collective Resiliency

(Thomson, 2021)

Co-creation and collaboration
reinforce adaptability and emotional
well-being

4



Eco-Friendly Art Therapy: Why It Matters

- How do you feel about the environmental impact of traditional art materials e.g., plastics, acrylics, chemical-based supplies etc.?
- How can art therapy integrate sustainable practices?
- What is the connection between environmental care and self-care in therapy?

5

Healing and Resilience in Community

- What role does shared creativity play in collective healing?
- How can collective art-making help groups build resilience in the face of adversity?
- Examples of collaborative art in therapeutic settings ??



Community weaving
From Experience Textile Making With The Peruvian Weavers
Of Patacancha

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Upcycled Cans for Aluminum
Embossing



Rock Formation Sculptures

8

Corn Husk Art



Recycled Paper Pulp Sculptures



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Seed and Bean Mosaics



Pressed Flower Art



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Art Directives and Metaphors



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Found Object Sculpture

Directive:

If your current situation were a sculpture made from found objects, what would it look like?



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Aluminum Cans Embossing

Directive:

The current presidential administration is discarding voices, identities, and struggles, labeling them as unimportant or dangerous. How can we reclaim and reshape what has been overlooked, giving it power and presence?



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Fabric Weaving

Directive:

The system tries to unravel us—silencing voices, separating families and fragmenting communities, But weaving is an act of resistance. Create a weave that represent resilience, struggle, and identity.



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Reclaimed Narratives: Found Object & Nature Sculpture

Directive:

What has been discarded can be reclaimed—objects, stories, identities, communities. Just as nature renews itself, we too can transform what was overlooked into something meaningful.

Each participant selects a found object that resonates with them—something forgotten, broken, or discarded. As a group, assemble these materials into a collective sculpture, weaving together remnants of the human-made and the natural world. This final piece embodies resilience, environmental stewardship, and the power of collective healing—reminding us that transformation is possible through creativity, and connection.

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Ana Mendieta

A Cuban-American artist known for her *Siluetas Series*, Mendieta created body-shaped impressions in natural landscapes, exploring themes of earth, identity, and belonging.

From
<https://www.guggenheim.org/artwork/5221>



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Maya Lin

"What is Missing"

"explores how we experience and relate to nature, setting up a systematic ordering of the land that is tied to history, memory, time, and language."

From <https://www.confluenceproject.org/about-confluence/>



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Maria Theresa Alvez

"Seed of Change"

A Brazilian artist known for her ecological art, particularly her *Seeds of Change* project, which examines how plants from different cultures travel and adapt, connecting themes of migration, colonization, and biodiversity.



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form of activism encouraging community involvement and education around horticulture and the environment.



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Mexican Popotillo Art

Personal connection to natural materials and cultural traditions



22

Mourning Altars

Day Schildkret. A ritual of foraging local objects that the wild world has discarded to bring forth new forms of beauty and memory.



Morning Altars
From <https://www.morningaltars.com/altars>

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