

Effects and possibilities of
Forest Therapy at local hospitals
-Case studies utilized local abandoned
artificial forest in Japan-

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I have begun Forest Therapy since 1993 at special schools for students with disabilities in Nagano, Japan



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There are two technical terms

- *Shinrin-yoku*: 森林浴
→ Forest Bathing 1982
(Japan Forestry Agency)
- *Shinrin-ryoho*: 森林療法
→ Forest Therapy 1999
(Iwao UEHARA,
Japanese Forest Society)

If you think to practice forest therapy,

① Purpose: Why do clients need it?

For Rehabilitation, Treatment, Care, Counseling, Exercise, and so forth

② Method: Appropriate programs for each clients

③ What kind of forests ?

Conifer, Deciduous, Artificial, Natural, Blight, Dark, Dry, Wet, Humid, Cool....

④ Clients' reaction

Very important ! You must estimate appropriately.

Many Forest Therapy activities have been attempted...

Forest Therapy is making **both of forest and human beings healthier !**



Abandoned forests for medical utilization



A local hospital has forests (Kyushu island, Japan)



But they were typical abandoned
artificial forest!



Abandoned artificial forests sometimes
cause land and water disaster!



We began to tend the forests and prepare for Forest Therapy



Forest survey with medical staff

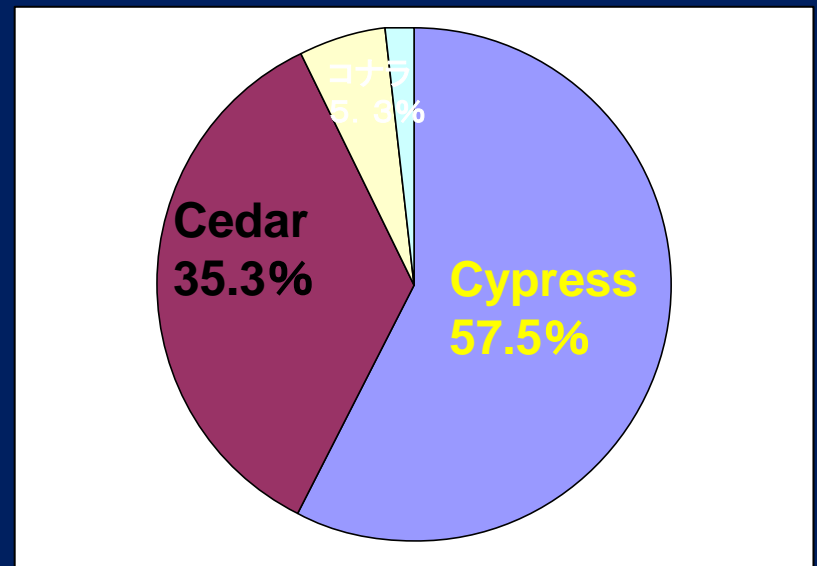


We tried to recover the abandoned forest!



Summary of the Forest

- Altitude: 450m
- Area: 1.6 ha
- Geography: flat $\sim 10^\circ$
- Artificial stand 30-year-old
- *Cryptomeria japonica*:
Average H. 18.4m
Average DBH 26.8cm
- *Chamaecyparis obtusa*:
A.H. 15.3m A. DBH 14.8cm
- Stand Density 2000 \sim 2200/ha

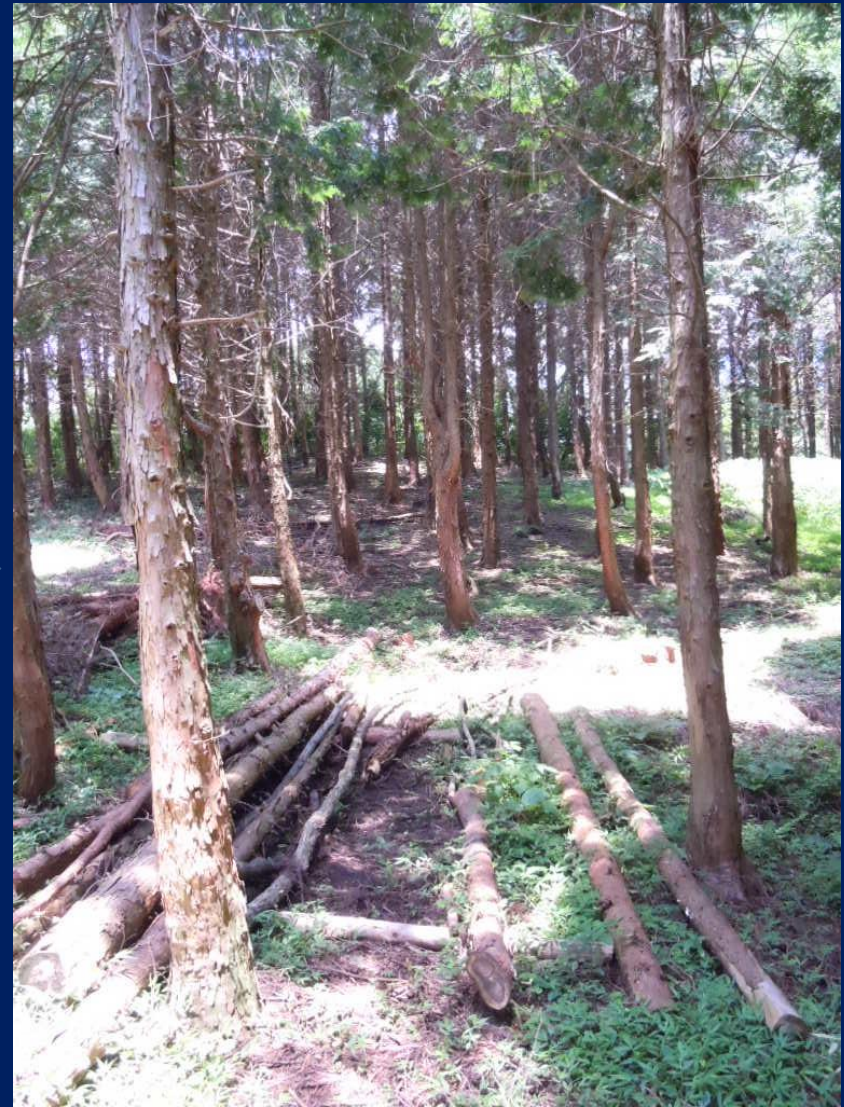


Treatment method



- Thinning cutting
- From 2200/ha → 1700/ha
- Cutting Suffered trees

The forest was changed brighter!



Vegetation has come back!

Utilized branches for occupational therapy



Cuttings!

Utilized branches and leaves

→ making aroma water!

→ It stimulates clients' memories!



Rehabilitation for Dementia



Nurse

Client
(dementia)

Set occupational and recreation space



- Made plural spaces
- Easy access from the hospital
- Walking = Rehabilitation
- Enjoyed forest amenity through the year

Effects of this forest therapy case

- Decreased **BPSD** (**B**ehavioral and **P**sychological **S**ymptoms of **D**ementia!)
 - ① By combination with other therapies
 - ② Many choices of therapies (more than 30 kinds)
 - ③ Multiple estimation (mental, behavior, daily life)



Conclusion



Utilized and treated abandoned forest
Made forest and human beings healthier!
Thank you very much for your attention !

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