

- If you are viewing this course as a recorded course after the live webinar, you can use the scroll bar at the bottom of the player window to pause and navigate the course.
- This handout is for reference only. Non-essential images have been removed for your convenience. Any links included in the handout are current at the time of the live webinar, but are subject to change and may not be current at a later date.

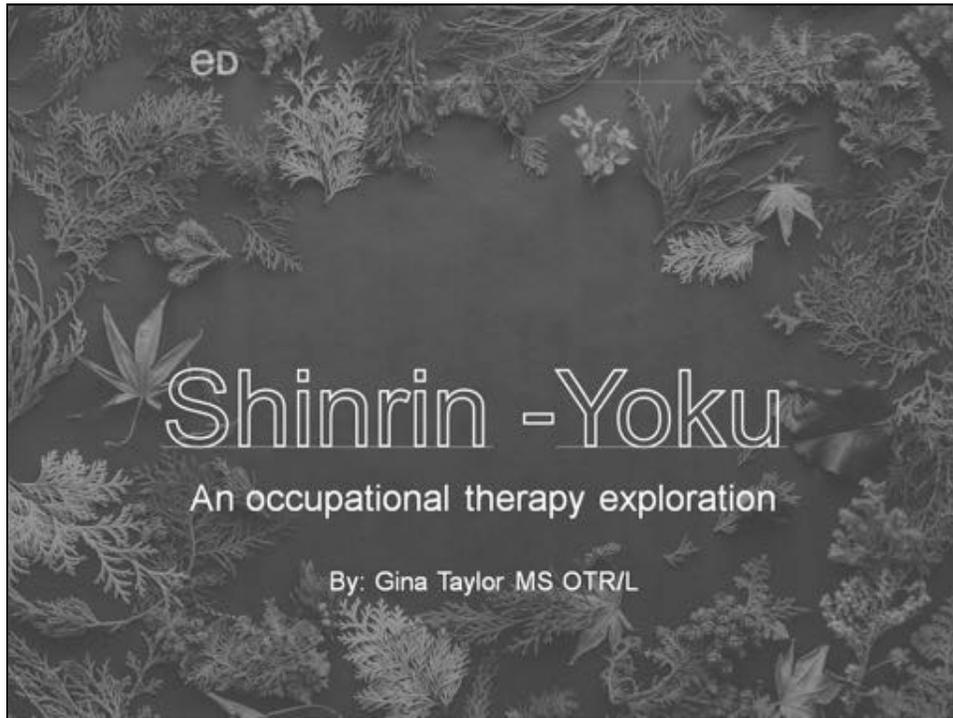
No part of the materials available through the continued.com site may be copied, photocopied, reproduced, translated or reduced to any electronic medium or machine-readable form, in whole or in part, without prior written consent of continued.com, LLC. Any other reproduction in any form without such written permission is prohibited. All materials contained on this site are protected by United States copyright law and may not be reproduced, distributed, transmitted, displayed, published or broadcast without the prior written permission of continued.com, LLC. Users must not access or use for any commercial purposes any part of the site or any services or materials available through the site.

Technical issues with the Recording?

- Clear browser cache using [these instructions](#)
- Switch to another browser
- Use a hardwired Internet connection
- Restart your computer/device

Still having issues?

- Call 866-782-9924 (M-F, 8 AM-8 PM ET)
- Email customerservice@OccupationalTherapy.com



CONTINUED

Learning Outcomes

After this course, participants will be able to:

- Define Shinrin-Yoku.
- Name three invitations that could be used in occupational therapy.
- List specific patient populations that could be treated with Shinrin-Yoku.

2



CONTINUED



Shinrin-yoku is the Japanese word for Forest Bathing or Forest Air Bathing.

What is Shinrin-yoku

The term was coined in 1982 to link forests and health and wellness.

Another term is Forest Therapy, which implies an intentional goal of healing and is done with a trained guide.

