

## CURRICULUM VITAE

April 27, 2026

### **GREGORY N. BRATMAN**

Doug Walker Endowed Professor  
Associate Professor, School of Environmental and Forest Sciences (SEFS)  
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### **EDUCATION HISTORY**

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- 2010 – 2016 **Ph.D. in Environment and Resources, Stanford University.**  
Dissertation: *The impacts of nature experience on mood, emotion regulation, and cognitive function.* (Advisors: Gretchen C. Daily and James J. Gross.)
- 2006 – 2008 **MESM (Master of Environmental Science and Management), Donald Bren School University of California, Santa Barbara**
- 1993 – 1997 **B.A. in Philosophy, Princeton University, cum laude**

### **EMPLOYMENT HISTORY**

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- 2024 – present **Associate Professor** of Nature, Health, and Recreation, School of Environmental and Forest Sciences, University of Washington
- 2017 – 2024 **Assistant Professor** of Nature, Health, and Recreation, School of Environmental and Forest Sciences, University of Washington
- 2020 – present **Adjunct Associate Professor**, Department of Environmental and Occupational Health Sciences, School of Public Health, University of Washington
- 2022 – present **Adjunct Associate Professor**, Department of Psychology, University of Washington
- 2016 – 2017 **Postdoctoral researcher at the Center for Conservation Biology, Stanford University**  
Project: *Developing an ecosystem service approach to the mental health benefits of nature contact.* (Advisor: Gretchen C. Daily.)
- Synthesize existing evidence on nature contact and mental health into a conceptual framework for decision-makers and practitioners.
  - Contribute to development of a predictive model that captures impacts of development scenarios on psychological well-being.
- 2016-2017 **Affiliate Assistant Professor at the School of Environmental and Forest Sciences, University of Washington**

### **RESEARCH GRANTS/CONTRACTS**

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#### Pending

#### **Nature exposure and human well-being: The role of the nasal microbiome**

NCCIH R21 National Institutes of Health (NIH)      \$396,237      07/01/2026 – 06/30/2028

The objective of this project is to investigate the association of long- and short-term environmental exposures on nasal microbiome community composition and inflammatory and other correlates of human well-being.

Role: **Lead PI**

#### Pending

#### **Nature exposure, the nasal microbiome, and human well-being in the Puget Sound region**

Tier 3 Population Health Initiative (UW)      \$150,000      09/01/2026 – 01/31/2028

This study will recruit 60 healthy adults across the Puget Sound region for a comparison of nasal microbiome composition and function, olfactory sensitivity, and mental well-being across a built-to-natural residential environmental gradient. Asked to submit full proposal after passing LOI stage.

Role: **Lead PI**

Pending

**Effects of volatile organic compounds and aerobiome from nature: A randomized controlled trial**

Royalty Research Fund (IW) \$39,886 06/15/2026 – 06/15/2027

UW support for upcoming study: a randomized-controlled trial (RCT) with a crossover design in which we assess the acute effects of a 90-min natural vs. built environment walk on nasal microbiome composition and functional potential, nasal metabolomic landscape, psychoneuroimmunological well-being, absorbed dose of biogenic volatile organic compounds (BVOCs), and subjective olfactory experiences.

Role: **Lead PI**

In preparation

**Effects of volatile organic compounds and aerobiome from nature: A randomized controlled trial**

NCCIH R21 National Institutes of Health (NIH) \$397,250 04/01/2027 – 03/31/2029

NIH support for upcoming study: a randomized-controlled trial (RCT) with a crossover design in which we assess the acute effects of a 90-min natural vs. built environment walk on nasal microbiome composition and functional potential, nasal metabolomic landscape, psychoneuroimmunological well-being, absorbed dose of biogenic volatile organic compounds (BVOCs), and subjective olfactory experiences.

Role: **Lead PI**

While at UW (2017-present) – \$5,383,256 total (\$3,420,588 to UW)

**The Biology in Space: Establishing Networks for DURable & RESilient Systems.**

NASA Consortium in Biological Sciences \$2,500,000 06/16/2025 – 06/15/2030

Funds a consortium of more than thirty collaborators from University of Washington, Washington State University, and Pacific Northwest National Laboratory, collaborating on studies of different aspects of microbiome interactions and other biological knowledge for space flight.

Role: **Collaborator**; *Lead PI: Kristi Morgansen, UW*

**Assessing healthcare cost savings of forest proximity in Washington**

SEFS McIntire-Stennis Cooperative Forestry Research \$ 148,677 09/16/2025 – 09/15/2027

This project leverages existing research to take a benefit transfer approach to estimate the healthcare cost savings provided by the forests and other natural areas in Washington.

Role: **Co-PI**

**Nature and human well-being: The role of the olfactory microbiome**

CSDE Population Research Planning Grants (PRPG) \$14,600 03/22/2024 – 03/21/2025

Support for the pilot study that explore the potential role of changes in composition and function of the nasal microbiome after nature vs. indoor exposures on well-being and olfactory function.

Role: **Lead PI**; Lead Student Investigator Connor Lashus (PhD student advisee)

**Quantifying human well-being and environmental effects of green infrastructure in a rapidly changing urban system**

\$102,477 07/01/2023 – 09/15/2025

Integrated Socio-Ecological Systems Award (TNC)

Additional funds for TNC Study: This project aims to fill key information gaps and help overcome historical inequities by improving community accessibility to the benefits of urban greening and studying the environmental and health impacts that come from increased presence of urban trees.

