



Interactive Training Experiences

Shinrin Yoku, CBT, & Biofeedback:

A Multiprong Approach to Tackle Anxiety

Abstract

Shinrin Yoku and nature therapy are powerful companions to cognitive behavioral therapy. Research measuring various forms of biofeedback has given us concrete evidence that mindful time in the forest helps people to re-set their parasympathetic nervous system. This workshop will explore multicultural psychoeducational components for reframing and the logistics of how to conduct outdoor walking sessions to tackle symptoms of anxiety, depression, seasonal affective disorder, and more. NASW's ethical mandate for self-care will also be promoted.

Learning Objectives

At the conclusion of this workshop participants will be able to:

1. Identify 2-3 strategies that clinicians may utilize to enhance their work with clients of all ages to alleviate their symptoms of anxiety, depression, seasonal affective disorder, and more.
2. List 3 health benefits to spending time in forests.
3. List 2-3 ways to incorporate outdoor elements into their indoor spaces.
4. Re-connect with their own commitment to self-care and name 2-3 ways to spend more time outdoors.

Workshop Length: 2-3 hours for clinical staff, 60 minutes as a self-care workshop

(In-person or online option) In-person is recommended.

For online workshops, participants will be asked to keep their cameras on and participate via small group discussions and other interactive exercises.