3



Shinrin-yoku

- In Forest bathing we use all of our senses to connect with the environment, time and ourselves. This can have a health restoring effect on people of all ages and abilities.
- Forest bathing is not hiking, wilderness survival or outdoorsmanship.



CONTINUED

Evidence
of
Benefits

Forest bathing has many documented health benefits.

- Improved immunity
- Reduced stress
- Increased relaxation
- Increased healing speed with decreased need for pain management
- Increased well being

5

CONTINUED

Evidence of Benefits: Psychiatric Conditions

- Kellen Taylor states that connection to nature can help people exit feelings of alienation, fragmentation and isolation that, unpleasant emotions that the those with psychiatric conditions are often dealing with.

▪ Berger, R., & Tiry, M. (2012). The enchanting forest and the healing sand—Nature therapy with people coping with psychiatric difficulties. *The Arts in Psychotherapy*, 39(5), 412–416. doi: 10.1016/j.aip.2012.03.009

6

Evidence of Benefits: Stress

- Studies that used HR, BP and self-report provide the most convincing support for the hypothesis that spending time in outdoor environments reduces the experience of stress and improves health.
- Kondo, M. C., Jacoby, S. F., & South, E. C. (2018). Does spending time outdoors reduce stress? A review of real-time stress response to outdoor environments. *Health & Place, 51*, 136–150. doi: 10.1016/j.healthplace.2018.03.001
- Hostility and depression scores decreased significantly as a result of participation in shinrin-yoku compared with the control day
- Morita, E., Fukuda, S., Nagano, J., Hamajima, N., Yamamoto, H., Iwai, Y., ... Shirakawa, T. (2007). Psychological effects of forest environments on healthy adults: Shinrin-yoku (forest-air bathing, walking) as a possible method of stress reduction. *Public Health, 121*(1), 54–63. doi: 10.1016/j.puhe.2006.05.024

7

Evidence of Benefits: Relaxation

- The present study demonstrated that 15-min “forest bathing,” compared to the urban environment as a control: (1) significantly improved mood, (2) significantly improved positive affect, (3) induced feelings of significant restoration, (4) induced feelings of vitality. In conclusion, exposure to the forest environment in the winter induced psychological relaxation.
- These results provide several implications for forest therapy practice. They indicate that the forest bathing during winter is an acceptable and welcome intervention, because it might generate psychological relaxation.
- Bielinis, E., Takayama, N., Boiko, S., Omelan, A., & Bielinis, L. (2018). The effect of winter forest bathing on psychological relaxation of young Polish adults. *Urban Forestry & Urban Greening, 29*, 276–283. doi: 10.1016/j.ufug.2017.12.006

8

Evidence of Benefits: Healing and Pain

- A study of hospital patients recovering from gall bladder surgery found that patients viewing a natural scene recovered more quickly with less pain medication than those who viewed a brick wall.
- R.S. Ulrich, View through a window may influence recovery from surgery. *Science* 224, 4647, 420-421, 1984.

9

Evidence of Benefits: Wellbeing

- The examined studies offered numerous examples of the healing power of nature for the health and well-being of older people. Occupational therapists could gain substantial insight from earlier experiences of nature-based activities for application in their practices.
- Gagliardi, C., & Piccinini, F. (2019). The use of nature – based activities for the well-being of older people: An integrative literature review. *Archives of Gerontology and Geriatrics*, 83, 315–327. doi: 10.1016/j.archger.2019.05.012

10

Evidence of Benefits: PTSD

- Generally the research indicated that physical and mental well-being, as well as the ability to deal with PTSD symptoms is improved in everyday life. The potential of nature (ranging from gardens to wilderness) is highlighted as a therapeutic resource in the treatment as it provides an opportunity for reflection and restoration.
- Poulsen, D. V., Stigsdotter, U. K., & Refshage, A. D. (2015). Whatever happened to the soldiers? Nature-assisted therapies for veterans diagnosed with post-traumatic stress disorder: A literature review. *Urban Forestry & Urban Greening*, 14(2), 438–445. doi: 10.1016/j.ufug.2015.03.009