Role: **Lead PI**; co-PI: Ailene Ettinger (TNC)

**UW Nature & Health – Policy Research**

Mental Insight Foundation \$30,000 12/31/2023 – 12/30/2024  
Foundation support of research and investigations into potential avenues for integrating the health benefits of nature contact into policy in regional and national contexts. Support work of UW Nature & Health, for which I am Co-Director.  
Role: *Lead PI*

#### **UW Nature & Health**

REI Cooperative Action Fund (REI) \$400,000 11/30/2023 – 05/31/2027  
Unrestricted gift in support of ongoing activities and events of UW Nature & Health, for which I am Co-Director.  
Role: *Lead PI*

#### **Nature and human well-being: The olfactory pathway**

CSDE Population Research Planning Grants (PRPG) \$10,000 03/15/2023 – 03/14/2024  
Additional support for the exploratory working group I am leading that involves researchers with expertise in various dimensions of olfaction, including psychoneuroimmunological pathways, qualitative work in smellscape, Shinrin-Yoku (aka “forest bathing”), environmental psychologists, and ecologists. The aim of the working group is to produce a synthesis paper on the importance of considering specific aspects of the olfactory pathway in the emerging field of nature and health.  
Role: *Lead PI* (sole PI)

#### **Lifelong exposure to residential greenspace and its impact on brain morphology**

UW Center for Human Neuroscience \$13,700 04/17/2023 – 04/16/2024  
This Center for Human Neuroscience - Student Technology Fee (STF-CHN) Award supports a project to study the impacts of lifelong greenspace exposure on brain structure and resting state activity.  
Role: *Advising PI*; Lead Student Investigator Margot Hayes (MS student advisee)

#### **Assessing the interplay between stress, health, behavior, and inflammatory gene expression response to wildfire smoke exposures using community engaged and remote sampling approaches**

NIEHS R21 National Institutes of Health (NIH) \$427,625 06/01/2022 – 05/31/2024  
This project seeks to assess the biological effect of wildfire smoke (WFS) in the inflammatory gene response by identifying key inflammatory response genes in blood before, during, and after exposure.  
Role: *Co-Investigator*; co-PIs: Nicole Errett (UW – DEOHS), Ashleigh Theberge (UW – CHEM)

#### **Quantifying human well-being and environmental effects of green infrastructure in a rapidly changing urban system**

Integrated Socio-Ecological Systems Award (Puget Sound Partnership; TNC) \$617,070 12/15/2021 – 6/30/2023  
This project aims to fill key information gaps and help overcome historical inequities by improving community accessibility to the benefits of urban greening and studying the environmental and health impacts that come from increased presence of urban trees.  
Role: *Lead PI*; co-PI: Ailene Ettinger (TNC)

#### **Nature and human well-being: The olfactory pathway**

Harvard JPB University Health Fellowship \$27,375 11/01/2022 – present  
Funding for an exploratory working group I am leading that involves researchers with expertise in various dimensions of olfaction, including psychoneuroimmunological pathways, qualitative work in smellscape, Shinrin-Yoku (aka “forest bathing”), environmental psychologists, and ecologists. The aim of the working group is to produce a synthesis paper on the importance of the olfactory pathway in the emerging field of nature and health, with a focus on developing a conceptual framework that operationalizes the evidence in a way that can be further developed for land-use decision making and conservation efforts.  
Role: *Lead PI*

#### **Nature and race**

Harvard JPB University Health Fellowship \$25,000 03/01/2023 – present  
Funding for a workshop I am co-organizing to be held with collaborators from across the nation to discuss current issues surrounding equity, access, racism and discrimination in relation to nature and health.  
Role: *co-PI*; Lead PI: Jennifer Roberts (UMD)

**Do terpenes play a role in the stress-reducing effects of a forest bathing intervention?**

NCCIH R21 National Institutes of Health (NIH) \$412,224 09/01/2021 – 08/31/2024  
The objective of this project is to investigate the contribution of the olfactory pathway to the benefits of nature contact – specifically the component of inhalation of volatile organic compounds (VOCs), including terpenes – present in forest air.  
Role: *Lead PI*; co-PIs: Chris Simpson (UW – DEOHS), Anne Riederer (UW – DEOHS)

**Feasibility of substitution of virtual reality greenspace and volatile organic compound humidification to simulate the forest experience effects on immune system recovery**

Oregon Health Sciences University \$10,000 06/01/2021 – present  
This pilot study is intended to assess the impacts of a short-term VR nature intervention coupled with humidified alpha- and beta-pinenes on immune responses in a healthy sample of participants.  
Role: *Study advisor*; Lead PI: Amy Ross (OHSU)

**Nature and homelessness** \$57,000 07/13/2019 – 11/15/2023

USDA Forest Service  
The goal of this project is to assess the impacts of nature contact on psychological well-being for individuals who are currently or have previously been homeless, and arrive at a deeper understanding of social and environmental factors that influence movement in this population from urban to natural environments.  
Role: *Lead PI*; co-PIs: Monika Derrien (USFS), Lee Cerveny (USFS)

**Girl Scouts of Western PA** \$150,000 07/01/2019 – 09/15/2021

RK Mellon  
This project assesses the potential of outdoor nature contact to buffer against the negative effects of COVID-19 on the physical health and psychological well-being of Girl Scouts in Washington State.  
Role: *co-PI*; Lead PI: Joshua Lawler (UW - SEFS), co-PI: Peter Kahn (UW – SEFS)

**TL1 Translational Research Training Program**

Institute of Translational Health Sciences \$17,500 06/16/2020 – 06/15/2021  
The program focuses on enabling students to work with an interdisciplinary team who are conducting clinical and translational research in the laboratory, in clinical/translational health care settings, and in the community.  
Role: *Advising PI*; Lead Student Investigator Sara Park Perrins (PhD student advisee)

**Urban Green (Infra)structure for Pedestrian Health**

Center for Health & Nature Innovation Fund \$25,000 6/01/2019 – 05/31/2020  
Houston Methodist Hospital, Texan by Nature, and Texas A&M  
This project aims to develop a valid measurement method to quantify urban nature, in terms of type, quality, and amount and to understand the specific structures of urban nature in communities associated with pedestrian activities (e.g. amount and frequency of walking) and pedestrian health outcomes (i.e. safety, thermal comfort, mood, and stress).  
Role: *co-PI*; Lead PI: Chanam Lee (Texas A&M University), co-PI: Steven Hankey (Virginia Tech)

**Seattle Parks and Recreation** \$4,500 01/15/2019 – 01/14/2020

Parks Access Assessment  
These funds supported a graduate student project in which interviews were conducted to assess equity of access to parks across Seattle.  
Role: *Lead PI*

**McKibben and Merner Gift** \$100,000 12/15/2018 – present  
Craig McKibben and Sarah Merner  
This is a gift to support the basic science and empirical research of the Environment and Well-Being Lab on the benefits of nature contact for well-being, and the integration of this evidence into efforts to address health inequities.  
Role: *Lead PI*

