

26-27 September, 2020

INTERNATIONAL FOREST THERAPY DAYS

Live streaming from Parkano, Finland
& Pollinator events across the world



26.9. Saturday - Seminar Day

**live from Parkano*

08:30 – 09:30

Registration

09:30 – 10:30

Katriina Kilpi & Heidi Korhonen - Opening of International Forest Therapy Days*

Jari Heiniluoma: Welcoming words from mayor of Parkano*

Dr Hannu Raitio: emeritus Director General of Metla, Visit Parkano: Finnish forest research*

Terttu Hermansson: Geopark, geosites and well-being from nature*

10:30 – 10:45

BREAK

10:45 – 12:50

Yasuhiro Kotera: Effects of Shinrin-yoku (Forest Bathing) on Mental Health

Petra Cau Wetterholm: Moving Forest Bathing as a wellness practise to a Forest Therapy Treatment Intervention in Public Mental Health Care

Dr Sinikka Piippo: Health effects of Finnish trees*

Dr Bum Jin Park: Forest and people*

12:50 – 13:50

BREAK

13:50 – 15:50

PhD candidate Mika Saarenpää: The effect of recreational use of nature to body's microbial communities and immunity*

Dr Anna Maria Palsdottir: Social quietness & stress reduction

Yasushi Suko: Can Sounds of the Forest Relax Surgeons After a Surgical Operation? A Hypothesis-Generating Study*

Adhikari Bikash: Symbiosis Nepal

David Motzenbecker: Finding Common Ground: Exploring the Parallels Between Forest Bathing and Wellness Traditions Worldwide

15:50 – 16:00

BREAK

16:05 – 18:00

Mikko Pohjola: Utilizing virtual forests to foster work wellbeing*

Dr Panu Pihkala: Eco-anxiety

Lymarie Rodriguez: Nature connection, mental health & environmental burden: A framework for exploring 'eco-anxiety' in nature-based health interventions

Ben Page: The Forest is the therapist - Beyond human health benefits

Katriina Kilpi & Heidi Korhonen - Closing of Seminar day*

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27.9. Sunday - Workshop Day

** live from Parkano*

9.30- 10.15 Streamed from Parkano

Katriina Kilpi & Heidi Korhonen - Opening of Workshop day*

Dr Kirsi Salonen: Efficacy of Nature Based Interventions

10.30 - 11.30 Streamed parallel sessions from all around the world

Henrik Ohlsson & Dr Vitalija Povilaityte-Petri: Exploring Non-Human Personhood in Emotional, Cognitive, and Ethical Dimensions

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

Ian Banyard: Transforming anxiety into positive action with Natural Mindfulness

Petra Cau Wetterholm: Moving key factors & functions of forest bathing into the clinical context of Forest Therapy

11.45- 12.45 Streamed Parallel sessions from all around the world

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

Diana Barnett: Reconnecting to mother earth - Wayapa Wuurrk®

Jim Morgan: Being a better forest therapy guide

Ian Banyard & Sara Malve-Ahlroth: Taking nature connection work online*

Dr Daniela Haluza: Importance of biodiversity & health in the medical profession

12.45 - 13.45 Lunch break

14.00- 15.30 Streamed Parallel sessions from Parkano & Pollinator workshops

Vaara Kollektiivi: Silent stories: Immersive forest travel*

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

Dr Sirpa Kurppa: How to learn food ethics from nature*

16.00- 17.30 Streamed Parallel sessions from Parkano & Pollinator workshops

Riitta Wahlström: Communication with trees within forest therapy*

Jarko Taivasmaa: Finnish Forest Immersion and the Art of Intuitive Hiking*

Mirja Nylander: Forest! The healer of your soul*

Closing the IFTDays 2020