

# INTEGRATIVE MEDICINE GRAND ROUNDS

Tuesday, July 12 @ 8am (US ET)

[Register Here for the Zoom Webinar](#)



## Nature Nurtures: Exploring the Health and Healing Benefits of Being Connected to Mother Earth



This presentation will provide an overview of some of the known health benefits of spending time in green and blue spaces, including a review of research best practices and recommendations for future inquiry. Links will be made between individual health outcomes and the health of our planet. Finally, data will be presented on psychosocial and biological outcomes from a nature-based program with young adults affected by cancer and their caregivers.

### David Victorson, PhD

Professor of Social Medical Sciences | Northwestern University Feinberg School of Medicine  
Founding Chair | Nature and Health Special Interest Group, Academic Consortium of Integrative  
Medicine and Health



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# Speaker Biography



David Victorson is licensed psychologist and Professor of Medical Social Sciences at Northwestern University's Feinberg School of Medicine. He leads the [Consciousness in Health Research Lab](#) where he conducts research focusing on improving quality of life and wellbeing for people affected by cancer and other life-impacting medical conditions using contemplative, psychosocial, and bio-behavioral approaches.

Dr. Victorson is founding chair of the Nature and Health Special Interest Group through the Academic Consortium of Integrative Medicine and Health and is Co-Founder and Executive Director of [True North Treks](#), a national nonprofit that supports young adults and caregivers affected by cancer through connecting with nature, peers, and mindful awareness practices. Dr. Victorson is also research faculty at the Osher Center for Integrative Medicine at Northwestern University.

## Resources

[Nature as Medicine: Mind, Body and Soil](#), *JACM*, Volume 26, Number 8, 2020, pp. 658–662

[Psychosocial and Biological Outcomes of Immersive, Mindfulness-Based Treks in Nature for Groups of Young Adults and Caregivers Affected by Cancer: Results from a Single Arm Program Evaluation from 2016–2021](#), *Int. J. Environ. Res. Public Health* **2021**, 18(23), 12622

[How to Embrace Nature in Your Own Backyard](#), Thrive, June, 2020

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## Upcoming | First Tuesday's 8:00–9:00am

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**08/02/22: Theme: Innovations in Integrative Medicine**

**Presenter: Scarlett Soriano, MD**, Executive Director, Duke Health and Wellbeing

**09/06/22: "Stretching Breath for Health"**

**Presenter: Gurjeet Birdee, MD**, Director, Osher Center for Integrative Medicine, Vanderbilt University

**10/04/22: "The Doctor Will Meditate with You Now: Implementation of Mind-Body Practices into Clinical Care"**

**Presenter: Paula Gardiner, MD, MPH**, Director of Primary Care Implementation Research, Center for Mindfulness Compassion, Cambridge Health Alliance

**11/01/22: Whole Body Hyperthermia and Depression**

**Presenter: Maren Nyer, PhD**, Director, Research Coordinator Program at the Depression Clinical and Research Program (DCRP), Massachusetts General Hospital