Harnessing Nature for Healing

Forest Therapy

How Nature Promotes Health

• Phytoncides	Reduce blood pressure
	Alter autonomic activity
	Boost Immune functioning
• Air Ions	Reduce Depression
• Mycrobacterium	Boost Immune Functioning
• Sights & Sounds	Restore attention
	Promote Healing from surgery
	Boost Immune system
• Trees help with:	Reducing air pollution
	Moderating temperatures
	Reducing violence

Access to Nature

Way-marked trails

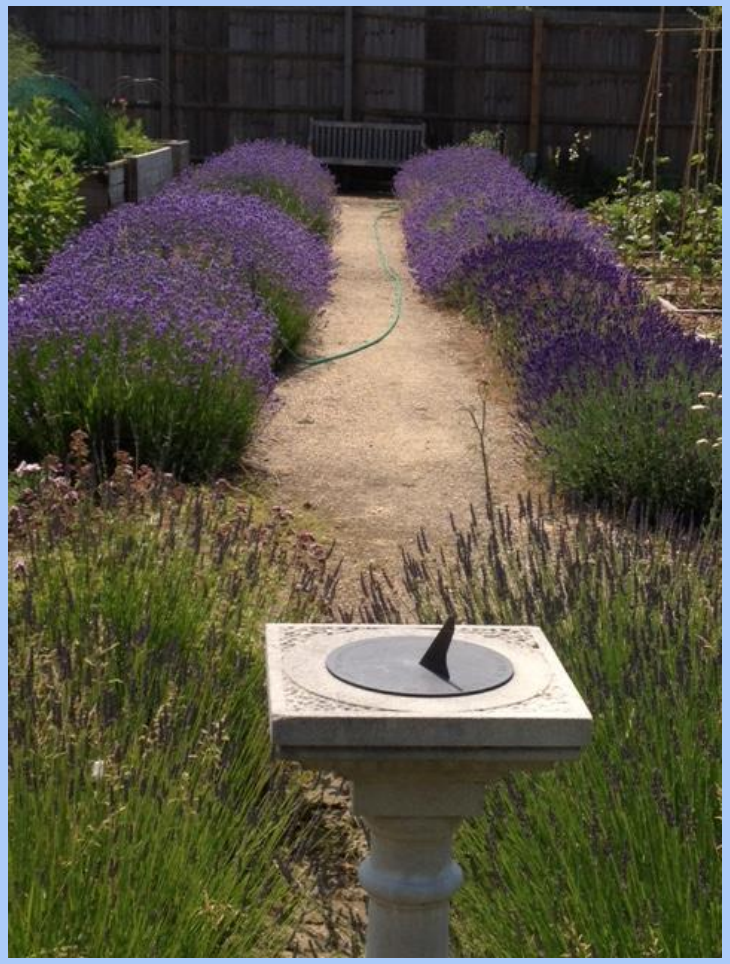
Bethlem Royal Hospital O.T. Walled Garden

Walled Garden
Design Considerations

- Co-creation
- Involvement
- Access
- Containment
- Seating
- Inspiration
- Awareness
- Risk Management
- Funding
- Community Involvement

Co-production
Ownership
Safety
Calming
Raised Beds
Stimulation
Memory
Production
Maintenance
On-going Commitment.

Stimulating the Senses



Affective Disorders

- Withdrawal & avoidance from activities and social interaction
- Use of behavioural activation and activity scheduling for managing mood.
- Increasing the range and rate of pleasant events as positive reinforcement.
- Sensory stimulation
- Self-soothing through visual and tactile experiences.
- Nurturing opportunities
- Focus on the future; what will grow, flourish and develop.
- Link to healthy eating / cooking /self care.

Mindfulness

Autism / Aspergers Syndrome

- Sensory impact of outdoor activities
- Structured routine, ritualising
- Socialisation
- Worker role, capability, pride, self-esteem
- Engagement in garden work groups helps with planning, time management and executive functioning.

Essential Components

- Confidence and support from all parties
- Efficient systems in place:
  - Referral system
  - Communication system
  - Clinical risk assessment
  - Health & Safety risk assessment
- Estates support
- Maintenance support
- On-going review and up-dating as required.

