



Although not an exhaustive list, the following resources are books that may be helpful in exploring the topics addressed.

## **Metaphor**

1. Cohen, M. (2018) *Metaphor, It's Therapeutic Use and Construction: A professional Guide to using Metaphor in Psychotherapy and Counseling*. Resource Publications. Eugene.
2. Gordon, D. (2017) *Therapeutic Metaphors: Helping other through the looking glass, Expand your world*. Tucson.
3. Lakoff, G. & Mark Johnson, M. (2003) *Metaphors we Live By*. University of Chicago Press. Chicago.
4. Lawley, J. & Tompkins, P. (2000) *Metaphors in Mind: Transformation through Symbolic Modelling*. Crown House.
5. Törneke, T. (2017) *Metaphor in Practice: A professional's Guide to Using the Science of Language in Psychotherapy*. Context Press. Oakland.

## **Reflection on our Connection with the Natural World**

1. Abram, D. (1996) *The Spell of the Sensuous*. Vintage Books. New York.
2. Eiseley, L. (1959) *The Immense Journey: An imaginative naturalist explores the mysteries of man and nature*. Vintage Books. New York. NY.
3. Dean Moore, K. (2010) *Wild Comfort: The solace of nature*. Thumper.
4. Rosenblatt, R. (2012) *Kayak Morning: Reflections on love, grief and small boats*. HarperCollins Publishers. New York.
5. Wall Kimmerer, R. (2020) *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teaching of Plants*. Milkweed Editions.

## **Ecology & Ecotherapy**

1. Buzzll, L. and Chalquist, C. (Eds.) (2009) *Ecotherapy: Healing with Nature in Mind*. Counterpoint. Berkley.
2. Glass, M. Gillis, H.L. Russell, Keith. *Adventure Therapy: Theory, Research, and Practice* (2012) Routledge. New York.
3. Gooley, T. (2016) *How to Read Water: Clues and Patterns from Puddles to the Sea*. The Experiment, LLC. New York.

4. Nichols, W. J. (2014) *Blue Mind: The surprising science that shows how being near, in on, or under water can make you happier, healthier, more connected, and better at what you do.* Little Brown and Company. New York.
5. Willilams, F. (2017) *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative.* W.W. Norton, New York.

## Thanatology & Therapy

1. Bonanno, G. A. (2009) *The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss,* Basic Books. New York.
2. O'Connor, MF. (2023) *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss.* HarperOne. New York.
3. Harris, D. (Ed.) (2020) *Non-Death Loss and Grief: Context and Clinical Implications.* Routledge New York.
4. Rynearson, E.K. (2001) *Retelling Violent Death.* Routledge. New York.
5. Worden, J. W. (2009). *Grief Counseling and Grief Therapy: A handbook for the mental health practitioner* (4th ed.). Springer Publishing Company.

## Art Therapy

1. Atkin. S. and Snyder, L. (2017) *Nature-Based Expressive Arts Therapy; Integrating the Expressive Arts and Ecotherapy.* Jessica Kingsley London. UK.
2. Bell, E. (2023) *Art Therapy Workbook for Grief & Loss: Exploring the Experience of Grief through Art Therapy and Writing Exercises, for Teens and Adults.* Independently published.
3. Renzenbrink, I. (2021) *An Expressive Arts Approach to Healing Loss and Grief: Working Across the Spectrum of Loss with Individual and Communities.* Jessica Kingsley London. UK.
4. Salpeter, G. (2022) *The River (deck) and The River Guide Book.* Fifth Edition. [www.storyandtherapy.com](http://www.storyandtherapy.com)
5. Thompson, B. E. and Niemeyer, R. A. (Eds.) (2014) *Greif and the Expressive Arts: Practices for Creating Meaning.* Routledge, New York.

## Spirituality & Worldview

1. Armstrong, K. (2007) *The Great Transformation: The beginning of our religious traditions* (2007) Anchor. New York.
2. Armstrong, K. (2022) *Sacred Nature: How we can recover our bond with the natural world.* Penguin Random House.
3. Bramada, P. Coward, H. Stajduhar, K, (Eds.) (2013) *Spirituality in Hospice Palliative Care* State University of New York.
4. Johnson, C.J. and McGee, M.G. (Eds.) *How Different Religions View Death and Afterlife* (second Edition) Charles Press. Philadelphia.
5. Mc Fague, S. (1982) *Metaphorical Theology: Models of God in religious language.* Fortress. Philadelphia.

## Poetry & Earth Prayers

1. Bailey, R.V. & Hall, J.(Eds.) (2014) *The Book of Love & Loss: Poems for Today*. Belgrave Press. Bath. UK
2. Bowman, T. & Bourque Johnson, E. (eds.) (2010) *The Wind Blows, The Ice Breaks: Poems of Loss and Renewal by Minnesota Poets*. Nodin Press. Minneapolis.
3. Neimeyer, R. ( 2009) *The Art of Longing: Selected Poems*. Book Surge Publishing
4. Roberts, E. and Amidon (Eds.) (1991) *Earth Prayers From Around The World: 365 Prayers, Poems, and Invocations for Honoring the Earth*. Harper Collins, New York.
5. Young, K. (Ed.) (2010) *The Art of Losing: Poems of Grief & Healing*. Bloomsbury, New York.

