

WORKSHOP 19

DATE: 20/09/2023

TIME: 11.00 AM

Nature, Biophilia and Mental Health: from Evidence to Real World

105 minutes

Human living conditions are sustained by evolutionary processes integrated with landscape, biodiversity, climate, environment, resource availability, ecosystems in self-regulated balance and these factors influence the constitution of aesthetic, cultural, psychological and spiritual aspects of society. Individual and public health are integrally correlated with the quality and accessibility of natural areas locally and globally. On this Workshop we will present evidence on nature connectedness and biophilic influence on health, and bring opportunity for discussion on preventive and integral approaches.

1. (25 min) Natural Areas and Quality of Life: Planetary Health - Juliana Gatti-Rodrigues
2. (25 min) Biophilia and Mental Health - Marina Lencastre
3. (25 min) Evidence Map of Systematic Reviews on Clinical Effectiveness of Nature-based-Interventions - Ricardo Ghelman
4. (20 min) Debate with Participants
5. (10 min) Call to Action – Letter to include nature based interventions as preventive and integrative health approach

Speakers

Juliana Gatti-Rodrigues, MSc / Brazil – Portugal, Universidade do Porto, Instituto Árvores Vivas, Compor Mundos - UFP, Landscape Observatory - FCUP

Marina Lencastre, PhD, Faculty of Human and Social Sciences, University Fernando Pessoa, Behaviour and Social Sciences Research Centre, Compor Mundos) and Maria José Curado, PhD / Portugal (CIBIO - Center for Research in Biodiversity and Genetic Resources of the University of Porto, Landscape Observatory

Caio Portella (Brazilian Academic Consortium for Integrative Health).