



ECO-THERAPY FOR PEOPLE WITH SUBSTANCE ABUSE DISORDERS

Developing a new and innovative recovery and rehabilitation tool - the Eco-Therapy Method - to support drug and alcohol abuse counsellors in their important role in helping people with substance abuse disorders.

Eco-Therapy is a two-year project that aims to equip and enhance the skills of professionals to better support people with addiction problems by introducing an innovative approach of Eco-Therapy in vocational training institutions and treatment centres.

Substance abuse is one of the biggest challenges EU societies are facing. According to WHO, per capita alcohol consumption in the European Union is the highest in the world. Eco-therapy is a formal type of therapeutic treatment, which involves doing outdoor activities in nature (e.g. gardening, physical activity in nature, cycling, etc.). Its benefits can have a tremendous impact in the rehabilitation process of people suffering from substance abuse disorders. Despite the research done in the field of eco-therapy and its positive impact on health disorders, this method is still not utilized in the field of substance abuse disorders in Europe.



EXPECTED RESULTS

The project aims at developing educational material and interactive training resources for training and therapy centres, trainers and counsellors in the field of Eco-Therapy. More concretely, the project will develop:

- A guide for vocational training institutions and therapy centres describing the benefits and best practices for the use of Eco-Therapy and providing practical guidelines for the delivery of vocational training courses on Eco-Therapy
- An Eco-Therapy curriculum and Open Educational Resources introducing the topic to drug and alcohol abuse counsellors to enable them to implement Eco-Therapy sessions in their everyday work
- An Eco-Therapy digital toolkit for VET trainers with exercises, methodology and training material, to implement such courses.
- A MOOC (Massive Open Online Course) to make available the training to a large number of interested professionals



If you would like to know more about our project, please **contact us** and we will gladly give you more information about the Eco-Therapy project, its results, and how you could contribute to or benefit from it!

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