

# Nature as Interventionist

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IMH-E ACS  
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the  
NATURE  
FIX



*Why Nature Makes Us Happier,  
Healthier, and More Creative*

FLORENCE WILLIAMS

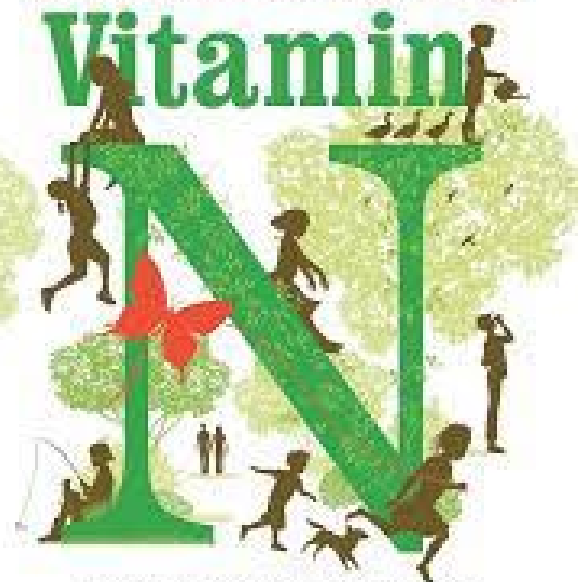
EVA M. SELHUB MD ALAN C. LOGAN MD

# YOUR BRAIN ON NATURE

THE SCIENCE OF NATURE'S INFLUENCE ON  
YOUR HEALTH, HAPPINESS, AND VITALITY

*"Richard Louv's Vitamin N should find its place in the list  
of essential vitamins." —MAYMORON, LLC  
For Member of the Board of Directors, American Academy of Pediatrics*

*The Essential Guide to a Nature-Rich Life*



500 Ways to Enrich the Health &  
Happiness of Your Family & Community\*

*\*and Combat Nature-Deficit Disorder*

**RICHARD LOUV**

author of *Call Child in the Woods: Saving Our Children from Nature-Deficit Disorder*



























# GRIEF IS A PARALLEL PROCESS

We learn to hold ourselves

So we can hold the parent / caregiver

So that the parent/caregiver can learn to hold themselves

So that they can hold the baby

So the baby can internalize the holding and self-regulation (learn that they & the world are okay.)



**Community**

**Society**

**World**





***BEFORE***

Pulling; Braced; Stuck

***AFTER***

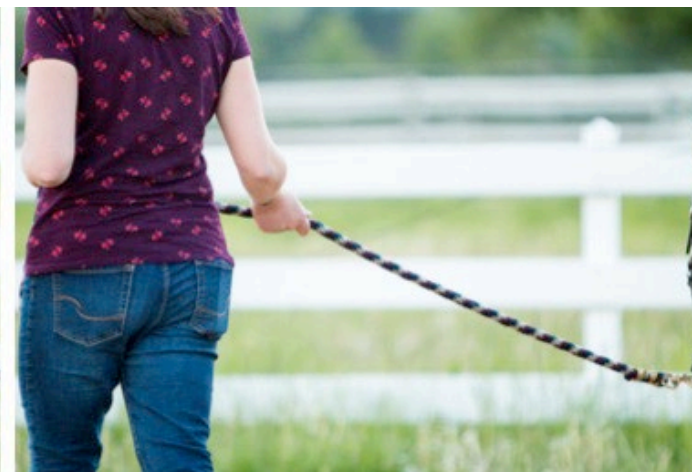
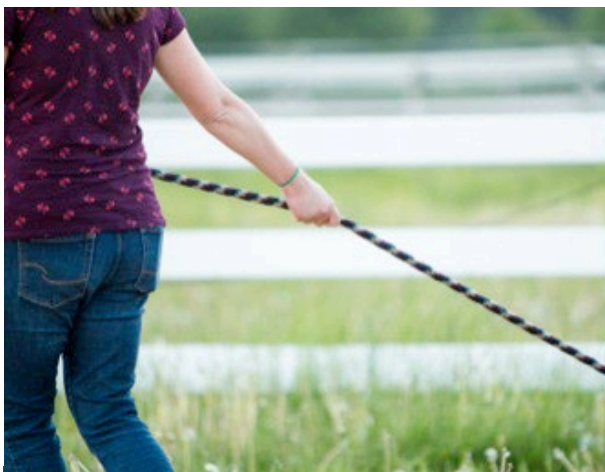
Softening; Loose; Movement



*Natural Wisdom  
Counseling*

*#leadsoft*

Photos by ShortHorse Studios



***BEFORE***

Pulling; Dis-jointed; Conflict

***AFTER***

Softening; Integrated; Together



*Natural Wisdom  
Counseling*

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Photos by ShortHorse Studios



“Love is not enough.”