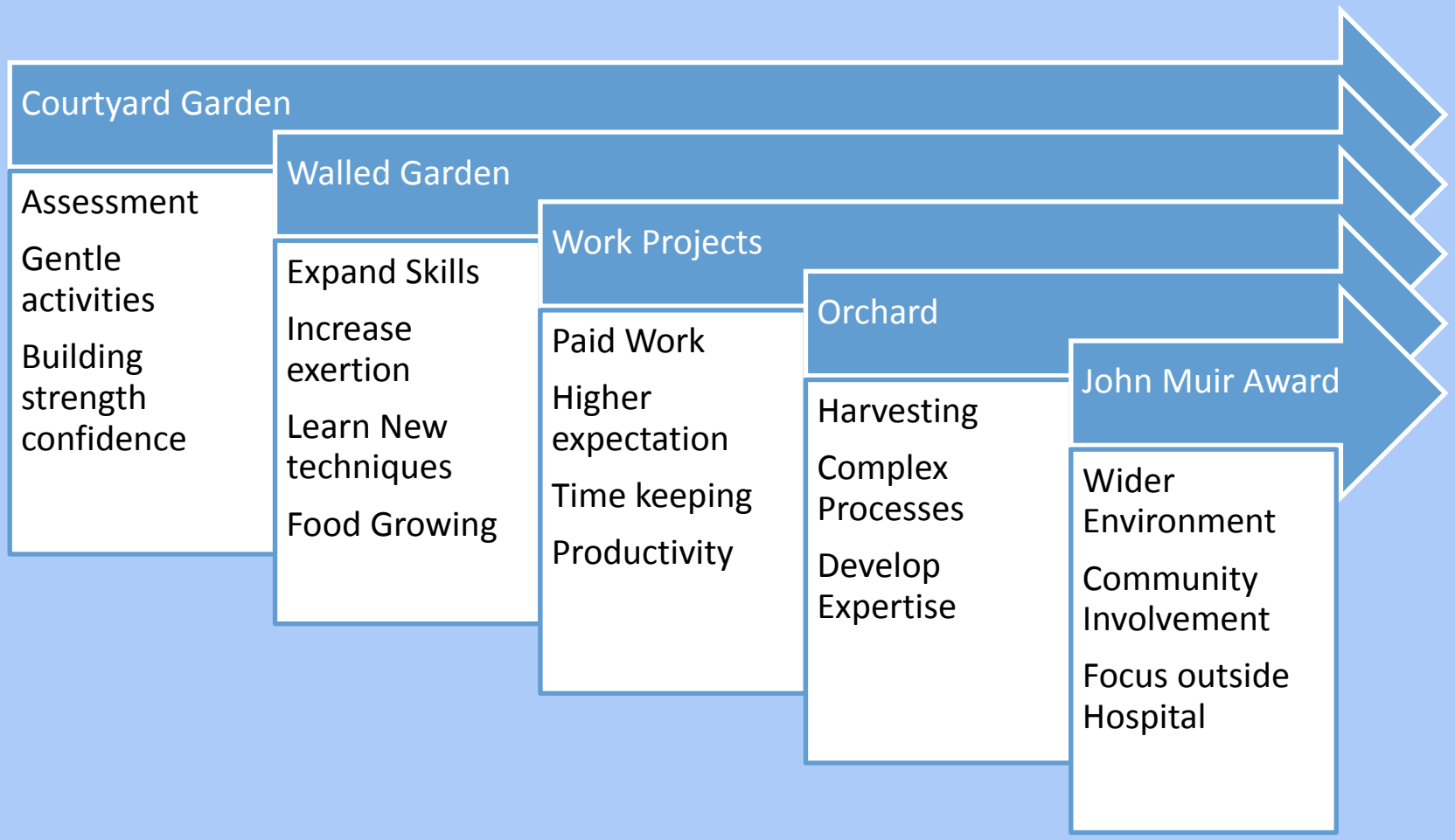
Eating Disorders (Anorexia Nervosa)

Contract for Gardening Activities

- I understand that I am at a low body weight and receiving treatment for my eating disorder
- I will only take part in non-strenuous tasks recommended by the therapist such as sowing seeds, weeding or watering
- I wont do strenuous activities such as digging or heavy lifting.
- I will abide by staff guidance at all times and slow down if they advise me too.
- I will take regular breaks if I feel tired and stay no longer than the length of the session.
- I will go directly to and from the session without detour.

