HEALING GARDEN
What is Ecopsychology

- Ecopsychology is based on the idea that humans have an in-built connection to the natural environment that is fundamental to health and well being. It seeks to help people explore and deepen this connection and further restore the bond where it may have been broken.

- Eco home

- Psychology study of the soul/mind
• **Nature-assisted therapy** is broadly the use of nature or the natural environment to aid recovery from an illness.

• **Horticultural therapy** involves the active use of plants and gardening to bring about improvements in well-being.

• **Green exercise** involves exercise undertaken in a natural environment. The exercise can vary in terms of how strenuous it is. Often this may take the form of a walk in the woods or another natural environment.
The Healing Land

- **Ecotherapy** is the therapeutic use of the environment, designed to improve health and well-being, enhance psychological understanding and build a deepening healing connection to nature.

- **Wilderness therapy** is defined as immersing someone in nature in order for them to mature and as a form of initiation.

- **Mindfulness in nature** - focussing primarily with the senses to immerse in the present moment.
Mind Report on Ecotherapy

• 1. Ecotherapy should be recognised as a clinically valid treatment for mental distress.

• 2. Allocation of health and social care budgets should be informed by cost-benefit analysis of ecotherapies.

• 3. GPs should consider referral for green exercise as a treatment option for every patient experiencing mental distress.

• 4. Access to green space should be considered as a key issue in all care planning and care assessment.

• 5. Referral to green care projects should be incorporated into health and social care referral systems.

Mind. Ecotherapy- the green agenda for mental health. URL: www.mind.org.uk/assets/0000/2138/ecotherapy_report.pdf
• 6. Inequality of access to green space should be addressed as a human rights, social justice and discrimination issue.

• 7. All health, social care and criminal justice institutions should be required to ensure access to green space.

• 8. Designing for mental wellbeing should be recognised as good practice for architecture and town and country planning.

• 9. The benefits of green exercise should be promoted by public health campaigns, targeting young people in particular.

• 10. Ecotherapy projects should be evaluated to collect data and continue to build an appropriate evidence base.
Services
Mindfulness in nature
Eco Therapy

Helping you live well.
Nature and Soul

Helping you live well.
Penny Brohn Garden
Meta design

The Journey of Transformation
Monomyth
The Heroes Journey

• A hero ventures forth from the world of common
day into a region of mystery and wonder:
• Challenging forces are there and encountered
often and a decisive victory is won:
• The hero comes back from this mysterious
adventure with the power to bestow boons on
his or hers communities. Joseph Campbell
Journey of Transformation design