**Integrating Nature Contact into Social and Environmental Determinants of Health**  
JPB Harvard University Health Fellowship \$140,000 10/01/2018 – 02/28/2023  
The goal of this fellowship is to provide support to help develop and integrate the ways in which nature contact can be brought into frameworks of public health that focus on issues of equity and social/environmental determinants of health.  
Role: *Lead PI*

**Integrating Nature Contact into Social and Environmental Determinants of Health**  
EarthLab \$25,000 10/01/2018 – 02/28/2023  
Additional support for research associated with JPB Fellowship, the purpose of which is to provide support to help develop and integrate the ways in which nature contact can be brought into frameworks of public health that focus on issues of equity and social/environmental determinants of health.  
Role: *Lead PI*

**WA Trails and Public Health** \$40,160 09/04/2018 – 6/30/2019  
WA Trails Association // Washington Recreation & Conservation Office  
The purpose of this project was to summarize the existing evidence supporting an association of nature contact and trail systems in Washington state with improved health outcomes for the state's residents.  
Role: *Lead PI*

**Miller Gift** \$145,923 12/15/2017 – present  
John Miller  
This is a gift to support the basic science and empirical research of the Environment and Well-Being Lab on the benefits of nature contact for well-being, and the integration of this evidence into efforts to address health inequities.  
Role: *Lead PI*

**Wilderness Therapy for Veterans with PTSD**  
REI \$150,000 09/20/2017 – present  
The goal of this project is to assess the impacts of wilderness therapy on veterans with PTSD, through a randomized controlled trial design, and to support next steps in the scaling up of these efforts.  
Role: *Lead PI*

*Support prior to appointment as Assistant Professor at UW (2010-2017)*  
**Nature and Health – Wallenberg Foundation** 2015-2017  
The goal of this research grant was to fund research on the impacts of nature experience on mental health, and to foster connections between Stanford University and the Stockholm Resilience Center.  
Role: *PhD Student and Postdoctoral Researcher*  
Gretchen C. Daily (Multi PI)

**NeuroVentures Grants:** 2012-2013  
**The Neural Correlates of the Affective Benefits of Nature Experience.**  
Center for Cognitive and Neurobiological Imaging Research Funding  
The goal of these pilot grants was to fund the use of neuroimaging methodologies to investigate neural mechanisms and pathways underlying the impacts of nature vs. urban walks for participants.  
*Lead PI*

## **GRADUATE STUDENTS AS PRIMARY ADVISOR OR MENTOR**

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### Completed:

- 1) **Margot Thomas** – MS (2022 - 2024)  
Dissertation: *Lifelong exposure to residential greenspace and its impact on brain morphology.*
- 2) **Chaja Levy** – MS (2021- 2024)  
Dissertation: *Do terpenes play a role in the stress-reducing effects of a forest bathing intervention?*
- 3) **Sara Park Perrins** – PhD (2017 - 2021)  
Thesis: *Nature contact and psychological well-being in adults.*
- 4) **Naomi Fein** – MS (2019 - 2020)  
Thesis: *Greenspace, mental health, and psychological well-being: Exploring mechanisms and effect modification.*
- 5) **Rick Thomas** – MS (2018 - 2019)  
Thesis: *Accessibility of urban greenspace and its impact on health.*

### Current:

- 6) **Olivia Hill** – PhD (2021 - )  
Dissertation: *A mixed methods approach to understanding the relationship between environmental surroundings & human well-being in an urban growth center in Tacoma, WA.*
- 7) **Connor Lashus** – PhD (2023 - )  
Dissertation: *Nature exposure, olfactory function, and the human microbiome.*

## **PROFESSIONAL OFFICES/AWARDS/SERVICE**

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### Honors and awards

2025	Highly Meritorious Faculty at UW School of Environmental and Forest Sciences
2025	Highly Cited Researchers List, Clarivate
2024	Highly Meritorious Faculty at UW School of Environmental and Forest Sciences
2023	Highly Cited Researchers List, Clarivate
2023	Highly Meritorious Faculty at UW School of Environmental and Forest Sciences
2022	Highly Meritorious Faculty at UW School of Environmental and Forest Sciences
2022	Highly Cited Researchers List, Clarivate
2018-2023	JPB Harvard Environmental Health Fellow
2017 – present	Doug Walker Endowed Professorship
2015	American Horticultural Therapy Association's Charles A. Lewis Award. Excellence in research in horticultural therapy and people-plant interaction.
2013-2016	Stanford Interdisciplinary Graduate Fellowship. The James and Nancy Kelso Fellow: A three-year graduate fellowship for interdisciplinary study, awarded in a university-wide competition.
2010-2013	Stanford Graduate Fellowship in Science & Engineering, David and Lucile Packard Foundation Fellow: A three-year graduate fellowship, “supporting exceptional incoming and continuing doctoral students in the natural and social sciences, education, engineering, and the basic sciences in the School of Medicine”.

### Received by my advisees while under my mentorship and/or nomination:

2023	Connor Lashus (MS student) – UW-SEFS Fellowship Award
2023	Connor Lashus (MS student) – UW-Graduate Research Opportunity Enhancement (GROE) Fellowship Award

- 2022 Margot Hayes (MS student) – UW-SEFS Fellowship Award  
 2018 Rick Thomas (MS student) – UW-SEFS Fellowship Award  
 2018 Rick Thomas (MS student) – UW-Graduate Research Opportunity Enhancement (GROE) Fellowship Award

***Professional activities and services***

Scientific journal reviews

Manuscript reviewer for: *Nature Sustainability, Science Advances, Proceedings of the National Academy of Sciences USA, Journal of Environmental Psychology, Urban Forestry and Urban Greening, Applied Cognitive Psychology, Landscape and Urban Planning, Environment and Behavior, Environmental Research, British Journal of Education, Health and Place, Cities & Health, Health Environments Research & Design, PLOS ONE, Environmental International, Applied Psychology: Health and Well-Being, Emotion, Psychological Review, Journal of Affective Disorders.*

