

Review of: "Somatic Arts and Liveable Futures: (Re-) Embodying Ecological Connections"

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Potential competing interests: No potential competing interests to declare.

The article is well written and takes the readers on a sensuous ride along the realms of eco–somatic arts and the probable role it may play in the current ecological crisis and human alienation from nature. Although I deal with the field of eco-psychology, I am not well read about eco-somatics or eco-somatic research. However, having a background in ecopsychology and ecotherapy, I found the article relevant and promising. Still, as an ecotherapist and an ordinary reader, I have some suggestions upon which the author must think and work in order to enrich and reframe the article.

Firstly, it would be better to talk a little more theoretically about what eco-somatics is, give theoretical explanations of it briefly, and mention research evidence of that field.

Secondly, the rationale behind why eco-somatics should work in reconnecting humans to the non-human world is not clear.

Thirdly, the steps for reconnecting that were mentioned by the author – are they based on some theoretical approaches, or are they some hypothetical steps, and if yes, the rationale again.

Fourthly, the steps suggested seemed feasible; however, the last section mentions aimlessly wandering about. The last section seemed very abstract, and hence its applicability is compromised. The more abstract the concept is, the less applicable it is to the masses, as it is difficult for the therapist to convey it to the people and make them understand.

Lastly, the claim of reimagining the political seemed very far-fetched. We need to think of small steps and make such approaches to reconnect people to the non-human world much more concrete so that people might read it and share the knowledge with others for application.

Overall, though the narrative of the article is good, no evidence base is mentioned, certain parts seemed extremely abstract, and the implication of the field in human-nature connection seemed blurry.