



**Date &
Time (PDT)
Location**

Day 1 – July 7th

Opening ceremony: 17:30 – 21:00

[Zoom recording link](#) (Password: e!YzW61V)

Day 2 – July 8th

Parallel session 1 (morning PDT): 8:30 – 12:00

Theme I ‘FT Research’:

[Zoom recording link](#) (Password: hA6=slCr)

Theme II ‘FT Integration into Public Health’:

[Zoom recording link](#) (Password: 4WFV2*8.)

Theme III ‘FT Policy & Practice’:

[Zoom recording link](#) (Password: MHC44k*U)

Parallel session 2 (afternoon PDT): 17:30 – 21:20

Theme I ‘FT Research’:

[Zoom recording link](#) (Password: LjSTR%0w)

Theme II ‘FT Integration into Public Health’:

[Zoom recording link](#) (Password: \$CVgb?1D)

Theme III ‘FT Policy & Practice’:

[Zoom recording link](#) (Password: 7&CI@#?G)

Day 3 – July 9th

Remotely guided forest therapy walk 1 (morning PDT): 8:30 – 10:30
(No recording)

Remotely guided forest therapy walk 2 (afternoon PDT): 17:30 – 19:30
(No recording)



International Conference on Forest Therapy

Healing with Nature

Conference Description

Forest therapy is an emerging area of research that increasingly contributes to social and environmental needs at the global level. Over the last decades, a growing number of experts have been evaluating the therapeutic effects of forest-oriented stimulations and have found a wide range of benefits. Forest therapy is gaining ground as an accessible and reliable means to alleviate physiological and psychological conditions. In particular, over the last year forest therapy has been applied as a key approach to reducing pandemic-related stress.

This 2-day event (with an optional third day for immersive practice) is organized according to three relevant themes:

- i. **Current Research in Forest Therapy:** This session will be dedicated to discussing the most recent research on forest therapy's impact on wellness. Topics will include physical and mental benefits derived from forest therapy, as well how it can facilitate connection to nature. This session will also provide overview of the latest applicable technology.
- ii. **Integration of Forest Therapy into Public Health:** This session will focus on how forest therapy can be integrated into public health systems. Topics for this theme will include existing models, training and educating public health practitioners, and lessons learned from existing schemes.
- iii. **Forest Therapy Policy and Practice:** This session will be dedicated to exploring best and novel practices for implementing forest therapy. Topics for this theme will include both financial and practical facets of regulating forest therapy initiatives, including business models, the role of guides and certification schemes.

Conference Co-chairs

Dr Guangyu Wang, Faculty of Forestry
C: 604-671-3666 | E: guangyu.wang@ubc.ca

Dr Tahia Devisscher, Faculty of Forestry
C: 604-928-3512 | E: tahia.devisscher@ubc.ca

Kalifi Ferretti-Gallon, Faculty of Forestry
C: 604-440-7566 | E: kalifi.ferretti-gallon@ubc.ca