

May 15, 2007
Grace Kline

What is a Healing Garden?

Healing Garden

A "Healing Garden" is a place that provides the opportunity to view, or to spend time in, nature. Gardens designed to promote health and healing are often located at health care facilities, but they can also be in the community, or at a private residence. The garden may have a name that indicates a particular use or client population:

Wandering Garden

Memory Garden

Meditation Garden

Serenity Garden

Comfort Garden

Twelve step Garden

http://www.valleygeneral.com/patients_visitors/healing_garden.asp

Therapeutic Garden

A therapeutic garden may be designed following the principles and research in this field, as described by the ASLA (see below). Often this type of garden will have a design intended to meet the needs of a specific patient population. The design supports the work of therapists in planning for patients to meet specific therapeutic goals.

<http://www.chicagobotanic.org/explore/enabling>

Therapeutic Landscape

This general term indicates the use of principles and research in this area to inform a landscape design.

Organizations:

American Horticultural Therapy Association

Horticultural Therapists, similar to Occupational Therapists, use the garden environment and plants as therapeutic tools. <http://www.ahta.org/>

Healthcare and Therapeutic Design Professional Practice Network

This is a group within the American Society of Landscape Architects. Mark Epstein, RLA, one of the instructors for the UW Extension program, is the current co-chair of this group. <http://host.asla.org/groups/tgdpi/group/>

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