- 2026 Invited member of Forest, trees and human health and wellbeing research group of International Union of Forest Research Organizations (IUFRO): *Interconnecting Forests, Science, and People*. Report upcoming.  
 2024 Invited author for Human Health and Well-Being chapter of United by Nature; formerly the First National Nature Assessment (NNA1) from the U.S. Global Change Research Program (USGCRP)  
 2023 Co-Lead Guest Editor: *International Journal of Environmental Research and Public Health (IJERPH), Special Issue on The Impact of Built, Natural, Social, and Virtual Environments on Human Health*  
 2022 Co-Lead Guest Editor: *Ecopsychology: Special Issues on Nature & Health 2022, Volumes 1 & 2*  
 2022 Direct Submission Editor: *Proceedings of the National Academy of Sciences*  
 2022 – present Editorial Board: *Ecopsychology*  
 2020 – present Research committee member: Center for Health & Nature. *Texas A&M, Houston Methodist, Texan by Nature.*  
 2018 – 2022 Editorial Board: *Frontiers in Environmental Psychology*  
 2021 Proposal Reviewer: *National Science Foundation (NSF), Division of Behavioral and Cognitive Sciences*  
 2019 Grant review committee member: Center for Health & Nature. *Texas A&M, Houston Methodist, Texan by Nature.*

***Professional memberships***

- 2025 – present European Chemoreception Research Organization  
 2024 – present Association for Chemoreception Sciences  
 2023 – present Advisory Board Member, Wekesa Earth Center, University of Maryland; dir. Dr. Jennifer D. Roberts.  
 2022 – present Affiliate Faculty, Center for Studies in Demography and Ecology, University of Washington  
 2020 – present International Society for Environmental Epidemiology  
 2018 – present Fellow, Center for Health and Nature, Texas A&M University and Methodist Hospital  
 2014 – present Society for Affective Science

**UW COMMITTEES/DUTIES/SERVICE**

- 2026 – present Executive Council member, UW Population Health Initiative  
 2023 – present Co-Director, UW Center for Nature & Health  
 2023 – present Committee member and Chair of SEFS Elected Faculty Advisory Council (EFAC)  
 2023 – present Search Committee member, Ecological Restoration and Management Faculty Position, SEFS  
 2022 – 2023 Interim Director, UW Nature & Health

- 2021 – 2023 Committee member, SEFS Curriculum committee  
 2018 – 2023 Steering Committee member, UW Nature & Health  
 2018 – 2023 National Conference Planning Committee member, UW Nature & Health  
 2019 Committee member, SEFS IT  
 2018 Committee member, SEFS Communications and Marketing Manager Search

## TALKS/PRESENTATIONS

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### Invited scholarly presentations

- 2027 Invited keynote speaker, 5th World Conference on Forests and Parks for Public Health. Nippon Medical School, Tokyo, Japan. *Title TBD*. (August, 2027)
- 2025 Invited keynote speaker, 2nd International Conference on Forest Therapy-Healing with Nature. University of British Columbia (UBC), Vancouver, Canada. *Nature contact and human well-being: The olfactory pathway*. (August, 2025)
- 2025 Invited speaker, Society for Affective Science Conference. *Nature contact and human well-being: How our environments shape the way we feel*. Portland OR.
- 2024 Invited speaker, Harvard School of Public Health. *Nature contact and public health: Understanding causal pathways and implementing the evidence*. Boston, MA.
- 2024 Invited panelist, UW Consortium for Global Mental Health and the Population Health Initiative. *Global mental health and climate change*. Seattle, WA.
- 2023 Invited speaker, San Francisco Philosophical Club. *Nature contact and human well-being: Pathways of perception*. Berkeley, CA.
- 2023 Invited speaker (and co-lead organizer), OECD and University of Washington: *Climate change and mental health symposium*. Seattle, WA.
- 2023 Invited speaker, Picower Institute for Learning and Memory at Massachusetts Institute of Technology (MIT). *The environmental and social determinants of child mental health*. Cambridge, MA.
- 2021 Invited speaker, Yale University, School of the Environment, Hixon Center for Urban Ecology: *Nature access and psychological well-being: Parks, mental health, and the pandemic*. New Haven, CT
- 2021 Invited speaker, Plant Sciences and Landscape Architecture Department, University of Maryland: *Nature contact and mental health: The state of the field*. College Park, MD
- 2021 Invited speaker, Oregon Health Sciences University Research Interest Group: *Nature experience and health equity: Causal mechanisms and integration into public health*. Portland, OR.
- 2020 Invited speaker, The National Wilderness Workshop: *Wilderness and mental health equity: Causal pathways and mechanisms*. (Virtual conference due to COVID-19 restrictions.)
- 2020 Invited speaker, Texan by Nature – National symposium. Houston Methodist Hospital and Texas A&M: *Industry's role: incorporating nature and health*. Houston, TX. (Virtual conference due to COVID-19 restrictions.)
- 2020 Invited speaker, The National Socio-Environmental Synthesis Center (SESYNC) Postdoc Immersion Program: *The benefits of nature contact as a public health issue*. Annapolis, MD.
- 2018 Invited speaker, NCCIH's Integrative Medicine Research Lecture Series (IMLS) National Center for Complementary and Integrative Health (NCCIH), National Institutes of Health (NIH): *Nature contact and human health: A multi-method approach*. Bethesda, MD.
- 2017 Invited speaker, UW Nature & Health Symposium: University of Washington: *The effects of nature experiences on mental health: Implications for public policy*. Seattle, WA.

### Prior to appointment as Assistant Professor at UW

- 2016 Invited speaker, Texan by Nature – National symposium. Houston Methodist Hospital and Texas A&M: *The impacts of nature experience: Mood and emotion regulation*. Houston, TX.
- 2016 Invited speaker, California ReLeaf Conference: *Greenspace and psychological health*. Los Angeles, CA.
- 2016 Invited speaker, Central Institute of Mental Health, University of Mannheim: *The impacts of nature experience: A closer look at rumination*. Mannheim, Germany.

