Restorative Spaces/Healing Places: How to Turn Landscapes into Healing Gardens

Session Description:
The human-nature connection is vital to human health. Not only limited to hospitals or treatment facilities, the principles and practice of therapeutic garden design can enrich our experiences in all landscapes. This session will present the basic concepts, theory and value of therapeutic gardens, including research and evidenced-based design principles, detail the healing properties of many plants and materials, and demonstrate how a therapeutic approach complements and strengthens the Sustainable Sites Initiative principles.

Learning Objectives:
1. Understand the basic concepts of therapeutic garden design theory and evidence-based design principles and how they can be successfully integrated into any landscape design.

2. Learn the benefits and importance of the human-nature connection and the multi-dimensional healing properties of specific plants and materials.

3. Discover how applying therapeutic garden design theory and principles to any landscape will complement and strengthen the Sustainable Sites Initiative guidelines and principles.

Presentation Outline:

I. Introduction (Erickson)

II. Theory and Principles of Therapeutic Garden Design (Koepke)
   a. Define Therapeutic, Restorative, and Healing Gardens
      i. Eckerling
      ii. Marcus and Barnes
   b. Research and Theory
      i. A brief explanation of “Preference Theory”
      ii. Prevailing Theories
         1. Biophilia Hypothesis, E.O. Wilson
         2. Environmental Values Theory, Stephen Kellert
         3. Cognitive, Content & Spatial Perception Theory, Stephen and Rachael Kaplan
      iii. Application and Theory
         1. Last Child in the Woods, Richard Louv
         2. Psycho-evolutionary Theory, Roger S. Ulrich
III. **Design Applications**  (Carman)
   
   a. **Public Gardens** – Looking at public gardens along the national Mall in Washington, DC
      
      i. Compare examples of gardens visited and restorative characteristics of each
   
   b. **Semi-Private Gardens**
      
      i. Nursing home and other assistive care residences
      ii. Healthcare settings
   
   c. **Private Gardens**
      
      i. Individual residences
      ii. Gardens for people with special needs

IV. **The Human-Nature Connection**  (Sutton)
   
   a. Importance of contact with nature
      
      i. Wild vs Urban Nature
   
   b. Value of direct plant contact
      
      i. Aromatherapy research and application in landscape setting
      ii. Imprinting nature – the intrinsic value of plant contact
   
   c. Plant selection and uses
      
      i. Common garden plants with demonstrated healing properties
         1. List of plants/uses, attached
         2. Weeds: medicinal and nutritional properties
      ii. How to easily use plants fresh or dried from the garden
         1. Fresh uses: food, poultices, fragrance, etc.
         2. Drying plants for teas
         3. Tinctures and salves

V. **Therapeutic Healing Gardens and the Sustainable Sites Initiative (SSI)**  (Sutton)
   
   a. Key principles of SSI that support therapeutic garden settings
      
      i. Site Design: Human Health and Well-Being
         1. Provide for optimum site accessibility, safety and wayfinding: (Credit 6.5)
         2. Provide opportunities for outdoor physical activity: (Credit 6.6)
         3. Provide views of vegetation and quiet outdoor spaces for mental restoration (Credit 6.7)
         4. Provide outdoor spaces for social interaction (Credit 6.8)
      
      ii. Site Design: Soil and Vegetation
         1. Use appropriate, non-invasive plants (Credit 4.2)
         2. Use native plants (Credit 4.7)
   
   b. Additional benefits of therapeutic garden design that support the SSI guidelines and principles
i. Theory and site design practices for therapeutic gardens enhance human health and well being at many levels
ii. Fragrant herbs naturally deter many unwanted insect pests
iii. Healing herbs and native plants naturally attract beneficial insects for pollinating and managing unwanted pests
iv. An organic approach ensures user safety and fosters healthy soil biology

Speaker Bios:

Susan Erickson, ASLA, RLA is a registered Landscape Architect in Iowa and serves as a Program Coordinator for the College of Design at Iowa State University. Susan is professionally engaged in activities related to therapeutic garden design, elder friendly community design, healthy community design, and community engagement. She is a contributor to “Service-Learning in Design and Planning: Educating at the Boundaries”, soon to be released. Susan is the 2010-2011 Chair of the Healthcare and Therapeutic Design Professional Practice Network for the American Society of Landscape Architects.

