

RUTGERS

New Jersey Medical School

The Department of Psychiatry and the Essex County Park System present:
Urban Mental Health 2021

Nature Therapy



We are very excited to announce our virtual 2021 Urban Mental Health conference of Rutgers New Jersey Medical School Psychiatry. This year we are turning the focus on nature and its mental health implications. We will present the latest scientific developments in this new field, as well as effective approaches helping patients, ourselves, and each other to benefit from exposure to nature.

9:00 – 9:15	Welcome and Opening Remarks
9:15 – 10:00	Green Renaissance: Rediscovering Nature During COVID Yonatan Kaplan, MD
10:00 – 10:45	Urban Green Spaces Aitzaz Munir, MD, and Mary-Anne Hennen, MD
10:45 – 11:00	Morning Break
11:00 – 11:45	Healing Sick Buildings: Bringing Nature Inside Kishan Shah, MD
11:45 – 12:30	The Doctor Is Out: Nature Therapies in Practice Rashi Aggarwal, MD, and a panel of resident psychiatrists
12:30 – 1:00	Virtual Lunch Break
1:00 – 1:45	Animal Assisted Therapies Rafael Coira, MD, JD
1:45 – 2:30	More Than a Feeling: Neuroscience in Nature Therapies Utku Kucuker, MD
2:30 – 2:45	Closing Remarks and Good-Byes

See you on Friday, November 5!

Please check our Website for Information and Registration:

NJMS.Rutgers.edu/Psychiatry

Registration: \$40 (\$20 for students and trainees)