

Nature and psychology

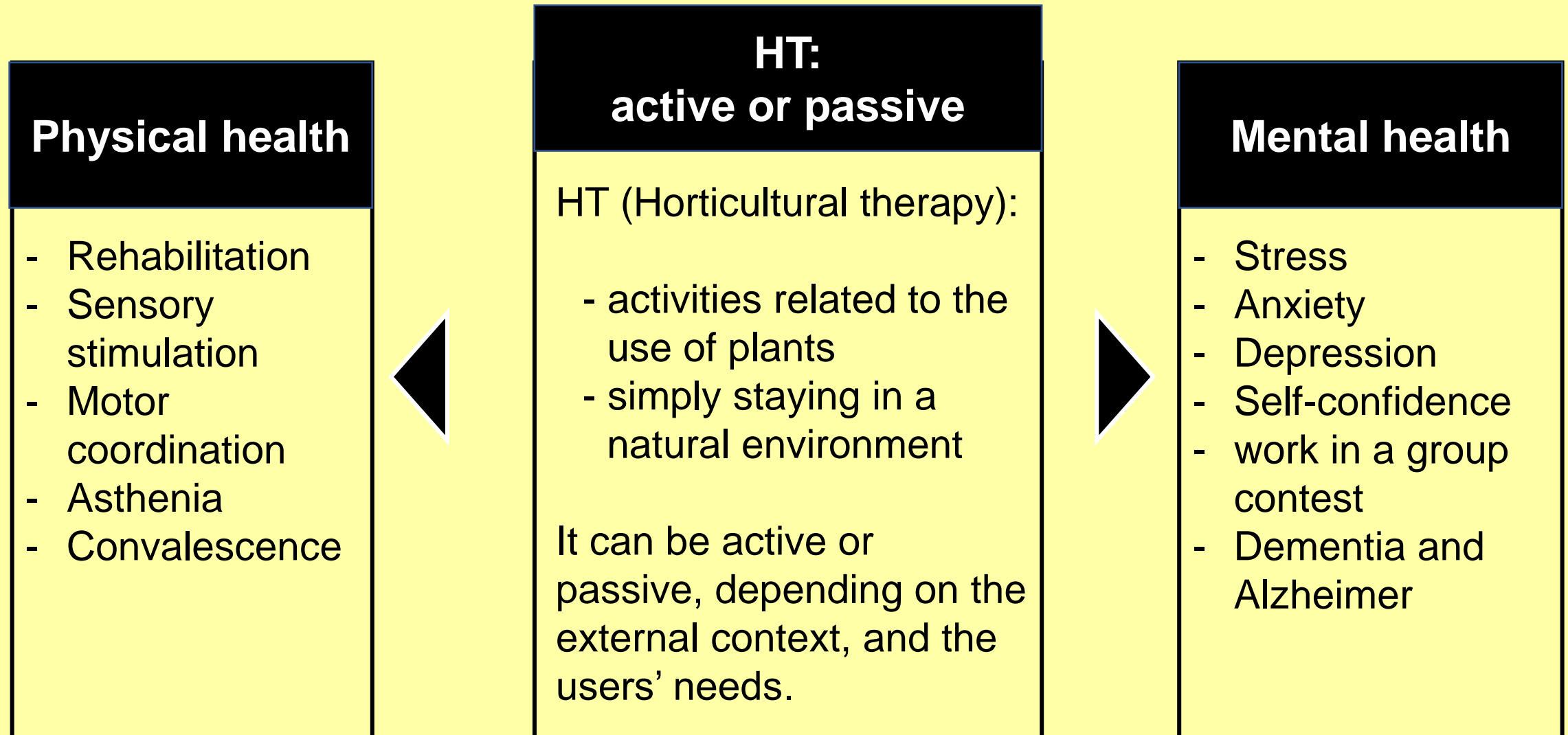
an hortotherapeutic approach for the promotion of psychological well-being

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HORTICULTURAL THERAPY

AHTA def.: "an active process within the context of a pre-established plan of treatment, in which the process is the means of therapy, not the final result"



From indoor to outdoor

Promotion of well-being of users and professionals through the relation with nature, by means of outdoor structures to enrich functioning protocols already present with the benefits of the outdoor context.



GREENHOUSE

▶ Individual outdoor psychotherapy interviews

▶ Group therapy sessions for adolescents and adults

▶ Teaching of skills in outdoor contexts

▶ Outdoor area to rest



GREENHOUSE



HEALING GARDEN

► Functional space
to teach outdoor
skills to younger
users

► Facilities for generic
hortothotherapeutic
activities

► Structures for
functional outdoor
games



WALK AND TALK

- ▶ Psychotherapy combined with outdoor physical activity
- ▶ Flexibility of patients and therapists to new contexts
- ▶ Perceived benefits for the patient
- ▶ Perceived benefits to the therapist



CONCLUSION

- ▶ Promotion and increase of external therapy sessions
- ▶ More time spent outdoors by users and professionals
- ▶ Positive perceived effects for the patient and the therapist

Publication

Trentini et al. Psicologia della Salute (accepted for publication)

Trentini et al. Plant Cell Tiss Organ Cult 146, 607–619 (2021)

Speaker

Webinar organizzato da Associazione Altra Psicologia (sez. ER)
e TICE (2021)

Lezione nell'ambito del corso online "Outdoor Behavioral
Healthcare" organizzato da TICE (2021)

THANKS FOR
YOUR ATTENTION



FUTURE PERSPECTIVE

Outdoor activities

Increased sessions of outdoor activities, teaching, therapy, free time

Synergy

Study on the synergistic effect of exposure to nature and health promotion practices

Methodology

Research and development of a protocol for outdoor activities to promote well-being

BACKGROUND

Nature's positive effects

Being in a natural context can help people to have a better life, and to improve their well-being.



Biophily

"The innate tendency to focus our attention on life forms and everything that reminds them and, in some circumstances, to become emotionally affiliated with them"
(Wilson, 2003)



Therapeutics

Use of horticultural therapy in rehabilitation, in occupational therapy, and in physical post-operative rehabilitation and trauma programs.



Horticultural therapy

Specific activities with plants can improve mental and physical health. This practice is used in association with many medical therapies as additional practice.