



HØGSKULEN I VOLDA
Volda University College



Molde University College
Specialized University in Logistics

**PhD in Health and Social Sciences,
Professional Practice - Terms and Development**

Trial Lecture and Public Defence of Doctoral Dissertation



Doctoral Student: Nanna Natalia Jørgensen

Friday, August 26th 2022

Volda University College

[Link to live streaming](#)

Volda University College hereby invites to the dissertation and reception of Nanna Natalia Jørgensen by Volda University College.

The dissertation will take place Friday, August 26th, at 10.15-16.00 by Volda University College, in Sivert Aarflot-building, room SAA-255.

If you would like to participate in person in Volda or online, please register using this link no later than August 18 for the sake of catering: <https://nettskjema.no/a/276755#/page/1>

If you would like to only view the defense, without participating actively online (not giving the possibility to pose the PhD candidate direct questions), please use this live streaming link: https://www.youtube.com/watch?v=37CjHxOZz_8&an_channel=beta.hivolda

You can read more about the dissertation and the PhD candidate in this program.



Nanna Natalia Jørgensen (43)

holds a MPhil in Human Development from The Norwegian University of Science and Technology in 2008, and a Cand.mag. degree in psychology, literature and art history from University of Oslo in 2000.

In-between these years and after, she has studied and worked in various countries (France, Sweden, Poland, Lithuania), among others in literature, gender studies, art therapy, psychology, languages and foreign affairs.

Her research 'darling' and personal passion is pilgrimage walking (PW) as a means of self-awareness, -development, and -therapy. Her aim is to persuade health authorities to prescribe PW on 'green prescription' through her personal engagement, different conferences and academic papers. She has also written on other subjects such as the interrelational and transcultural aspects of human existence, and tries to keep a holistic and interdisciplinary approach in her work.

Nanna Natalia Jørgensen holds her trial lecture and public defence of her doctoral dissertation for the PhD in Health and Social Sciences, Professional Practice - Terms and Development. The doctorate is offered by Volda University College and Molde University College. The Disputation is the final part of the PhD.

Title

'The Therapeutic Mobilities of Pilgrimage Walking: A Study of the Health Impacts of Walking the Norwegian St. Olav Way'

There is an increasing trend to seek long-distance pilgrimage walking (PW) for self-discovery, self-development and self-therapy purposes. PW as therapy is largely unexplored ground in health science/care/interventions despite the fact that pilgrimages have, throughout time, been sought for personal betterment and wellbeing.

In her doctoral thesis, Ph.D.-candidate Nanna Natalia Jørgensen gives a review of PW literature, practices and health impacts with an emphasis on the Camino on which most walking pilgrimage (WP) studies are done. Foremost, she explores the Norwegian St. Olav Way from a therapeutic health perspective, on which there exists very little research, by describing the motives why people walk this way, the processes (as experienced mentally, physically, spiritually, socially and sensorially while walking), the after-effects (on later daily life, behaviour and future actions) and the therapeutic mechanisms that, according to the participants, bring forth these processes and effects associated with walking this route.

Her work also compares these aspects with those of the Camino addressed in the author's MPhil thesis concerning the benefits of PW the Camino, and asks whether one can speak of PW universals and therapeutic mobilities, at least with regard to these two WPs. The study confirms the author's earlier line of thought that PW has a beneficial health impact through walking in nature and a social context, that can be understood by drawing on relational ontology and the mobility turn's therapeutic mobilities theory against which the doctoral findings are discussed.

Main Supervisor

Tor-Johan Ekeland, Professor, PhD, Volda University College

Co-Supervisors

John Eade, Professor, PhD, University of Roehampton

Catherine Anne Nicole Lorentzen, Associate Professor, PhD, University of South-Eastern Norway

Evaluation Committee

Lena Henriette Gemzöe, Professor, PhD, Stockholm University

Mats Nilsson, Associate Professor, PhD, Karlstad University

Knut-Willy Sæther, Professor, PhD, Volda University College

SCHEDULE

10.15 : Trial Lecture

Topic for the trial lecture: «Pilgrimage as an interdisciplinary topic: opportunities and challenges»

11.00: Break

12.15: Public Defence

The dissertation is entitled: «The Therapeutic Mobilities of Pilgrimage Walking: A Study of the Health Impacts of Walking the Norwegian St. Olav Way»

- Procession entering (the audience rises up)
Dean, Doctoral Student, Evaluation Committee and Leader of The Doctoral Committee
- Dean introduces the Doctoral Student and her dissertation
- The Doctoral Student presents her dissertation
- First Opponent examines the Doctoral Student
- Short break – approx. 10 minutes
- Second Opponent examines the Doctoral Student
- Opponents ex auditorio
- Procession exiting (the audience rises up)
Dean, Doctoral Student, Evaluation Committee and Leader of The Doctoral Committee

The dissertation is available for public review from Friday 12th of August at Studentsørvis and in the library.

