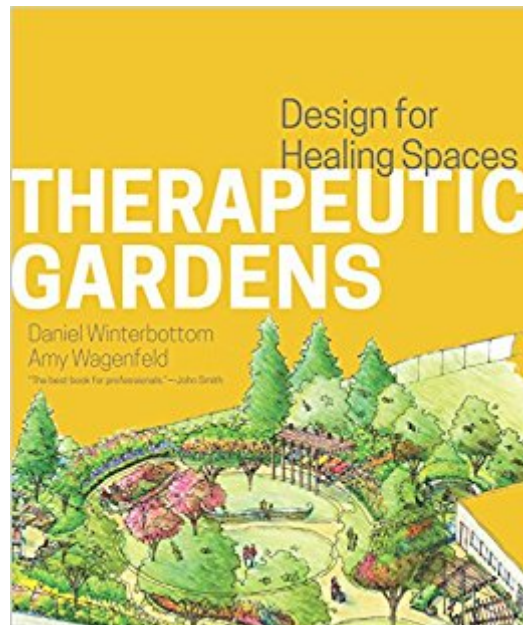




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# Therapeutic Gardens: Design For Healing Spaces



## Synopsis

Winner of the 2016 Environmental Design Research Association Great Places Book Award In Therapeutic Gardens, landscape architect Daniel Winterbottom and occupational therapist Amy Wagenfeld present an innovative approach that translates therapeutic design principles into practice. This comprehensive book uses examples from around the world to demonstrate how healing spaces can be designed to support learning, movement, sensory nurturance, and reconciliation, as well as improved health. This important book sheds lights on how the combined strength of multiple disciplines provide the tools necessary to design meaningful and successful landscapes for those in the greatest need.

## Book Information

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Gardening & Landscape Design > Garden Design #864 in Books > Health, Fitness & Dieting >

Alternative Medicine > Healing

## Customer Reviews

“This incredible book has that rare combination of beautiful design and applied therapeutic science, which together make it a complete, balanced, and valuable resource.”

•Charles Christiansen, Executive Director of the American Occupational Therapy

Foundation “Beautifully illustrated and clearly written from a cross-disciplinary perspective. .

. . an outstanding contribution to the field of therapeutic garden design.”

•Reuben Rainey, FASLA, Co-director of the Center for Design and Health at University of Virginia

“Expertly captures the art of designing therapeutic gardens.”

•Teresia Hazen, Coordinator of the Therapeutic Garden Program, Legacy Health in Portland, Oregon

“Demonstrates how a thoughtful and imaginatively designed garden can assume its rightful

place alongside the cadre of helping professions, offering relief, respite, and even repair for what ails the mind, body, and spirit.

• Kenneth Helphand, FASLA, Philip H. Knight Professor Emeritus in the Department of Landscape Architecture at University of Oregon

“From private to prison gardens and gardens for veterans, immigrants, and the homeless, this richly illustrated landmark introduction to therapeutic living spaces will inspire gardeners of all kinds to think more deeply about the holistic and healing potential of their spaces.

• Booklist

“The authors clearly demonstrate the value added by infusing the design, from its initiation, with input from the garden’s potential users. . . . Anyone directing the establishment of a garden in a public space will find these strategies for inclusive design useful.

• Library Journal

“This well-researched and written, fact-based handbook is full of advice for anyone new to therapeutic garden design

• definitely a book worth having.

• The Garden

“A practical guide that demonstrates the supportive role of green space.

• Gardens Illustrated

“Readers seeking ideas and models will happily wear this book out.

• Planning magazine

“This book is a rare piece of interdisciplinary collaboration between a landscape architect and occupational therapist and functions as both a source of inspiration for students and practicing landscape architects and a manifesto for compassionate, user-centered design. It adds a valuable voice to an ongoing conversation in our profession.

• Therapeutic Landscapes Network

More than ever before, landscape architects, garden designers, and healthcare professionals are asked to create gardens that meet the physical, psychological, emotional, and social needs of a wide range of user groups. Landscape architect Daniel Winterbottom and occupational therapist Amy Wagenfeld present a collaborative approach that successfully translates the principles of therapeutic design into practice. Using examples from around the world, this practical guide demonstrates how gardens can support learning, movement, reconciliation, and memorialization, as well as improve physical and psychological health.

While this book looks and reads like a University level textbook for a landscape design class, the pages are packed with information that I plan to put to use as a home gardener. The "design considerations" throughout the book provide both insight into the needs of the people who will use the gardens and advice on how to meet the needs. I like the way the book is organized: At times, I have physical challenges. I want a place to reflect, remember, and take refuge. I am a learner. I

want a garden that nourishes my sensory system. I don't have cancer, dementia, or PTSD, but there is useful information in this book for designing a garden for people who do. This book answers the questions, "What garden design elements does this particular person need?" "What design elements should be avoided?" "Why?" and "Why not?" The examples shown in the book provide for clear understanding of the underlying design principles.

I have several books on therapeutic gardens but as an Occupational Therapist, I really wanted to find something that would show how to use a natural space to invite and promote various ways of engaging in nature for different ages and populations. This book is terrific -- nothing else like it. Thank you for such a lovely and instructive guide.

This is not for the lay person or beginning gardener/homeowner wanting to learn how to plan and design. This is more of an overview/introduction for professionals who are already familiar with landscape designs and the different methods for drawing them. Although the language used sounds very "therapeutic" in itself, I prefer something that cuts through the gobbledy-gook and gets to the nitty-gritty of plant lists, material lists, planting methods, and where to position them and when to plant them. To be fair, I may be overthinking what I want to do to, that is a woodland setting and the philosophy of "all gardens are therapeutic" and just do what's appealing to me. But I'm also trying to save myself a lot of wasted time and money from mistakes, that's what I was hoping to get from this book.

Made my class projects much easier! Arrived in great condition!

Great!

Gardens can be healing in several ways; they can have a soothing effect on stressed people, they can have features that actually work as physical therapy, they can be geared towards those with limited sight (having tactile and olfactory stimulus), they can increase a person's sense of worth and independence by having workspaces that those who use wheelchairs or walkers can use easily. Studies show that patients who have a view of plants or plants in the room heal faster than those who don't, so it makes sense to have gardens attached to hospitals and convalescent homes. The authors state what features must be in place to make such gardens safe and accessible for all users, right down to discussing what paths should be made of

and how different lighting affects people with low vision or PTSD. I didn't really think this book would be more than a casual look through for me but I ended up reading the whole thing, drawn into the details. While most of the gardens they reference are attached to healing institutions, they also write about community gardens and how those can heal whole neighborhoods. Crime actually goes down in areas with more plants. They also devote some space to gardens for prisoners, those with dementia, gardens for teaching and for those lacking sensory integration. There are a lot of photos as well as plot plans. There are chapters on the nuts and bolts of building the gardens, such as grades, paths, and actual plants. I recommend this book for anyone designing a garden for any of the populations mentioned, even if it's just for a person in your family. There was a lot of stuff I would have never even thought of.

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