

How to Offer Eco-therapy for Grief Workshops

Christina Wilson

Finding solace and healing in nature started in Christina’s childhood through growing up in Labrador and learning to embrace harsh climates and isolation.

Losing her mom suddenly while studying social work at Dalhousie University led to a passionate commitment to tribute gardening and grief work. Designing gardens that invited hummingbirds and pollinators built a healing connection with her lost loved ones.

As a therapist for 26 years, it has been fortifying and grounding to intentionally play in the dirt daily, especially with her dog Magnus the Healer supervising.

It has been incredibly healing and inspiring to introduce ecotherapy for grief into her practice over the past 3 years through workshops and individual work. Nature truly does nurture broken hearts and weary souls.