



INTERNATIONAL SOCIETY OF FOREST THERAPY



University of
Applied Sciences
Krems | Austria

8th International ISFT® Congress

PROGRAMME

13–15
October
2026

IMC Krems, Austria

13 October 2026

by 3:00 – 5:00 p.m.

ISFT General Assembly for ISFT members only

from 5:00 p.m.

**Die Kunstmeile Krems
Art & Flying Dinner for all Congress Participants**

14 October 2026

8:30 a.m.

Registration & Welcome Coffee
at the information point in wing G1

9:00 a.m.

Welcome Address

9:15 a.m.

Talk: Manfred Baum – Insights into the ISFT

09:45 a.m.

Keynote: Richard Crevenna
incl. discussion

10:15 a.m.

Panel Discussion
With Manfred Baum, Heinz Boyer, Richard Crevenna,
Horst Klinkmann

10:30 a.m. – 12:00 p.m.

**Thematic block: Forest Therapy for Young People &
Mental Health**
Chair: Andreas Lichtenwörther

10:30 a.m.

ID 114 – Complex interventions in complex environments: a
framework synthesis of forest-based interventions for young
people's mental health and wellbeing
Brassington & Bryne / Royal College of Surgeons in Ireland,
Dublin

10:45 a.m.

ID 104 – "Bonsai children" – a childhood cut short rather than
nurtured. The role of forest bathing and forest therapy in
restoring conditions for development
Patro / Nature Coaching Institute, Poland

11:00 a.m.	ID 129 – Co-Designing Forest-Based Care: Listening to People, Listening to the Forest Brassington, Bryne & Bolle / Royal College of Surgeons in Ireland, Luxembourg; SRFB – Royal Forestry Society of Belgium
11:15 a.m.	ID 131 – Forest4Youth – A Field-Based Index for Selecting Therapeutic Forests with Adolescents in Mental Health Care Bolle & t'Serstevens / SRFB (Société Royale Forestière de Belgique), Belgium
11:30 a.m.	ID 120 – Immersive Virtual Nature to Promote Mental Health and Nature Connectedness in Youth: A Scoping Review El Madani et al. / Université Libre de Bruxelles, Belgium; Royal College of Surgeons in Ireland
11:45 a.m.	ID 125 – Lohmen Children's Health Forest – A Pedagogically Designed, Nature-Based Experiential Space for Children Wellnitz & Orth / Municipality of Lohmen, Germany
12:00 – 1:00 p.m.	Lunch Break
1:00 – 3:00 p.m.	Thematic block: Clinical Practice & Relational Approaches Chair: Martin Nuhr
1:00 p.m.	ID 118 – Structuring Forest Therapy as a Therapeutic Intervention: A Participant-Evaluated 6-Week Protocol with Between-Session Assignments and Validated Progress Tracking Lešnik Cotza et al. / Faculty of Health Sciences, Slovenia
1:15 p.m.	ID 105 – A Relational and Integrative Path in Forest Therapy Rey & Lafortune / SHINRIN YOKU DŌ / INFOM Canada
1:30 p.m.	ID 107 – From Mother Trees to Guardianship: A New Relational Approach to Forest Therapy Ponte & Wisser / Universe Mindfulness, Italy
1:45 p.m.	ID 112 – The Emotional Benefits of Cloudspotting Kaleta et al. / Royal College of Surgeons in Ireland; Université Libre de Bruxelles, Belgium; Univ. of Applied Health Sciences, Croatia; Concordia University of Edmonton, Canada

2:00 p.m.	ID 122 – Innovating Forest Therapy – Forest Therapy in Taiwan: the HEAL-ing mode Li et al. / National Ding Hwa University, Taiwan; National Cheng Kung University Hospital Douliu Branch
2:15 p.m.	ID 128 – New Approach to Forest Therapy in Corporate Team Building Logar / Biotechnical centre of Naklo, Slovenia
2:30 p.m.	ID 115 – Therapeutic ornithology as an adjunctive intervention in rumination- and self-referential-dominant depressive and anxiety states: A clinical hypothesis of mechanism of action Murawiec / independent researcher, Poland
2:45 p.m.	ID 117 – The Effect of Forest-Based Interventions on Cortisol Levels and Stress in Humans Rozman et al. / University of Maribor, Faculty of Health Sciences, Slovenia
1:00 – 2:30 p.m.	PARALLEL – Seminar Room Workshop: Sven Rüger – Certifications in Forest Therapy 90-min. workshop running in parallel – separate room
3:00 – 3:30 p.m.	Coffee Break

