

3.7. Friday - Seminar Day



**INTERNATIONAL FOREST
THERAPY DAYS**
2-8.7.2019 PARKANO
FINLAND

8:30	Registration
9:30	<p>Katriina Kilpi & Heidi Korhonen - Opening of International Forest Therapy Days</p> <p>Jari Heiniluoma - Welcoming words from mayor of Parkano</p> <p>Dr Hannu Raitio, emeritus Director General of Metla, Visit Parkano - Finnish forest research</p> <p>Terttu Hermansson - Geopark, geosites and well-being from nature</p> <p>Yasuhiro Kotera & Dr David Sheffield, University of Derby - Nature connectedness and shinrinyoku</p>
11:15	Break
11:30	<p>Petra Cau Wetterholm, Shinrin Yoku Sweden - Moving Forest Bathing as a wellness practise to a Forest Therapy Treatment Intervention in Public Mental Health Care</p> <p>Dr Anna Maria Palsdottir, Swedish University of Agricultural Sciences (SWE) - Social quietness & stress</p>
12:15	Lunch break & Forest Therapy Market
13:30	<p>Dr Sinikka Piippo - Health effects of Finnish trees</p> <p>PhD candidate Mika Saarenpää - University of Helsinki: The effect of recreational use of nature to body's microbial communities and immunity</p> <p>Mikko Pohjola, Korpi ForRest (FIN) - Utilizing virtual forests to foster work wellbeing</p> <p>Lymarie Rodriguez - Nature connection, mental health & environmental burden: A framework for exploring 'eco-anxiety' in nature-based health interventions</p> <p>Dr Panu Pihkala - Eco-anxiety</p> <p>Bert De Somviele, BOS+ (BE) - Forest based health practices in a forest poor country</p> <p>Dr Pia Smeds, LUKE (FIN) - Nordic Nature Health Hub</p>
16:15	Break & Forest Therapy Market
16:45	<p>TBC</p> <p>David Motzenbecker - Finding Common Ground: Exploring the Parallels Between Forest Bathing and Wellness Traditions Worldwide</p> <p>Ben Page - The Forest is the therapist - Beyond human health benefits</p>
18:00	End

PRELIMINARY



4.7. Saturday - Workshop Day

Gorana Isailovic: Nature prescription and mental wellbeing in the health tourism programs

Dr Bum Jin Park: People and Woods

Jim Morgan: Being a Better Forest Therapy Guide

Geeta Stilwell: Embodiment in Nature - A key to creating a field for presence

Mirja Nylander: Forest! The healer of your soul

Dr Sirpa Kurppa: How to learn food ethics from nature

Jarko Taivasmaa: Finnish Forest Immersion

TBA: Older adults and forest

Diana Barnett: Reconnecting to mother earth - Wayapa Wuurk®

Saija Lehtonen: Needles and Cones: Forest as an art element

Mari Starck: Childrens Mindful Moment - Trail of Senses

5.7. Sunday - First Immersion Day

Petra Cau Wetterholm: Exploring what makes Forest Bathing “work” as a wellness practise

Ian Banyard: Eco anxiety and natural mindfulness

Eva Maija Kuosmanen: Metsämörri / Skogsmulle

TBA: Korean Walking Meditation in Forest

Evening Program: Vaara Kollektiivi - Silent stories: Immersive forest travel

PRELIMINARY

6.7. Monday - Second Immersion Day

Dr Vitalija Povilaityte-Petri & Henrik Ohlsson: Ecosystem Services in Theory and Practice

Riitta Wahlström: Communication with trees within forest therapy

Nitin Das: Healing Forest Activities

Evening program: TBA

7.7. Tuesday - On the road

Niina Kuusanniemi-Abbotts: Learning from the forest for nature-inspired design

Forest Museum: Rantareitti wellbeing trail with Dr Eira-Maija Savonen

Dinner in the forest at SyVilla with Dr Hannu Raitio

Merja Pihlajamäki: Sauna products and treatment

Certificates & Celebration



8.7. Wednesday - Goodbyes: transportation to airport after breakfast