

26-27 September, 2020

# INTERNATIONAL FOREST THERAPY DAYS

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



## 26.9. Saturday - Seminar Day (all times are CEST)

- 09:30 – 10:30 IFTDays team - Opening of International Forest Therapy Days  
Pollinator event greetings  
Dr Hannu Raitio: emeritus Director General of Metla, Visit Parkano: Finnish forest research
- 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  
Closing of Seminar day

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## 27.9. Sunday - Workshop Day (all times are CEST)

9.30- 10.15 Streamed from Parkano

Opening of Workshop day

Ian Banyard: Taking nature connection work online

10.30 - 11.30 Streamed parallel sessions

Dr Sirpa Kurppa: How to learn food ethics from nature

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

Dr Kirsi Salonen: Efficacy of Nature Based Interventions

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

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

**12.45 - 13.45 Lunch break**

14.00- 15.30 Streamed Parallel sessions

Riitta Wahlström: Communication with trees within forest therapy

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

16.00- 17.30 Streamed Parallel sessions

*Vaara Kollektiivi: Silent stories: Immersive forest travel* (cancelled due to illness - recording available afterward!)

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

Mirja Nylander: Forest! The healer of your soul

Closing the IFTDays 2020