

Case Study

Center for Fokus – Skovterapi

Denmark

Module 4

<https://center-for-fokus.dk/skovterapi/>



Center for Fokus – Skovterapi contributes significantly to corporate wellbeing and stress prevention in Denmark, offering certified forest therapy workshops that promote sensory awakening and inner calm for over 500 clients annually.

This eco-psychology practice delivers nature-based wellbeing programs in North Zealand's protected forests, blending evidence-based forest bathing with mindfulness to support mental resilience in urban professionals.

Location

This ancient deer park is predominantly covered by broadleaf woodlands with majestic oak, beech, and ash forming restorative canopies over winding trails and wild meadows. The understory includes ferns, mosses, and seasonal wildflowers used in guided sensory exercises.





Linking eco-psychology and corporate health for commercial partnership
Center for Fokus believes this forest-therapy model provides a blueprint for workplace wellness across Scandinavia, marrying certified guides with companies, municipalities, and health authorities to reduce burnout while enhancing access to Denmark's natural heritage.

Activities & Commercial Model

Center for Fokus Experiences include local wellbeing SMEs, e.g.,

- ◆ 1–2 Day Skovbad Workshops (DKK 1,500–3,000/group) with guided sensory sequences for stress relief.
- ◆ Introduction to Forest Therapy sessions combining eco-social work and mindfulness.
- ◆ The Sensory Trail Network — mapped paths in Dyrehaven for corporate team resets.
- ◆ A welcome pavilion with reflection spaces, herbal infusions, and rest areas.
- ◆ Pay-to-participate contracts with tech firms and public sector for employee programs.
- ◆ A range of forest recreation activities in Frederiksborg Castle grounds.
- ◆ Caravan and Camping Park and car parking for over 100 vehicles.



Sustainability and Trees

They began their sustainability programme through Danish Nature Agency collaborations, focused on reducing our carbon footprint as much as possible. For example, they identify trees as the 'lungs of the earth' in workshop materials.

'Trees are often called the lungs of the earth. By facilitating mindful forest sessions, we're making sure our little forestry area is helping to keep our planet healthy'.

Trees and Plants



Reducing emissions



Wellbeing



Sustainability and Trees



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Trees and Plants

To allow the flora and fauna to live and breathe, they leave certain areas to grow naturally without being “manicured”. And to make sure trees continue to flourish for generations to come, they replant every one that falls or needs to be knocked. The fallen trees are put to good use; their bark is used for mulch to keep the cycle of life rotating.

Green Friendly Approaches

Energy They endeavour to be as energy-efficient as possible by using solar-charged audio guides and electric shuttles to trailheads. Their rechargeable batteries power session tools where possible.

Waste

They follow the mantra of “Reduce, Reuse, Recycle,” meaning very little gets thrown away. Recycling and compost bins are in place and all their takeaway materials are eco-friendly.

Wellbeing

Promote Healthy and Enjoyable Activities

Their outdoor activities are designed to be a positive choice for both body and mind. Their park provides opportunities for both land and forest-based activities, including Denmark’s certified skovbad experiences. Whether visitors come to the forest for an exhilarating group awakening or a thoughtful solo immersion, they are confident they will leave feeling all the better for it. They also make nature and wellbeing accessible to all so that everyone can enjoy the benefits of nature and natural landscapes.



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