



EXPERT BIO

MARK MATHIESON

ECO-PSYCHOLOGIST

MARK MATHIESON IS NOT YOUR AVERAGE PSYCHOLOGIST. YOU'RE MORE LIKELY TO FIND HIM WORKING OUTDOORS, SURROUNDED BY NATURE - AND IF IT'S A PARTICULARLY WILD OR UNTAMED SPOT, SO MUCH THE BETTER.

It's just one of the ways Mark's brand of psychology strays from traditional clinical practices. He has a holistic approach that embraces the connection between nature and wellbeing – making him a fascinating thought leader and expert on human behaviour.

Although a relatively new field in Australia, ecopsychology is an approach to mental health that treats humans as being connected to nature with a focus on understanding your physical health, social health, spiritual beliefs and environment, rather than simply engaging in traditional talking therapies.

Mark's path to ecopsychology was anything but conventional. He started as a sports psychologist before entering the military where he was deployed to Afghanistan several times – testing his resilience and wellbeing to the limit. His duties involved psychological screening and intervention as well as selection and recruitment. After leaving the military, he held positions in the corporate sector – but true to form, not your typical office environments.

Mark has created recruitment programs for oil companies in Papua New Guinea, debriefed winter expeditioners in the Australian Antarctic Program and recruited

indigenous youth for mining jobs in Western Australia. He also served as production psychologist on a number of reality TV shows including Survivor and SAS Australia.

The common thread underpinning his work across disparate countries and industries is helping humans develop patterns of sustainable high performance – an experience that his dynamic résumé has given him unique insight into.

Mark's path to ecopsychology took shape when he noticed how many people were anxious, stressed and disillusioned as a result of trying to keep up with career, financial and relationship pressures.

Motivated to seek out a more sustainable approach to psychology, he looked instead to patterns of performance often found in nature, which he believes can teach us how to rejuvenate and flourish in our lives. His passion for ecopsychology is truly contagious and is driven by a desire to help people live more meaningful and purposeful lives. He believes ecopsychology is a powerful route to do just that.

Mark is available for media interviews and appearances, speaking events and KOL campaigns.



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