

UCSF Osher Center for Integrative Health Grand Rounds
“May the Forest Be with You: Relational Forest Therapy Group Medical Visits”
Presented by Stephanie Cheng, MD

Resources for Further Learning

Association of Nature and Forest Therapy Guides & Programs: <https://www.anft.earth/>

Integrative Center for Group Therapy: <https://icgmv.org/>

Forest Bathing Finder: <https://www.forestbathingfinder.com/>

Ginkgo Heart Retreats: <https://ginkgoheartretreats.com/>

Forest Therapy Guide Training for Healthcare Professionals: A physician-led six-month hybrid program that includes training, immersion, and certification. For more information contact Susan Abookire, MD, MPH FACP at sabookire@bwh.harvard.edu

Books

Clifford, M. A. (2021). *Your Guide To Forest Bathing: experience the healing power of nature.* Newburyport, MA. Red Wheel Weiser.

Li, Q. (2018). *Forest bathing: how trees can help you find health and happiness.* New York. NY. Viking

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