

# Case Study

## Need for Nature Psychotherapy

### Denmark

Module 5

<https://needfornature.dk>

**Need for Nature Psychotherapy contributes significantly to evidence-based mental health recovery and corporate wellness in Denmark, delivering certified Shinrin-Yoku forest-bathing programs that reduce stress biomarkers and serve over 1,200 clients annually.** Based in North Zealand's ancient Gribskov and Tisvilde Hegn forests, this licensed psychotherapy practice integrates clinical psychology with nature immersion, creating scalable models for public health integration and workplace wellbeing.

## Location

The core forest zones feature majestic native broadleaf woodlands with towering oak, beech, ash, and birch forming therapeutic canopies over soft moss trails and wildflower clearings. Seasonal understory includes medicinal plants like wood sorrel and lily of the valley, while conifer edges of Norway spruce provide year-round shelter — all used in sensory and mindfulness protocols.





## Linking Clinical Practice and Forest Ecosystems for Therapeutic Partnership

Need for Nature believes this licensed forest-therapy model provides a blueprint for mental health innovation across Europe, uniting psychotherapists, forest agencies, corporations, and public health systems to deliver measurable stress reduction while protecting Denmark's 13% forest cover.

**Activities & Commercial Model** Need for Nature Experiences include clinical and corporate partnerships, e.g.,

- ❖ **2–3 Hour Shinrin-Yoku Sessions** (DKK 250–450 pp) with sensory awakening, silent walking, and reflection circles.

- ❖ **Full-Day Corporate Forest Resets** for teams (e.g., Novo Nordisk, LEGO) combining therapy and nature immersion.

- ❖ The **Therapy Trail Network** — mapped routes in Gribskov with GPS-guided mindfulness stops.

- ❖ A mobile therapy kit with biodegradable journals, herbal teas, and phytoncide measurement tools.

- ❖ Pay-to-participate **public health contracts** with Region Hovedstaden for stress prevention.

- ❖ A range of forest recreation activities in Tisvilde Hegn, including seasonal solstice baths and family sessions.
- ❖ Research collaboration with University of Copenhagen measuring cortisol and immune response.



**Sustainability and Trees** Aligned with Danish Nature Agency and EU Green Prescription frameworks, Need for Nature embeds forest protection in every protocol. For example, they identify trees as “natural therapists” in session materials:

‘Trees are often called the lungs of the earth. By walking with awareness and zero impact, we’re ensuring our forests heal both body and mind — keeping our planet and people healthy.’



## Trees and Plants



## Reducing emissions



## Wellbeing



## Sustainability and Trees



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### Green Friendly Approaches

**Trees and Plants** To allow the flora and fauna to live and breathe, they use only established trails and limit group size to 12. Clients learn phytoncide science and plant identification; fallen leaves are left for soil health, and therapy groups fund native tree planting via carbon offsets.

**Energy** They endeavour to be as energy-efficient as possible by using solar-charged audio guides, electric transport to trailheads, and digital session notes. No artificial lighting or heating in forest settings.

**Waste** They follow the mantra of “Reduce, Reuse, Recycle,” with zero-waste sessions — all materials are biodegradable, tea waste is composted, and clients receive digital handouts only.

### Wellbeing Promote Healthy and Enjoyable Activities

Their outdoor activities are designed to be a positive choice for both body and mind. Denmark’s most clinically validated forest-bathing practice offers everything from gentle sensory walks to intensive group therapy under ancient canopies. Whether clients come for personal healing or team resilience, they leave with lower cortisol and stronger immunity. Need for Nature makes nature, science, and wellbeing accessible to all — from individuals to global corporations — so everyone can enjoy the proven benefits of evidence-based forest therapy.



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