## **Presentations at (inter)national scholarly meetings, symposia, and workshops**

### **Conference presentations – invited**

#### **While Assistant-Associate Professor at UW (2017-present)**

- Bratman, G.N. 2026. Building a more resilient society: How outdoor recreation supports mental health. *Outdoor Recreation Roundtable*. Washington, D.C. (online) Invited panel member for webinar.
- Bratman, G.N. 2025. Olfaction, nature contact, and human well-being. *European Chemoreception Research Organization (ECRO)*. Bilbao. Invited speaker at symposium.
- Bratman, G.N. 2025. Co-Director and Co-lead organizer of *UW Nature & Health 2025 Northwest Nature & Health Symposium*. Seattle, WA.
- Bratman, G.N. 2024. Co-Director and Co-lead organizer of *UW Nature & Health 2024 Northwest Nature & Health Symposium*. Seattle, WA.
- Bratman, G.N., Levy, C.M., Simpson, C.D., Riederer, A.M., Bhandari, D., Silva, L.K., Blount, B.C. 2024. A test of the effects of odors on stress reduction in a forest setting: The case of terpenes. *Monell Institute Colloquium*. Philadelphia, PA. Invited speaker at Functional fragrance: the science behind mood and performance enhancement session.
- Bratman, G.N., Jiang, L., Gish, J.J., Klotz, A.C., Locklear, L.R., Taylor, S.G., Embry, E., Stephan, U., Carr, J., Lassu, R.A., Burrows, S., Wang, M., Siderits, I., Flynn, P. 2023. The biophilia effect for management: Consequences and implications. Symposium. *83rd Annual Meeting of the Academy of Management*. Boston, MA. Invited keynote speaker at symposium.
- Bratman, G.N. 2022. Nature and health: A research agenda and implications for planning. *Socio-Environmental Research Group*. Invited speaker for pre-recorded talk (prepared in September 2021) for conference held in Portland, OR.
- Bratman, G.N., Roberts, J.D., Jennings, V., Fuller, C.H., Dickinson, K., Reid, C., Olvera-Alvarez, H. 2021. The color of nature: A workshop on the realities and impacts of structural racism on nature access and connectedness. *Organized session for Nature and Health Virtual Conference 2021: “Generating Understanding Across Communities and Disciplines”* Seattle, WA (virtual in 2021 due to COVID-19 restrictions). Moderated and co-led panel discussion.
- Frumkin H., 2021. Green and healthy: A planetary perspective. *Organized session for Nature and Health Virtual Conference 2021: “Generating Understanding Across Communities and Disciplines”* Seattle, WA (virtual in 2021 due to COVID-19 restrictions). Moderated and led discussion with Dr. Frumkin.
- Bratman, G.N. 2020. Mental health as an ecosystem service: An emerging research agenda. *A Community on Ecosystem Services (ACES) Conference* (virtual in 2020 due to COVID-19 restrictions). Invited keynote speaker.
- Bratman, G.N. 2019. Nature contact and children’s health: A systematic review. *Children and Nature Network’s Health & Nature Forum* Oakland, CA. Invited speaker.

#### **Prior to appointment as Assistant Professor at UW**

- Bratman, G.N. 2017. Psychological ecosystem services: The mental health benefits of nature experience. *Stanford University Natural Capital Project Symposium*. Stanford, CA. Plenary speaker.
- Bratman, G.N. 2016. Psychological ecosystem services: The mental health benefits of nature experience. *Stanford University Natural Capital Project Symposium*. Stanford, CA. Moderator of plenary session.
- Bratman, G.N. 2016. Effects of nature experience on emotion and cognition. *Society for Affective Science*. Chicago, IL. Director of methods lunch.

### **Conferences presentations – contributed**

#### **While Assistant-Associate Professor at UW (2017-present)**

- Groeneveld, W., Krainz, M., White, M.P., Heske, A., Elliott, L.R., Bratman, G.N. \*, Fleming, L.E., Grellier, J., McDougall, C.W., Nieuwenhuijsen, M., Ojala, A., Pahl, S., Roiko, A., van den Bosch, M., Wheeler, B.W. 2025. The psychological benefits of open-water (wild) swimming: Exploring a self-determination approach using a 19-country sample. Oral presentation at the International Conference on Environmental Psychology, Vilnius, Lithuania. \*Contributed to Groeneveld oral presentation on study for which I am co-author.

- Sabine, S., Redondo, S. M., Kahn, P. H., Jr., Gray, C. E., Bratman, G. N. 2024. Multi-sensory, embodied nature experiences are linked with an optimal state of being: Presence. Paper accepted for presentation at the *American Psychological Association 132nd Annual Convention*, Seattle, WA. \*Contributed to Sabine presentation on study for which I am co-author.
- Levy, C.M., Simpson, C.D., Riederer, A.M., Bhandari, D., Silva, L.K., Blount, B.C., Bratman, G.N.\* 2024. Evaluating the role of terpenes in the health benefits of forest bathing. *Annual Cascadia Symposium on Environmental, Occupational, and Population Health*. Blaine, WA. \*Contributed to Simpson oral presentation on study for which I am Lead PI.
- Levy, C.M., Simpson, C.D., Riederer, A.M., Bhandari, D., Silva, L.K., Blount, B.C., Bratman, G.N.\* 2023. Measuring participant exposure to terpenes in a forest bathing clinical trial. *Symposium at International Society of Exposure Science*. Chicago, IL. \*Contributed to Riederer oral presentation on study for which I am Lead PI.
- Bratman, G.N.\*, Lawler, J.J., Reid, C., Olvera-Alvarez, H.A., Nadkarni, N., \*Perrins, S.P., Varanasi, U., Sullivan, W. 2020. Nature and human health: understanding and applying the mental and physical health benefits of time spent in nature. *Symposium at North American Congress for Conservation Biology*. Denver, CO. Moderator for panel discussion on nature and health.
- Bratman, G.N., Olvera-Alvarez, H.A., Reid, C., Dickinson, K. 2019. JPB Environmental Health Fellows Panel: Greenspace, nature experiences, and the intersection of environmental and social determinants of health. *Interdisciplinary Association for Population Health Science*. Seattle, WA. Presenter at organized session.

