

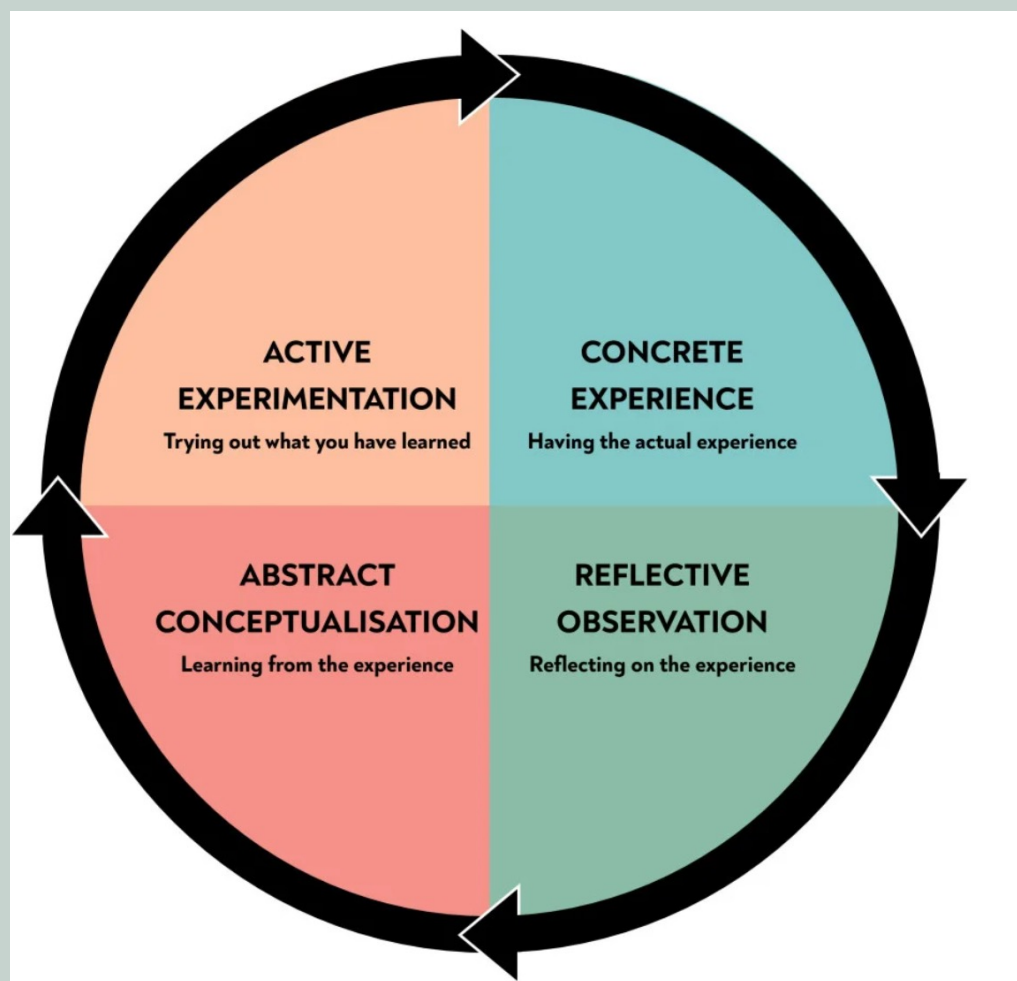
Harnessing Experiential Learning in and with Nature: Challenges and Opportunities in Mental Health

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Introduction Experiential learning in and with nature (ELNA)

- Learning by doing and reflecting
- ELNA enables clients to reconnect with meaningful occupations, enhance self-efficacy, and engage holistically with their environment.
- Barriers to implement ELNA



Learning circle Kolb



Method Action-oriented qualitative field study (N:92)

Who?