11

Evidence of Benefits: Autism

- Results showed that exposure to nature provided motor-sensory, emotional and social benefits to children with ASD, although some of the identified benefits also come with concerns. Participants identified a wide range of barriers that make exposing their children to nature difficult. Among them, inappropriate behaviors, safety concerns, phobias and issues with the public realm emerged as critical hurdles. These findings suggest that practitioners should consider nature exposure as an intervention strategy
- Li, D., Larsen, L., Yang, Y., Wang, L., Zhai, Y., & Sullivan, W. C. (2019). Exposure to nature for children with autism spectrum disorder: Benefits, caveats, and barriers. *Health & Place*, 55, 71–79. doi: 10.1016/j.healthplace.2018.11.005

12

CONTINUED

Summary of Benefits Related to Occupational Therapy

- The populations that were examined in the studies are populations that OTP's typically work with: children with autism and ADD/ADHD, adults with mental health issues, veterans and older adults.
- The available research was not provided by occupational therapy practitioners, but the benefits are often areas that OT addresses.
- Occupational Therapy Practitioners can take the available research, client values and beliefs and clinical reasoning to utilize forest bathing as an evidence-based intervention.

13

CONTINUED



Cultural Considerations

- Forest bathing has ancient roots in many cultures.
- Shinrin-yoku is based in Japanese culture and can be seen in anime such as *Spirited Away* and *My Neighbor Totoro*
- A contemporary resurgence of nature based healing practices is happening worldwide:
 - Friluftsliv- (fresh air living) in Norway
 - German Forest Spas
 - Sanlimyok in South Korea
 - Forest Therapy or Forest Mindfulness in the USA

14

CONTINUED



Invitations

- Invitations are not exercises or assignments to accomplish
- They are a flow between the environment as your partner and yourself and can be guided by an OTP
- When done with one client, the OTP can have the client journal, share their story with nature or with the OTP
- When done in a group, people take turns sharing what they are noticing, and the OTP facilitates the discussion and sharing

15

CONTINUED

Invitation: Intention

- This is the beginning of the OT session or forest bathing experience.
- The OTP helps the client set a goal or intention for the time in nature.
- This can be helpful in measuring carryover from intervention to goal mastery.

16

CONTINUED

Invitation: Connection

- This is the beginning of forest bathing. This is the first threshold the client will cross in the session.
- Natural thresholds or ways of entering can increase the special quality of the moment
- Invite the client to be present and connect with the natural environment
- This use of ritual can help mark the session as separate from ordinary time



CONTINUED



Invitation: Awareness

- Notice our surroundings
- Notice our body sensations
- Notice how our senses bring us in contact with nature

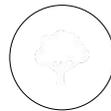
18

CONTINUED

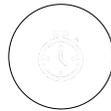
Invitation: Walking



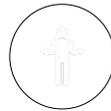
Walk slowing while noticing what is happening around you.



There is always movement in nature



This invitation is opened for around 15 minutes.



Notice what you are noticing.

19

Invitation: Possibilities

- Invitations are everywhere, the client should find an invitation from the environment.
- Examples include: I am the grass and I invite you to lay on me. I am the clouds, I invite you to watch me. I am the stream and I invite you to wade in me. I am the rocks and I invite you to touch me. I am the insect and I invite you to follow me. I am the dirt and I invite you to dig into me. I am the tree and I invite you to climb on me.

