

# Nordic research conference in Green Care and Nature-based interventions

Marita Mattilan matkaohjelma:

30.11. illalla matka Helsinkiin, yöpyminen tuttavan luona

31.11. 5.33 bussi Hakaniemestä Lentoasemalle ja lento Osloon kautta Kristiansandiin.

31.10.-1.11. seminaariohjelma – yöpyminen

2.11. kotimatka

Näkymä Kristiansandin majakan maisemista



Seminaari keskittyi tutkimustoiminnan kehittämiseen ja käyttökelpoiseksi tekemiseen. Laajat tutkimuskeskustelut oli elävöitetty käytännön esimerkeillä. Kommenttipuheenvuorossaan eräs ”in på tunet” (Green Care) verkoston yrittäjä korosti, että yrittäjien tarve on sada markkinointitoimenpiteitä valtakunnallisesti asiakasmääärän lisäämiseksi.

*“The main goals for this Nordic conference are to focus on the research quality and how researchers and professionals from different disciplines and practitioners offering a variety of services must collaborate to speed up high quality research in*

*both health promotion and rehabilitation for different vulnerable client groups. There will be a special focus on drop-outs from school, different marginalized groups and persons with dementia.”*

Seminaarin osallistujat kutsuttiin mukaan liittymään Pohjoismaiseen verkostoon  
<https://www.slu.se/en/departments/animal-environment-health/greencarenetwork/green-care-nordic-network---what-is-happening/>

Seuraava konferenssi on kahden vuoden kuluttua Ruotsissa.

*This conference will conclude the two years' network meetings, seminars and conferences. Proceedings from workshops and the conference will be published in a report. Anyone interested is welcome to join our network with valuable new ideas to promote these fields of research.*

Itse verkostoiduin Lapin amk:n Green Care henkilöstön kanssa. Siellä on alkanut maahanmuuttajien kototuttamiseen tähtäävä Green Care hanke.

Martta Ylilauri Levon instituutista kertoi Gereen Care koordinaatiohankkeen laatumerkijärjestelmästä paneelikeskustelussa, ja pääsin itsekin vertailemaan sitä yhden In på tunet yrittäjän kanssa. Hänellä oli kotieläintila, missä käy lähinnä Down ja ADHD –lapsia ja he ovat yrittäjänkin yllätykseksi eniten kiinnostuneita sveitsiläisrotuisista lehmistä. Norjan laatuojärjestelmä vaikutti kovin raskaalta vuotuisine laaturaportteineen ja joka toinen vuosi tehtävine laatuauditoinkäynteineen. Omat järjestelmänsä on myös tilalla käytettävien eläinten hyvinvoinnille.

Varsinaisen seminaarin jälkeen käytin asiantuntijapuheenvuoron Itä-Suomen ja Green Care koordinaatiohankkeen puolesta (erillinen liite tästä tapaamisesta).

Bluecare verkoston luoja Kristiansandin satamassa kokouksen jälkeen



Esitteitä seminaarista



Aktiivista keskustelua seminaarissa



Mielenkiintoisimpia esityksiä olivat

Plenary talk: *Nature-based interventions- State of the art and future research*

Prof. Patrik Grahn, SLU

*Theoretical framework in Green Care*

Ph.d. student Lina Ellingsen-Dalskau, NMBU

**Some theoretical framework to consider...**

**Approaches and concepts**

- Empowerment (Rappaport, 1991)
- Person-centred care (Rogers & Sanford, 1985)
- Social support (e.g. Cobb, 1976, Cohen et al., 1985)
- Quality of life (e.g. Sirgy, 1986)

**Theories and models**

- Stress recovery theory (Ulrich, 1983; Ulrich et al., 1991)
- Attention restoration theory (Kaplan & Kaplan, 1989)
- Sense of Coherence (Antonovsky, 1987)
- Social cognitive theory (Bandura, 1989)
- Self-efficacy theory (Bandura, 1977)
- Recovery model (Deegan, 1988)
- Self-determination theory (Deci & Ryan, 2000)

Sempic et al., 2010

*The Girl and the Horse, Stall Frossarbo, a Therapeutic Mode*

Psychologist Sven Forsling

*Blue Care- what and for whom?*

Research Scientist Pia Smeds, Natural Resources, Finland

Plenary talk: *-Animal Assisted Interventions in the light of the therapy animal*