(primary advisor of graduate or undergraduate student)

+Graduate student or undergraduate student presenter directly advised as primary advisor

- Lashus, C.D.<sup>+</sup>, Gomez, A., Hummel, T., Jacobs, L.F., Majid, A., Raju, R.M., Smith, C.J., Williams, J., Bratman, .G.N. 2026. Associations of forest vs. urban environmental exposure with well-being and nasal microbiome composition: An exploratory pilot study. *Society for Affective Science*. Poster.
- Lashus, C.D.<sup>+</sup>, Gomez, A., Hummel, T., Jacobs, L.F., Majid, A., Raju, R.M., Smith, C.J., Williams, J., Bratman, .G.N. 2025. Associations of forest vs. urban environmental exposure with well-being and nasal microbiome composition: An exploratory pilot study. *Society for Nature and Cognition Conference*. Poster.
- Lashus, C.D.<sup>+</sup>, Gomez, A., Hummel, T., Jacobs, L.F., Majid, A., Raju, R.M., Smith, C.J., Williams, J., Bratman, .G.N. 2025. Forest vs. urban environment exposure is associated with improved well-being and compositional nasal microbiome differences. *European Chemoreception Research Organization (ECRO)*. Bilbao. Poster.
- Barbosa, C., Williams, J., Ringsdorf, A., Bratman, G.N., <sup>+</sup>Lashus, C.D., Hummel, T. 2024. Sense of smell in polluted and pristine environments. *Max Planck Institute for Chemistry*. Mainz, Germany. Poster.
- Yde, Y.J., <sup>+</sup>Levy, C., <sup>+</sup>Lashus, C., Bratman, G.N., Parma, V. 2024. Greater olfactory awareness is associated with increased connectedness to nature and wellbeing. *Association for Chemoreception Sciences*. Bonita Springs, FL. Poster.
- <sup>+</sup>Hill, O., Ettinger, A., Wyse, L., Hebert, R. 2023. Raising the bar through GRIT (Greening Research in Tacoma) – connecting trees and community health. *The Pacific Northwest Chapter of the International Society of Arboriculture (PNW-ISA)*. Tacoma, WA. Presentation.
- <sup>+</sup>Hill, O. 2023. The interlinkages between mental health, nature and our changing climate. *The Climate—Mental Health Nexus: How a well-being approach can provide lessons for win-win policies*. OECD. Seattle, WA. Symposium presentation.
- <sup>+</sup>Perrins, S.P. 2022. Can forests reduce psychological stress? *World Forestry Congress, United Nations Food and Agriculture Organization's 15<sup>th</sup> Convention*. Seoul, Korea. Poster presentation. (Post-graduation presentation of doctoral work by PhD advisee.)
- <sup>+</sup>Perrins, S.P. Effects of natural, urban, and neutral environment exposures on stress and health: A randomized controlled experiment. *American Psychological Association 128<sup>th</sup> Annual Convention*. (Virtual in 2020 due to COVID-19 restrictions.) Symposium presentation.

- \*Perrins, S.P. 2020. Health benefits of nature. *Leafline Coalition*. Virtual meeting. Invited panel speaker.
- \*Perrins, S.P. 2020. Nature contact and health workplaces. *North American Congress for Conservation Biology, 5<sup>th</sup> Biennial Meeting*. (Virtual in 2020 due to COVID-19 restrictions.) Invited panel speaker.
- \*Perrins, S.P. 2020. Nature and Health Lunchtime Talk. *University of Washington EarthLab*. Seattle, WA. Featured speaker.

Prior to appointment as Assistant Professor at UW

Bratman, G.N. 2014. Nature experience, cognitive function, affect, and emotion regulation. *Society for Affective Science*. Washington, D.C. Poster presentation.

(advisor of undergraduate student)

%Undergraduates advised as PhD student

- %Van Alebeek, A., Bratman, G.N., %Ong, T., Young, G. Daily, G.C. 2017. Your brain on nature: The effects of nature versus urban settings on emotions and physiology. Stanford University Summer Undergraduate Research Program. Stanford, CA. Poster presentation.
- Bratman, G.N., Daily, G.C., %Ong, T., %Van Alebeek, A., %Adams, M., Young, G., Daily, G.C. 2016. The effects of natural vs. urban settings on emotion and physiology. Stanford University Summer Undergraduate Research Program. Stanford, CA. Poster presentation.

***Lead organizer and/or participant in working groups***

While Assistant-Associate Professor at UW (2017-present)

- 2026 Co-Lead organizer with Anthropocene Lab: Invisible and silent biosphere communication. Working group at the Anthropocene Lab, Royal Swedish Academy of Sciences, March, 2026.
- 2025 Co-Lead organizer with Drs. Lucia Jacobs and Asifa Majid: The lost odors of nature: The impact of climate change on human olfactory experience. Working group at the Radcliffe Institute for Advanced Study: Harvard University, MA in March, 2025.
- 2024 Visiting scholar at Picower Institute for Learning and Memory, Massachusetts Institute of Technology (MIT) in June, 2024.
- 2023 Co-Lead organizer with Dr. Jennifer D. Roberts: Nature and race. Ghost Ranch, Santa Fe, NM.
- 2023 Lead organizer of working group: Nature and well-being: The olfactory pathway. Asilomar, CA.
- 2023 Co-organizer and participant: Actions for Restoration, Sustainability and Health. BIPOC Research Collective at Nature and Health. Tacoma, WA.
- 2021 Co-Lead organizer of working group on mental health and nature contact, funded by National Center for Ecological Analysis and Synthesis (NCEAS) and National Geographic. Santa Barbara, CA (conducted remotely).
- 2021– Invited member of Advisory Group for ongoing OECD project on well-being lens to population mental health as part of OECD: Well-being Framework (2021 – present). Paris, France (virtual in 2011 and 2022 due to COVID-19 restrictions).
- 2020 Participant in Climate change and mental health: Developing a framework for interdisciplinary investigation. Workshop at the Radcliffe Institute for Advanced Study: Harvard University, MA (virtual in 2021 due to COVID-19 restrictions).
- 2019 Invited contributor to workshop and tool development for: Developing forest bathing / health metrics from viewing urban vegetation. Casey Trees and iTree, Washington, DC.

Prior to appointment as Assistant Professor at UW

- 2017 Leader of working group on mental health and ecosystem services. Stanford University Natural Capital Project Symposium, Stanford, CA.
- 2016 Leader of working group on mental health and ecosystem services. Stanford University Natural Capital Project Symposium, Stanford, CA.