Signed……. Date:……

Therapeutic Progression



Vocational Opportunities

Harvesting Opportunities

John Muir Award

CLOUDS

Clouds

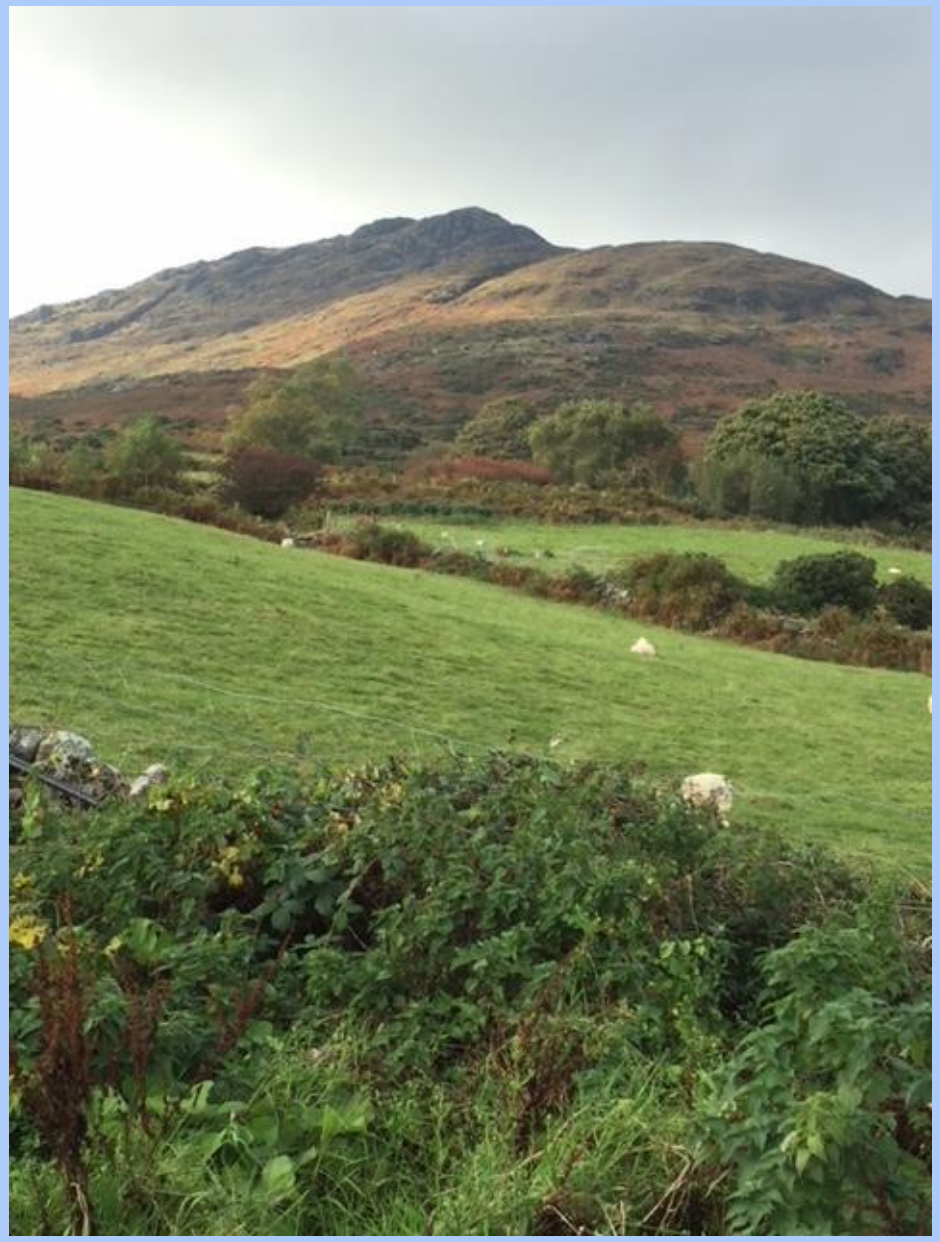
Light & fluffy, floating

Over everything

Unhindered by shadows

Dispersed by the wind to

Soften the earth



“Into the forest I go to lose my mind and find my soul”

John Muir