Prof. Bjarne Braastad, NMBU

Mikkeli 14.11.2017 Marita Mattila

## Programme 31st October

09.30	Coffee
10.15	Opening of Conference by Kjell Ingolf Ropstad, Parliament Politician
10.30	Plenary talk: <i>Research in Green Care in Europe - how can we collaborate to speed up high quality research?</i> Dr. Jan Hassink, Wageningen University
Parallel session 1: Research Methodology - Challenges and Possibilities	
11.15	<i>How research studies can provide knowledge to optimize Green Care interventions</i> Dr. Karen Thodberg, Aarhus Universitet
11.45	<i>Theoretical framework in Green Care</i> Ph.d. student Lina Ellingsen-Dalskau, NMBU
12.15	<i>Methodological challenges in Nature-based interventions</i> Adjunct Dorthe Varning Poulsen, Københavns Universitet
13.00	Lunch
Parallel session 2: Special session for County Governor (Fylkesmannen i Agder)  <a href="#">County Governor programme</a>	
14.00	Plenary talk: <i>Nature-based interventions- State of the art and future research</i> Prof. Patrik Grahn, SLU
14.45	Coffee break with posters, an exhibition and book presentation (by Associate professor Anne Brita Thorød and Associate professor Elsebeth Krøger, both UiA)
Nature-based interventions for children and young persons	
15.15	<i>Care farming for young people adults at risk of marginalization</i> Ph.d. student Anne Mari Steigen, Høgskolen i Hedmark
15.45	<i>The Girl and the Horse, Stall Frossarbo, a Therapeutic Mode</i> Psychologist Sven Forsling
16.15	<i>Blue Care- what and for whom?</i> Research Scientist Pia Smeds, Natural Resources, Finland
16.45	<i>The pedagogy of reading dog interventions</i> Sara Karlberg, Svenske Terapihundskolan and Dr. Andreas Reier Jensen, UiA

17.45	<i>Care farming activities- can it facilitate integration?</i> Associated prof. Bente Berget, UiA and Agderforskning
18.00	Summary and End of Programme day 1
19.30	Dinner

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## Programme 1st November

08.30	Opening by Anne Halvorsen, Dean of Faculty of Social Sciences, University of Agder
08.35	Plenary talk:— <i>Animal Assisted Interventions in the light of the therapy animal</i> Prof. Bjarne Braastad, NMBU
09.15	Coffee break with posters, an exhibition and book presentation (by Associate professor Anne Brita Thorød and Accociate professor Elsebeth Krøger, both UiA)
Nature- and animal based interventions for elderly persons. There will also be a parallel session by the County Governor: <a href="#">County Governor programme</a>	
10.00	<i>Care farming for people with dementia</i> Associate Professor Grete Patil, NMBU
10.30	<i>Animal-assisted intervention for persons with dementia</i> Dr. Christine Olsen, Antrozoologisenteret
11.00	<i>Dog visits to home dwellings of elderly people suffering from loneliness</i> Associate Professor Berit Johannessen, Universitetet i Agder (UiA)
11.30	<i>Break</i>
11.45	Panel Discussion Anne Marie Støkken (N), Carsten Ørting (DK), Martta Ylilauri (FI), Lena Lidfors (S)
12.30	Summary and End of Conference
13.00	Lunch

And also a workshop organized by Pia Smeds and Katriina Soini 1.11.2017 at 14-15.30 on BLUE CARE:

There is an increasing interest in blue spaces (lakes, sea, rivers) as source for well-being, learning and care amongst practitioners, entrepreneurs, policy-makers and researchers. This issue will also be discussed by Pia Smeds with the title “Blue care” during the [Nordic](#)

**Conference on Green Care and nature-based interventions in Kristiansand** 31.10-1.11.2017. Given that this topic is now strongly emerging in different ways and channels, we now have an opportunity to organize a small workshop and start forming a Nordic frame work for this topic.

During the workshop we did explore the state of the art of blue well-being and care activities and its relations to other nature-based activities, and identify ongoing or possible collaboration across Nordic and Baltic countries. This workshop is related to a Nordic Project "Nordic Road Map for Blue Bioeconomy" (for further information please see: <http://bluenordic.fi>).