***Notable presentations to a nonprofessional, governmental, (or public) audience***

While Assistant-Associate Professor at UW (2017-present)

- 2025 BET in FLO. *Buffalo Eastside Teens in Frederick Law Olmsted Parks*. Collaborator for summer teen nature program in Buffalo, NY.
- 2023 Forterra. *Nature contact and psychological well-being: The role of urban greenspace, city trees, and regional parks*. Invited speaker. Seattle, WA.
- 2023 The White House. Office of Science and Technology “Invest in Nature” Summit: *Invest in youth through nature*. Invited speaker. Washington, D.C.
- 2023 OHSU Oral History Program: Library Historical Collections & Archives. Interviewer of Dr. Hector Olvera-Alvarez for Library Collection. Portland, OR.
- 2021 OECD. *Well-being and mental health: Towards an integrated policy approach*. Invited speaker. Paris, France.
- 2021 Walder Foundation and Foresight Design Initiative. Resilient by Nature Project: Advanced Nature-Based Solutions in Chicago: *How might we better understand and act on the health benefits of nature?* Invited speaker. Chicago, IL.
- 2021 Osher Lifelong Learning Institute – UW Population Health Initiative: *Association of the environment with human well-being*. Invited speaker. Seattle, WA.
- 2021 JPB Environmental Health Fellowship Seminar Series: *Nature and health equity, an investigation of the relationships between nature contact, mental health, and social disadvantage*. Speaker with co-author, Dr. Hector Olvera-Alvarez. Cambridge, MA.
- 2020 Office of Sponsored Programs – UW. *Nature contact and psychological well-being*. Invited speaker. Seattle, WA.
- 2020 Oregon Department of Environmental Quality (OR): *Nature and mental health: An ecosystem service*. Invited speaker. Portland, OR.
- 2019 Washington Trails Association (WTA): *The health benefits of Washington State trails*. Invited speaker. Seattle, WA.
- 2018 King County Public Health and the Dept of Natural Resources and Parks (WA): *Greenspace, health and climate change: A conversation that matters*. Invited speaker for panel discussion. Seattle, WA.
- 2018 Seattle Parks and Recreation. *Parks and human health*. Invited speaker to Board of Park Commissioners meeting. Seattle, WA.
- 2018 Advisory Board of College of the Environment, University of Washington. Invited guest presenter on research. Seattle, WA.

(primary advisor of graduate or undergraduate student)

\*Graduate student or undergraduate student presenter for whom I was primary advisor

- 2024 University of Washington Environment & Well-being Lab Science Presentation: *The Mountaineers*. \*Olivia Hill. Seattle, WA
- 2024 Greening Research in Tacoma (GRIT) Project. *The Nature Conservancy*. \*Olivia Hill. Seattle, WA
- 2020 House Capital Budget Committee. Public Hearing: HB 2744; Work Session: *Recreation & Conservation Office Studies on Economic and Health Benefits of Trail-based Recreation*. \*Sara Park Perkins. Olympia, WA.
- 2020 Amazon Spheres Staff Meeting. Presentation on findings from study on association of nature contact with worker well-being. \*Sara Park Perkins. Seattle, WA.
- 2019 Bellevue City Hall. Presentation to Bellevue city staff on Livable City Year report. \*Rick Thomas. Bellevue, WA.
- 2019 The Second Annual Games for Our Future Game Jam. EarthLab Event at Pacific Science Center. \*Rick Thomas. Seattle, WA.
- 2019 Presentation to Seattle Parks and Recreation over phone on Equitable Access to Parks report. \*Rick Thomas. Seattle, WA.

## **MEDIA**

Recent work [featured in various newspaper and magazine articles](#) including The New York Times, Scientific American, The Wall Street Journal, The Seattle Times, The Atlantic, TIME Magazine, BBC News, Outside Magazine, National Geographic, La Presse, Huffington Post, Psychology Today, Grist,

University of Washington publications, American Holistic Nurses Association, and other outlets, radio interviews and podcasts (BBC, KUOW, NPR, Radio Slovenia, “Best of Health”), Audubon Magazine, Washington Trails Association, Forterra, a variety of documentary films and television pieces (e.g., NATURA (France), The Nature Conservancy), and popular science books (e.g., “The Nature Fix,” “Forest Bathing,” “The Extended Mind”).

## **BIBLIOGRAPHY**

\*Graduate student or undergraduate student for whom I was primary advisor

#Graduate student or undergraduate student for whom I was on graduate committee member or co-advisor

### **Published peer-reviewed journal articles**

(59 publications; 14,429 citations; *h-index* = 32; *i10-index* = 49; *i100-index* = 14)

A full list of my publications is available here:

<https://scholar.google.com/citations?user=W4rfN-0AAAAJ&hl=en&oi=sra>

59. Preece, D.A., Mehta, A., Wurgaft, D., Levy, C., Spink, K.M., Teo, Q.K., Jiang, Y., Ong, D.C., Chen, P., **Bratman, G.N.**, Gross, J.J. Alexithymia and ill-being and well-being: The role of emotion regulation. *Emotion* (in press.)
58. Kahn Jr, P. H., Sabine, S., Gray, C. E., **Bratman, G. N.**, Croitoru, C., & Navidi, K. M. (2026). The Presence Scale: A measure of optimal conscious awareness and being without thought. *Journal of Happiness Studies*, 27(3), 47
57. Vitale, V., White, M.P., **Bratman, G.N.**, Gross, J.J., Preece, D.A., Bonaiuto, M. Using nature to regulate emotions: Introducing the Nature Selection Emotion Regulation Questionnaire (NS-ERQ) (2026). *Journal of Environmental Psychology*, 102960
56. \*Lashus, C.D., Gomez, A., Hummel, T., Jacobs, L.F., Majid, A., Raju, R.M., Smith, C.J., Williams, J., **Bratman, G.N.** Associations of forest vs. urban environmental exposure with well-being and nasal microbiome composition: An exploratory pilot study (2026). *Environmental Research*, 123582
55. **Bratman, G.N.** & Gross, J.J. Why nature contact is good for us (2025). *Trends in Cognitive Sciences*
54. Sakhvidi, M.J.Z., Browning, M.H.E.M., Samuelsson, K., Labib, S.M., Psyllidis, A., ... **Bratman, G.N.**, ...Dadvand, P. Methodological guidance for selecting buffers in greenspace and health studies (2025). *The Lancet Planetary Health*, 9(11)
53. Drnovsek E., Abraham, N.M., Abraham, J.N., Alizadeh, R., Aloulou, I., ... **Bratman, G.N.**, Majid, A., Hummel, T., Oleszkiewicz, A. Demographic and geographical determinants of human olfactory perception of 909 individuals inhabiting 16 regions (2025). *iScience*, 28(10)
52. Gaston, S. A., Sweeney, M., Patel, S., Jennings, V., **Bratman, G. N.**, Martinez-Miller, E., ... & Jackson, C. L. (2025). Greenspace proximity in relation to sleep health among a racially and ethnically diverse cohort of US women. *Environmental Research*, 121698
51. Martin, L., White, M.P., Pahl, S., May, J., Newton, J., Elliott, L., Cirach, M., Grellier, J., **Bratman, G.N.**, Gascon, M., Lima, M., Nieuwenhuijsen, M., Ojala, A., Roiko, A., van den Bosch, M., Fleming, L. Nature contact and health risk behaviours: Results from an 18 country study. (2025). *Health & Place*, 94, 103479
50. \*Levy, C.M., Riederer, A.M., Simpson, C.D., Gassett, A.J., Gilbert, A.J., Paulsen, M.H., Silva, L.K.,