## Mississippi River Reading list

1. Botkin, B.A. (Ed.) (1955) *A Treasury of Mississippi River Folklore*. (American Legacy Press. New York.
2. Anfimson, J.O. (2003) *The River We Have Wrought: A history of the upper Mississippi*. University of Minnesota Press, Minneapolis.
3. Harris, E.L. (1998) *Mississippi Solo: A Memoir* Henry Holt and Company. New York.
4. Sandlin, L. (2010) *Wicked River: The Mississippi when it last Ran Wild*. Vintage Books New York.
5. Teain, M. (2000) *Life on the Mississippi*. Dover. Miniola.

## Additional 6

1. Dana. D. (2018) *The Polyvagal Theory in Therapy: Engaging the rhythm of regulation*. W. W. Norton. New York.
2. Du Boulay, S. & Rankin, M.(2007) *Cicely Saunders: The Founder of the Modern Hospice Movement (Expanded edition.)* Hodder & Staughton. U.K.
3. Kegan, R. (1983) *The Evolving Self: problem and process in human development*. Harvard University Press. Reprint edition.
4. Kaplan, R; Kaplan, S. (1989). *The Experience of Nature: A Psychological Perspective*. Cambridge University Press. Boston.
5. Neimeyer, R. Harris, D. Winokuer, H. Thornton, G (2011) *Grief and Bereavement in Contemporary Society: Bridging Research and Practice*. Routledge. New York.
6. Newman, B.; Newman, P. (2017) *Development Through Life: A Psychosocial Approach (13<sup>th</sup> Edition)* Wadsworth. Belmont.

## Additional Articles

Brooks, A. et. al. (2017) Nature-related mood effects: Season and type of nature contact. *Journal of Environmental Psychology*. Vol.54. December. 91-102.  
<https://doi.org/10.1016/j.jenvp.2017.10.004>

Buechler, J. (2022). The Loneliness Epidemic Persists: A Post-Pandemic Look at the State of Loneliness among U. S. Adults Cigna Group Newsroom. Accessed 3/6/2024  
<https://newsroom.thecignagroup.com/loneliness-epidemic-persists-post-pandemic-look>

Capaldi CA, Dopko RL, Zelenski JM. (2014) The relationship between nature connectedness and happiness: a meta-analysis. *Front Psychol.* Sep 8;5:976. doi: 10.3389/fpsyg.2014.00976. PMID: 25249992; PMCID: PMC4157607.

Dominguez, K.M. (2018). Encountering Disenfranchised Grief: An Investigation of the Clinical Lived Experiences in Dance/Movement Therapy. *Am J Dance Ther.* 40, 254–276  
<https://doi.org/10.1007/s10465-018-9281-9>

Piper, E. (2019). Towards Healing Ambiguous Grief with Nature-Based Expressive Arts Therapy, Embodiment, and Mindfulness: A Literature Review. Accessed 03/17/2023.  
[https://digitalcommons.lesley.edu/expressive\\_theses/166/](https://digitalcommons.lesley.edu/expressive_theses/166/)

Stroebe, M. (2018). The Poetry of Grief: Beyond Scientific Portrayal. *Omega* (Westport). Nov;78(1):67-96. doi: 10.1177/0030222818792706. Epub 2018 Aug

Stroebe, M. S., Hansson, R.O., Schut, H., and Strobe, W. (Eds.) (2008). *Handbook of Bereavement Research and Practice: Advances in Theory and Intervention.* (1st Ed.). American Psychological Association.

Tamayo, R. (2021) A Checklist to Define the Psychological Process. *Revista Colombiana De Psicología.* Col 20; 2 issn0121-5469, 321-237.

Vedder, A. et. al., (2022). A systematic review of loneliness in bereavement: Current research and future directions. *Current Opinion in Psychology.* Volume 43. Feb; 43:48-64.

Wong PTP, Laird D. (2023). Varieties of suffering in the clinical setting: re-envisioning mental health beyond the medical model. *Front Psychol.* May 19;14:1155845. doi: 10.3389/fpsyg.2023.1155845. PMID: 37275717; PMCID: PMC10237014.

Wong, P.T.P. "Existential Positive Psychology." Lopez, S (ED.) (2002). *Encyclopedia of Positive Psychology* (2<sup>nd</sup> ed.) Wiley Blackwell. Oxford. UK.

The Global State of Social Connection, (2023). Gallup. Accessed 3/6/2024  
<https://www.gallup.com/analytics/509675/state-of-social-connections.aspx>

Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community (2023). Accessed /03/17/2024.  
<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>