Flemish professionals who are starters/experts in using the method of ELNA in practice

First phase:

- Workshops with therapists and practitioners (video-recorded)
- Online questionnaire
- International workshop at Gathering for Adventure Therapy in Europe (Latvia)
- Expert steering committee

Second phase:

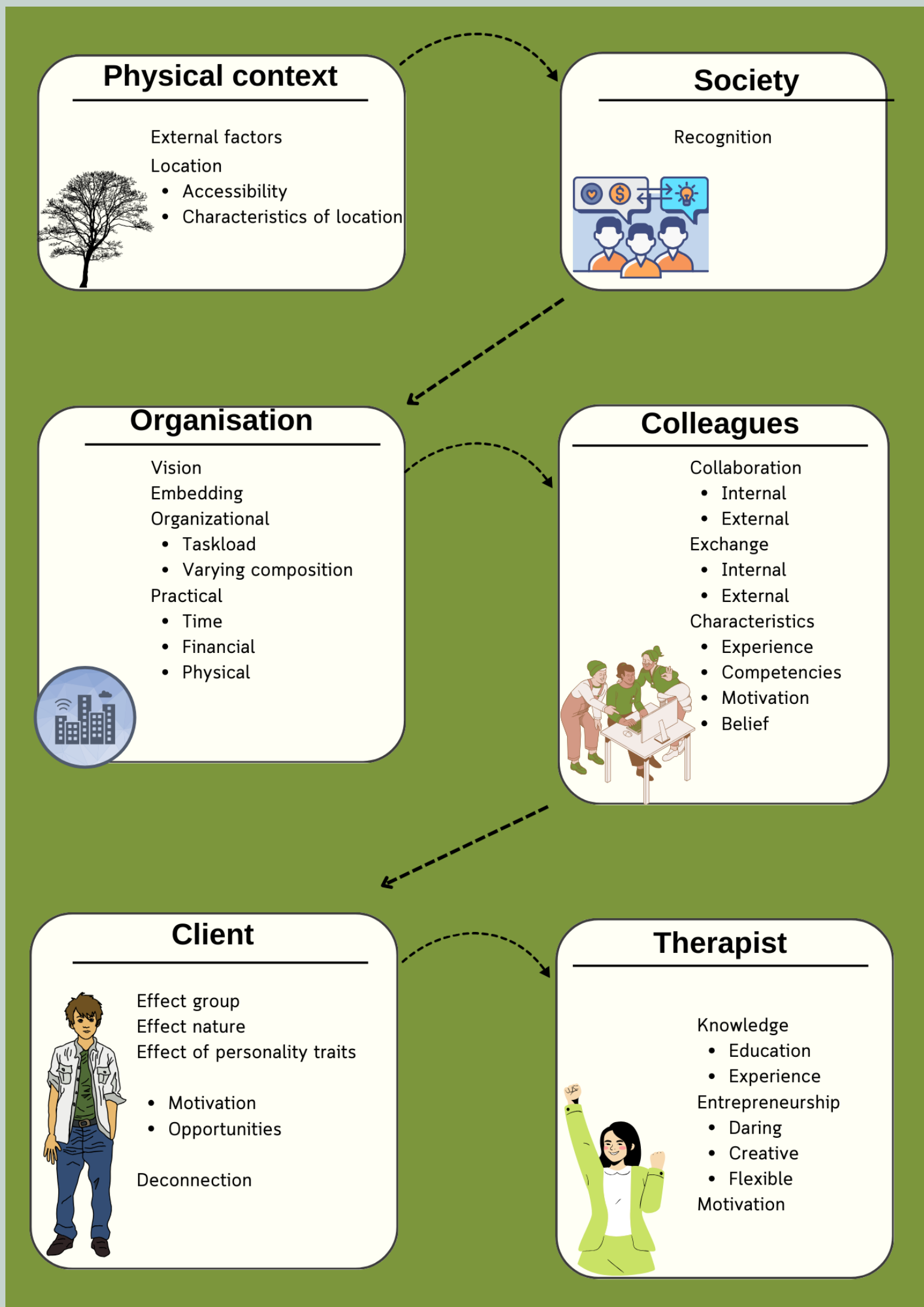
- Semi-structured interviews with experts

Data analysis:

- Video-recording and interviews: transcribed verbatim
- Thematic coding (two independent coders)
- Barriers linked to good practices



Results and discussion



- Starters need good practices to start/proceed implementing ELNA
- Outcome/solution: book
- Embedding ELNA within occupational therapy practice requires systemic **support** and experiential **competence**. By positioning nature as a therapeutic co-facilitator, occupational therapists can promote meaningful **participation, resilience, and well-being**, thereby strengthening the ecological and experiential foundations of their profession.