

INTERNATIONAL FOREST THERAPY DAYS

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



26.9. Saturday - Seminar Day

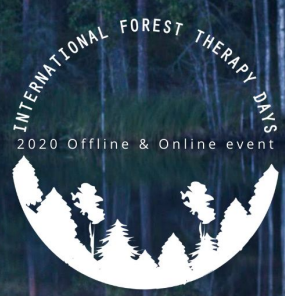
**live from Parkano*

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|---------------|---|
| 08:30 – 09:30 | Registration |
| 09:30 – 10:30 | <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> |
| 10:30 – 10:45 | BREAK |
| 10:45 – 12:50 | <p>Yasuhiro Kotera: Effects of Shinrin-yoku (Forest Bathing) on Mental Health</p> <p>Petra Cau Wetterholm: Moving Forest Bathing as a wellness practise to a Forest Therapy Treatment Intervention in Public Mental Health Care</p> <p>Dr Sinikka Piippo: Health effects of Finnish trees*</p> <p>Dr Bum Jin Park: Forest and people*</p> |
| 12:50 – 13:50 | BREAK |
| 13:50 – 15:50 | <p>PhD candidate Mika Saarenpää: The effect of recreational use of nature to body's microbial communities and immunity*</p> <p>Dr Anna Maria Palsdottir: Social quietness & stress reduction</p> <p>Yasushi Suko: Can Sounds of the Forest Relax Surgeons After a Surgical Operation? A Hypothesis-Generating Study*</p> <p>Adhikari Bikash: Symbiosis Nepal</p> <p>David Motzenbecker: Finding Common Ground: Exploring the Parallels Between Forest Bathing and Wellness Traditions Worldwide</p> |
| 15:50 – 16:00 | BREAK |
| 16:05 – 18:00 | <p>Mikko Pohjola: Utilizing virtual forests to foster work wellbeing*</p> <p>Panu Pihkala: Eco-anxiety</p> <p>Lymarie Rodriguez: Nature connection, mental health & environmental burden: A framework for exploring 'eco-anxiety' in nature-based health interventions</p> <p>Ben Page: The Forest is the therapist - Beyond human health benefits</p> <p>Katriina Kilpi & Heidi Korhonen - Closing of Seminar day*</p> |

26-27 September, 2020

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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