Marguerite L. Koepke is professor Emerita at the University of Georgia. For 30 years she taught graduate and undergraduate courses in design and technology and established a graduate and undergraduate research and design focus in therapeutic landscapes. In retirement from academic practice, Ms. Koepke is actively involved in design projects with Atlanta’s Emory Healthcare including gardens and landscapes connected with the University Hospital Neuro-Intensive Care Unit, Wesley Woods Acute Care, and Mason Transplant House.

Jack Carman, FASLA, RLA, CAPS is president of Design for Generations LLC, a landscape architecture design firm specializing in the development of therapeutic gardens and landscapes in healthcare and senior communities nationwide. He is co-editor and contributor to the recently published book “Re-creating Neighborhoods for Successful Aging.” Jack actively works to promote the creation of healing outdoor environments through national associations and conferences.

Sarah Sutton, ASLA, RLA, LEED AP, Bay-Friendly QLP, is a registered Landscape Architect and Principal at The Planning Center|DC&E, in Berkeley, California. Ms. Sutton is also Past President of the ASLA Northern California Chapter. She brings over 25 years of experience in the public and private sector including parks, streetscapes, trails, housing, plazas, creek and habitat enhancements, all with a focus on sustainable practices. Ms. Sutton also pursued certifications in Healthcare Garden Design at the Chicago Botanic Garden and as a Natural Health Practitioner and Herbalist. She brings this holistic perspective to her design practice and her forthcoming book on sustainable, healing gardens.
Bibliography – Books and Published Material

Healing Garden Design


Healing gardens. from http://www.sustland.umn.edu/design/healinggardens.html


Stress Recovery


Attention Restoration Theory (ART)


Medicinal Herbs and Uses


“20,000 Secrets of Tea – the Most Effective Ways to Benefit from Nature’s Healing Herbs”, Victoria Zak, Dell Publishing (1999)
# COMMON PLANT PROPERTIES

<table>
<thead>
<tr>
<th>Latin Name</th>
<th>Common Name</th>
<th>Edible</th>
<th>Insectary</th>
<th>Repellant</th>
<th>Medicinal</th>
<th>Healing Properties</th>
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<tr>
<td><em>Achillea millefolium</em></td>
<td>Yarrow</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>Circulation, skin, muscle aches *White Fls Only</td>
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<tr>
<td><em>Anethum graveolens</em></td>
<td>Dill</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>Digestion</td>
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<tr>
<td><em>Borago officinalis</em></td>
<td>Borage</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>Tomato hornworm, Skin, women’s reproductive</td>
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<td><em>Calendula officinalis</em></td>
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<td>X</td>
<td>X</td>
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<tr>
<td><em>Chrysanthemum parthenium</em></td>
<td>Feverfew</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Multiple</td>
<td>Insect Bites, Migraines, Inflammation</td>
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<tr>
<td><em>Cymbopogon citratus</em></td>
<td>Lemongrass</td>
<td>X</td>
<td>X</td>
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<td></td>
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<td><em>Lavandula angustifolia</em></td>
<td>Lavender</td>
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<td>X</td>
<td>X</td>
<td>Flies, Silverfish, Fleas</td>
<td>Nervous system, skin</td>
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<td><em>Nepeta cataria</em></td>
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<td>X</td>
<td>X</td>
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<td><em>Ocimum sp.</em></td>
<td>Basil</td>
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<td>X</td>
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<td>Digestion</td>
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<td><em>Oregano vulgare</em></td>
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<td>X</td>
<td>Cabbage moth</td>
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<td><em>Mentha peperita</em></td>
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<td>Digestion, respiration, immune system</td>
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References:


http://www.wikihow.com/Grow-a-Pest-Repellent-Herb-Garden