

Therapeutical effects of healing gardens on children and adolescents with special educational needs

Background

A growing number of publications is bringing attention to the ancient practice of orthotherapy, born in the Anglo-Saxon Countries around 1600 and defined as "the use of plants and gardens for healing and human rehabilitation". The therapeutical action is expressed both in an active and passive way, with practical activities inside a garden or by treating a single indoor plant, walking, resting or talking in these gardens. All these activities can transmit serenity and self-confidence, ability to put themselves into a relation inside a soothing environment, and stimulate touch, hearing, smell and sight.



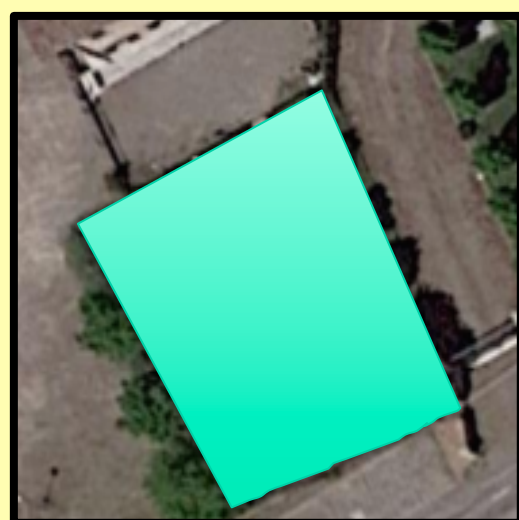
The aim of the project is to create a therapeutic garden in the municipality of Correggio (RE) in collaboration with TICE, a non-profit organization that carries out its activities in the psychological field with children and young people with various learning, emotional, cognitive and social difficulties.

The Process of Realization



Greenhouse

Healing garden



First year goal

Great part of the first year was spent understanding the difficulties of the future garden users. For this aim I spent many time helping doing homeworks with the children hanging out with TICE and studying school lessons with them. Besides, I had to study the present and updated literature, both in the Psychological and Scientific field, in order to find the most suitable solution for setting up the available spaces. The project, which will be developed over the three-year doctorate, began with a first design on paper that takes into account routes to be accessible to all, including those who move in wheelchairs, planning sensory accesses to users of all ages, entering stations for a solitary break and stations for group conversations or smaller psychological interviews. At the same time, the available area was analysed on the basis of the size, sun exposure, soil type and climatic conditions, compiling a list of native species that would be best suited for planting.

Realization of a green house

placement and installation of aluminium structure
choice and retrieval the equipment
installation of a first bamboo cover
cover of the structure with PVC sheet
reinforcement and compliance of the construction
predisposition for planting of climbers
design and installation of a raised wooden floor

Literature Cited:

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