

# International Forest Therapy Days Seminar Program 7.8.2018



**08:30 – 09:30 Registration & setting up Forest Therapy Market**

**09:30 – 11:00 Katriina Kilpi & Heidi Korhonen**

Opening of International Forest Therapy Days

Iwao Uehara, Tokyo University of Agriculture (JP)

Forest Therapy (Shinrin-ryoho) in Japan and Its Possibilities in Finland

Kirsi Salonen, University of Tampere and University of Jyväskylä (FI)

Nature Experience and Well-Being

**11:00 – 11:30 Coffee & refreshments**

**11:30 – 13:30 Heli Jutila, The Finnish Natural Heritage Foundation (FI)**

The natural values of forests and the significance of protecting forests

Adela Pajunen & Marko Leppänen, Luonnontie (FI)

Thirst for Paradise – Connection Between Places and Wellbeing

Nitin Das, Healing forest (IN)

India's Healing Forests: the lessons learnt while making the film about how people in India are healing the forests - The use of art, music and films to reconnect people with nature

Jonna Kilkki and Tero Hakovirta, SámiSoster ry (FI)

Cultural and nature-based rehabilitation in the Sámi region

Riitta Wahlström, Taiga Institute (FI)

Reconnection with Nature – Practices and Forest Therapy

**13:30 – 14:30 Lunch**

**14:30 – 16:30 Ann Dolling, Swedish University of Agricultural Sciences (SE)**

Forest Environments in Restoration and Rehabilitation of Stress and Exhaustion Disorder and their Relation to Forest Bathing

Petra Cau Wetterholm, Shinrin-yoku Sweden (SE)

Integrating Forest Therapy in Primary Health Care for those diagnosed with Stress Related Disorders in Sweden

Yap You Min, XIU Nature Connections (SG)

Urban Nature and Forest Therapy

Ben Page, Association of Nature and Forest Therapy Guides and Programs (US)

Nature Connection and Culture Repair Arise Together

**16:30 – 17:00 Coffee & refreshments**

**17:00 – 19:00 Sirpa Arvonen, Metsämieli (FI)**

Forest Mind: An innovative method for taking nature's health effects into use and intensifying them by applying mental skills exercises associated with the forest

Anders Mickos & Malin Heikkinen (FI)

Forest Therapy in Primary Health Care and Social Services - an example from Sipoo, Finland

Liisa Tyrväinen, Natural Resources Institute Finland (Luke) (FI)

How Convincing is the Research Evidence of Health Effects of Nature?

**Discussion & conclusion**

**19:00 – 21:00 Dinner (optional)**