- Bhandari, D., Newman, C.A., Blount, B.C., Kahn, P.H., Jr., **Bratman, G.N.** (2025). Forest terpenes and stress: Examining the associations of filtered vs. non-filtered air in a real-life natural environment. *Environmental Research*, 121482
49. Groeneveld, W., Krainz, M., White, M.P., Heske, A., Elliott, L.R., **Bratman, G.N.**, Fleming, L.E., Grellier, J., McDougall, C.W., Nieuwenhuijsen, M., Ojala, A., Pahl, S., Roiko, A., van den Bosch, M., Wheeler, B.W. (2025). The psychological benefits of open-water (wild) swimming: Exploring a self-determination approach using a 19-country sample. *Journal of Environmental Psychology*, 102, 102558
48. Gray, C. E., Kahn, P. H., Jr., Lawler, J. J., Tandon, P. S., **Bratman, G. N.**, <sup>+</sup>Perrins, S. P., & Boyens, F. (2025). The importance of (not just visual) interaction with nature: A study with the Girl Scouts. *The Journal of Environmental Education*, 1–18
47. Lee C., Park A., Lee H., **Bratman G.N.**, Hankey S., Lee, D. (2024). Measuring urban nature for pedestrian health: Systematic review and expert survey. *Landscape and Urban Planning*, 250, 105129
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45. **Bratman, G.N.**, Daily, G.C., Doty, R.L., Hummel, T., Jacobo Bembibre, C., Jacobs, L.F., Kahn, P.H. Jr., <sup>+</sup>Lashus, C., Majid, A., Miller, J., Oleszkiewicz, A., Olvera-Alvarez, H., Parma, V., Riederer, A., Sieber, N.L., Williams, J., Xiao, J., Yu, C.-P., & Spengler, J.D. (2024). Nature and human well-being: The olfactory pathway. *Science Advances*, 10(20), eadn3028
44. Derrien, M., **Bratman, G. N.**, Cerveny, L. K., <sup>+</sup>Levy, C., Blahna, D. J., <sup>#</sup>Frank, P., & <sup>+</sup>Serio, N. (2024). Public nature and health for homeless populations: Professionals' perceptions of contingent human benefits and harms. *Social Science & Medicine*, 116764
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27. Panno, A., Theodorou, A., Massullo, C., **Bratman, G.N.**, Imperatori, C., Carbone, G., Gross, J.J. (2022). The psychological impact of the COVID-19 lockdown in Italy: The moderating role of gender and emotion regulation. *Health Care for Women International*, 1-18.
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21. <sup>†</sup>Perrins, S. P., Varanasi, U., Seto, E., & **Bratman, G. N.** (2021). Nature at work: The effects of day-to-day nature contact on workers' stress and psychological well-being. *Urban Forestry & Urban Greening*, 66, 127404.
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D'Antonio, A., Helbich, M., **Bratman, G.N.**, & Olvera-Alvarez, H. A. (2021). Psychological impacts from COVID-19 among university students: Risk factors across seven states in the United States. *PLOS ONE*, *16*(1), e0245327.

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#### Articles submitted, in review, or in preparation

\*Graduate student or undergraduate student for whom I am/was primary advisor

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5. Zeitzer, J.M., Karan, M., Houser, K., **Bratman, G.N.** High fidelity nature scene induces improvements in mood independent of melanopic retinal circuitry. (in prep.)
4. Reichert, A., Abraham, N.M., Abraham, J.N., ... **Bratman, G.N.**, Hummel, T., Oleszkiewicz, A. Odors count globally: the number of conscious odor perceptions differs between 17 locations on five continents. (in revision at *Journal of Environmental Psychology*.)
3. Fried, N., Wala, A., Elliott, L.R., Pahl, S., Arnberger, A., Bell, S., **Bratman, G.N.**, Browning, H.E.M.M., Fleming, L.E., Grellier, J., Nieuwenhuisen, M., Ojala, A., Roiko, A., van den Bosch, M., Wheeler, B.W., White, M.P. The restorative power of blue spaces: The roles of moving water, perceived quality and nature connectedness. (in prep.)
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1. Riederer, A., Simpson, C., \*Levy, C., Gilbert, A., Paulsen, M., Silva, L., Bhandari, D., Newman, C., Blount, B., **Bratman, G.N.** Human exposure to terpenes in a temperate coniferous forest (in prep.)

#### International Reports

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#### Invited Book Chapters

4. **Bratman, G. N.**, Garrett, J. K., & Elliott, L. R. (2025). Psychological ecosystem services. In P. D. McElwee, K. E. Allen, R. K. Gould, M. Hsu, & J. He (Eds.), *The Routledge Handbook of Cultural Ecosystem Services* (pp. 43-54). Routledge.

3. Berman, M.G., **Bratman, G.N.** (2024). The fundamentals of environmental neuroscience. In S. Kuhn (Ed.), *Environmental Neuroscience*. Springer Press.
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**Technical reports, research briefs, materials for public**

(advisor of graduate or undergraduate student)

+Graduate student or undergraduate student for whom I was primary advisor

@Graduate student I advised though not formally added to committee due to space constraints

4. @Sauerlender, J.P. Self-Guided Forest Bathing Materials, University of Washington Botanic Gardens. 2021.
- 3.\*Perrins S.P., **Bratman G.N.**, Health Benefits of Nature. Washington State Recreation and Conservation Office. 2020.
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