20



CONTINUED



Invitation: Sit Spot

- Find a place that feels right and sit there, take about 20 minutes
- Clients are awakened and relaxed from Possibilities and Walking
- Often the longer you sit, the more you notice, this is called the Reveal
- The Sit Spot is a practice that can be taken home and accomplished by clients in their home environment

21

21



Invitation: Tea Ceremony

- An informal sharing of a drink at the end of the session
- A “trail tea” can be made from native plants or traditional herbal tea can be offered
- The tea ceremony begins the segue from forest bathing back to ordinary time

22

CONTINUED

Invitation: Re-entry

- The OTP chooses a formal way to end the forest bathing session
- This helps clients transition back to ordinary time and is often marked by snacking and consideration of the intentions
- The Re-entry or Threshold invites the client to consider the deep awareness gained during forest bathing

23

Muddy Spots

24

CONTINUED

Occupational Therapy Examples

- The OTP is working with a group of children in the school setting. After reviewing the research, the OTP believes that the children would benefit from more time outside. How could the OTP incorporate aspects of forest bathing with a group of children in the school setting?

25

CONTINUED

Occupational Therapy Examples

- The OTP is seeing an adult client with a history of depression, anxiety and isolation in an outpatient community setting. The client identified an interest in gardening, but generally does not spend much time outdoors. How could the OTP incorporate aspects of forest bathing into this clients plan of care?

26

CONTINUED

Get trained:

- The Association of Nature and Forest Therapy Guides and Programs offers a certification program. The certification process consists of:
 - A weeklong intensive
 - A six-month mentoring practicum
 - Approval for certification from your mentor
- Guides must be CPR and First Aid certified

<https://www.natureandforesttherapy.org/guide-training/certification>

27

Questions?

Gina Taylor MS OTR/L at
Eponatherapy@gmail.com

28

Educational References:

- Clifford, M. A. (2018). *Your guide to forest bathing: Experience the healing power of nature*. Newburyport: Conari Press.
- Miyazaki, Y. (2018). *Shinrin Yoku: The Japanese Art of Forest Bathing*. Storey Publishing, LLC.

29

Research References:

- Berger, R., & Tiry, M. (2012). The enchanting forest and the healing sand—Nature therapy with people coping with psychiatric difficulties. *The Arts in Psychotherapy*, 39(5), 412–416. doi: 10.1016/j.aip.2012.03.009
- Bielinis, E., Takayama, N., Boiko, S., Omelan, A., & Bielinis, L. (2018). The effect of winter forest bathing on psychological relaxation of young Polish adults. *Urban Forestry & Urban Greening*, 29, 276–283. doi: 10.1016/j.ufug.2017.12.006
- Gagliardi, C., & Piccinini, F. (2019). The use of nature – based activities for the well-being of older people: An integrative literature review. *Archives of Gerontology and Geriatrics*, 83, 315–327. doi: 10.1016/j.archger.2019.05.012
- Kondo, M. C., Jacoby, S. F., & South, E. C. (2018). Does spending time outdoors reduce stress? A review of real-time stress response to outdoor environments. *Health & Place*, 51, 136–150. doi: 10.1016/j.healthplace.2018.03.001
- Li, D., Larsen, L., Yang, Y., Wang, L., Zhai, Y., & Sullivan, W. C. (2019). Exposure to nature for children with autism spectrum disorder: Benefits, caveats, and barriers. *Health & Place*, 55, 71–79. doi: 10.1016/j.healthplace.2018.11.005
- Morita, E., Fukuda, S., Nagano, J., Hamajima, N., Yamamoto, H., Iwai, Y., ... Shirakawa, T. (2007). Psychological effects of forest environments on healthy adults: Shinrin-yoku (forest-air bathing, walking) as a possible method of stress reduction. *Public Health*, 121(1), 54–63. doi: 10.1016/j.puhe.2006.05.024
- Poulsen, D. V., Stigsdotter, U. K., & Refshage, A. D. (2015). Whatever happened to the soldiers? Nature-assisted therapies for veterans diagnosed with post-traumatic stress disorder: A literature review. *Urban Forestry & Urban Greening*, 14(2), 438–445. doi: 10.1016/j.ufug.2015.03.009
- R.S. Ulrich, View through a window may influence recovery from surgery. *Science* 224, 4647, 420-421, 1984.

30