3:30 – 5:00 p.m.		Thematic block: Policy, Evidence & Implementation Chair: Sven Rüger
3:30 p.m.		ID 134 – Integrating Nature-Based Interventions into the German Healthcare System: Important Factors and Policy Recommendations from Health Experts and Decision Makers Mosbacher et al. / University of Greifswald, Germany (lead); 9-institution consortium incl. Germany, Greece
3:45 p.m.		ID 133 – From Evidence to Adoption: Building Cross-Sector Collaboration for Forest-Based Health Promotion Calmon Beier / Landesforstanstalt M-V, Germany
4:00 p.m.		ID 113 – Introducing Healing Forest Certification to Taiwan: A Process-Based Study of Two Pilot Sites Liou & Yu / Taiwan Forest Therapy Society; National Taiwan University
4:15 p.m.		ID 137 – Certification and Use of Healing Forests as Places for Health and Rehabilitation Frech, Kraft & Lüdtke / BioCon Valley® GmbH, Germany
4:30 p.m.		ID 121 – Expert Consensus on the Core Terminology of Forest and Nature Therapy – an international and national Delphi Process Immich et al. / University of Augsburg, Germany; WHO European Centre for Environment and Health, Bonn, Germany
4:45 p.m.		ID 116 – Attitudes and declared practices of Polish psychiatrists toward nature-based interventions: A nationwide cross-sectional Study Murawiec / independent researcher, Poland

5:00 – 5:45 p.m.	Thematic block: Education, Professionalization & Innovation Chair: Darija Cvikl
5:00 p.m.	ID 119 – Privacy-Preserving Personalization in Forest Therapy: A Federated Learning Framework and Responsible Data Governance Agenda Ruiz-Torrubiano & Dhungana / IMC Krems, Austria
5:15 p.m.	ID 130 – Making Tree Physiology Visible: Using Long-Term Dendrometer Records to Support Human–Forest Connection in Experiential Forest Activities Žukovskienė / State Scientific Research Institute Nature Research Centre, Lithuania
5:30 p.m.	ID 127 – The Forest as a Subject of the Creative Process – the "Beyond the Frame" Case Study and a Critique of the Loss of Nature's Subjectivity in the Mainstream Modlibowska / Polish Society of Forest Bathing and Forest Therapy (PTKLiTL), Poland
5:45 - 6:00 p.m.	Keynote: Abbot Patrick Schöder Forest therapy & spirituality/faith – incl. Q&A; thematic transition into the evening programme at Heilwald Stift Göttweig
from 6:15 p.m.	Göttweig Abbey Joint Dinner & Handover Ceremony Departure by shuttle from IMC Krems at 6:15 p.m. Return shuttle service to IMC Krems provided.

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8:30 – 10:15 p.m.	Thematic block: Education, Professionalization & Innovation (continued) Chair: Darija Cvikl
8:30 a.m.	ID 109 – Impact of an Educational Forest Therapy and Forest Bathing Program with Expressive Art-Based Activities on Attitudes, Perceived Professional Competence, and Connectedness to Nature among Occupational Therapy Students: A Pre-Post Evaluation Study Racz et al. / University of Applied Health Sciences Zagreb, Croatia (+ 6 further partner institutions)
8:45 a.m.	ID 124 – Experiencing Nature, Shaping Future Healthcare: Educational Approaches for Health Professions Students Lange & Prinz-Buchberger / IMC Krems, Austria
9:00 a.m.	ID 135 – From Cultural Identity to Higher Education: The Case of Forest Therapy in Lithuania Juozapaitytė Gruodė et al. / Lithuanian University of Health Sciences, Lithuania
9:15 a.m.	ID 136 – From Training to Practice: Professional Impact and Implementation of Forest Therapy in Mecklenburg-Vorpommern de Vries / State Forest MV-Forest Service and Energy GmbH, Mühl Rosin, Germany
9:30 a.m.	ID 126 – How to teach economics and business faculty students on the importance of trees Radonjič / University of Maribor, Faculty of Business and Economics, Slovenia
9:45 a.m.	ID 110 – Elucidating the mechanism by which low-altitude forest stays may reduce health-care costs in asthmatic children: a preliminary study Droli et al. / Eco&Salute Società Cooperativa, Italy; ALPI NPO, Italy; University of Greifswald, Germany
10:00 a.m.	ID 111 – Toward the development of a management dashboard for forest therapy destinations. A Case Study. Droli, Ohe & Fleßa / Eco&Salute Società Cooperativa, Italy; Tokyo University of Agriculture, Japan; University of Greifswald, Germany

10:15 – 10:35 a.m.	Coffee Break
10:35 – 11:20 a.m.	Thematic block: Tourism & Wellbeing Chair: Claudia Bauer-Krösbacher
10:35 a.m.	ID 108 – Forest Tourism Attractiveness: From Forest Therapy Practice to a Sustainable Tourism System Cvikl / International School For Social and Business Studies, Slovenia
10:50 a.m.	ID 123 – From Inhalation to Ingestion: Introducing the Gustatory Channel into Forest Therapy Practice Cisar-Erlach/ Independent researcher, Austria
11:05 a.m.	ID 132 – Forest Therapy as a Preventive Health Intervention: Evidence from a Campus Nature Rx Program Hsieh & Brownlee / Clemson University (PRTM), United States of America
11:20 – 11:50 a.m.	Panel Discussion with the Track Chairs: Andreas Lichtenwörther, Martin Nuhr, Sven Rüger, Darija Cvikl, Claudia Bauer Krösbacher
12:00 p.m.	Excursion to the Healing Forest at Göttweig Abbey Shuttle departure from IMC Krems at 12:00 p.m., followed by an approx. 30-minute guided walk to the Healing Forest. Refreshments, guided tour & workshops at the Healing Forest. Return shuttle to IMC Krems – arrival by 5:00 p.m.
by 5:00 p.m. at the latest	Return to IMC Krems