

**3rd Annual
NATURE – MEANING IN LIFE (NMIL) Research Lab Symposium**

Lab Director: Dr. Holli-Anne Passmore | <https://nature-mill.org/>

**Saturday, September 10, 2022
1:00pm – 5:00pm MDT
Concordia University of Edmonton or Online**

INVITED KEY NOTE GUEST SPEAKER: Anna Adhemar, MSc, RPsych

As a seasoned clinician, Anna has extensive experience and training in various modalities including Acceptance and Commitment Therapy, positive psychology, family/systemic therapies, solution-focused therapy, couple therapies, hypnotherapy, somatic and mindfulness-based approaches, and trauma-informed practice. However, it is her passion and rich experiential journey as a clinician in the field of nature-based practices which brings her to talk with us. Anna was one of the first psychology students in the world to attempt to summarise past and present research on nature-based interventions from around the world, and from many different domains, when she completed her Masters thesis: *Nature as Clinical Psychological Intervention*, in 2008 at the University of Aarhus in Denmark. She was a pioneer in the integration of nature in clinical practice whilst in Denmark, opening the *Danish Centre for Ecotherapy* (now closed) and holding numerous workshops and lectures over a number of years. Anna has been involved in a wide variety of projects incorporating nature as psychological intervention to promote well-being and enhance healing and to help validate the natural world as profoundly significant for our mental health. These projects include: working as a psychologist in a so-called stress garden (for restitution of clients with severe burnout); leading a municipal project incorporating mindfulness and nature connection for prevention of depression, anxiety and stress; developing nature-based interventions to support traumatised children and adolescents; holding workshops in nature for couples to enhance their relationship; and numerous mindfulness- in-nature courses. Currently in her private practice, situated close to Mill Creek Ravine, Anna works with individual adults and couples integrating nature-based practices as a rich, meaningful and highly effective resource in her eclectic and holistic approach to psychotherapy.



<https://true-nature.ca>

See next page for registration link and full program details

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in person: Concordia University of Edmonton
(Room TBA)

or by video: meet.google.com/gsd-epuw-dpu

Register Here

<https://forms.gle/9iGfwNvGnq7uw1XcA>
Registration is free. All are welcome!

Program:

- 1:00 - 1:05pm: Welcome, Opening Remarks
- 1:05 - 1:45pm: **Invited Guest Speaker: Anna Adhemar, M.Sc., RPsych.**
- 1:45 - 2:00pm: -- break --
- 2:00 - 2:15pm: **Joslin Blench: Wellbeing in Winter**
[Concordia University of Edmonton]
- 2:15 - 2:30pm: **Otis Geddes: Wellbeing At Your Doorstep**
[University of Victoria: Graduate Student]
- 2:30 - 2:45pm: **Caroline Mendes: 3 Good Things in Nature**
[Concordia University of Edmonton]
- 2:45 - 3:00pm: **Sacha Henry: Growing Hope**
[Concordia University of Edmonton]
- 3:00 - 3:15pm: **Janna Mulholland: Restoring Clinician's Attention with Birdsong**
[Concordia University of Edmonton, Graduate Student]
- 3:15 - 3:30pm -- break --
- 3:30 - 3:45pm: **Sarena Sabine: Minutes Without Moments**
[University of Washington, Graduate Student]
- 3:45 - 4:00pm: **Tarleen Dhanoa: Three Good Things**
[Concordia University of Edmonton]
- 4:00 - 4:15pm: **Darren Aschacher: Meaning in Life Reflections**
[Concordia University of Edmonton]
- 4:15 - 4:30pm: **Ashley Krause: Place Attachment Intervention**
[University of Florida, Graduate Student]
- 4:30 - 4:45pm: Open Q&A for All Presentations
- 4:45 - 5:00pm: Closing Remarks



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