

THE HEALING GARDEN

NACADIA

Nature-based therapy for people with
stressrelated illness

Research – Treatment – Demonstration - Education





Located in an aboretum

•**Treatment**

In cooperation with a private stress clinic

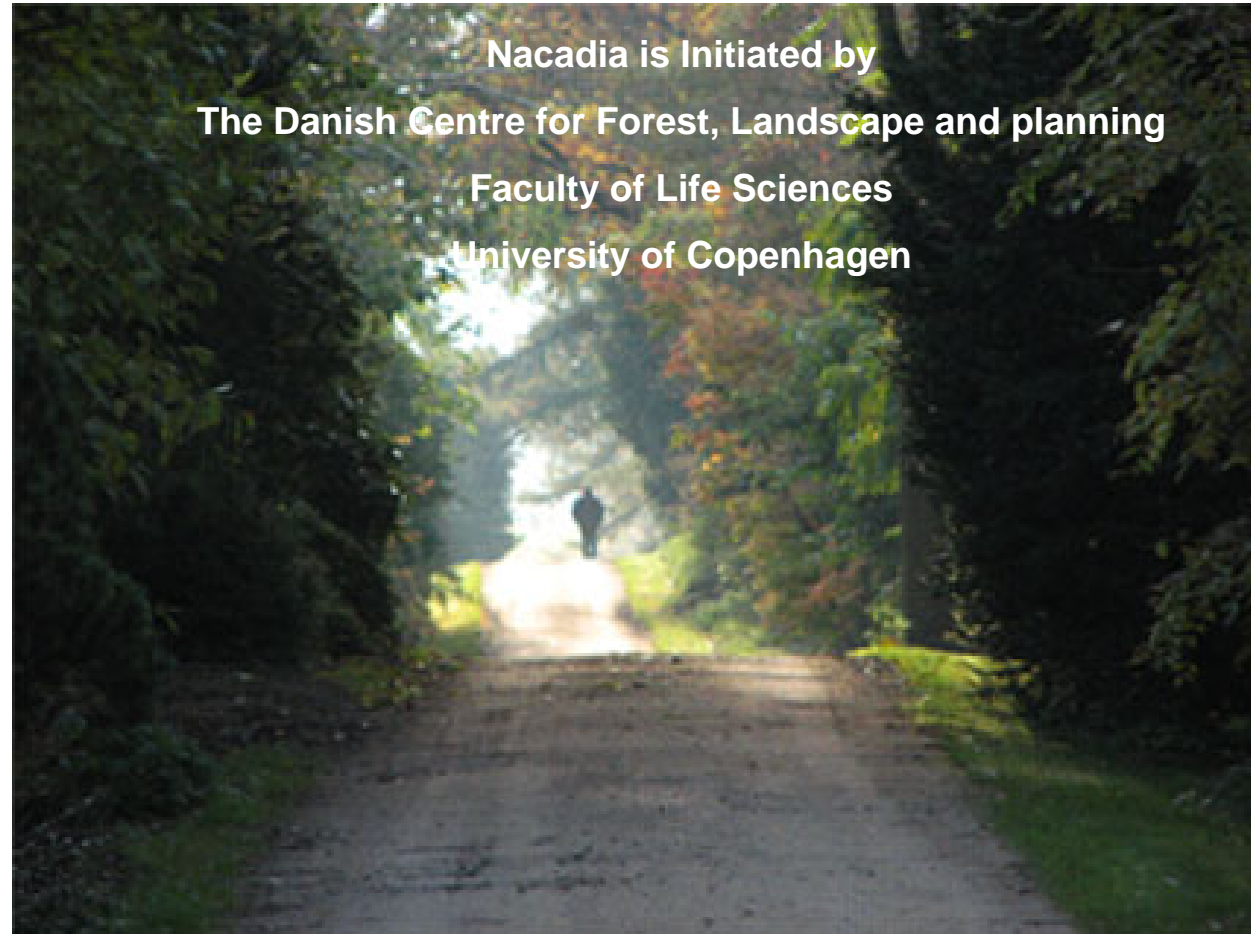
•**Research**

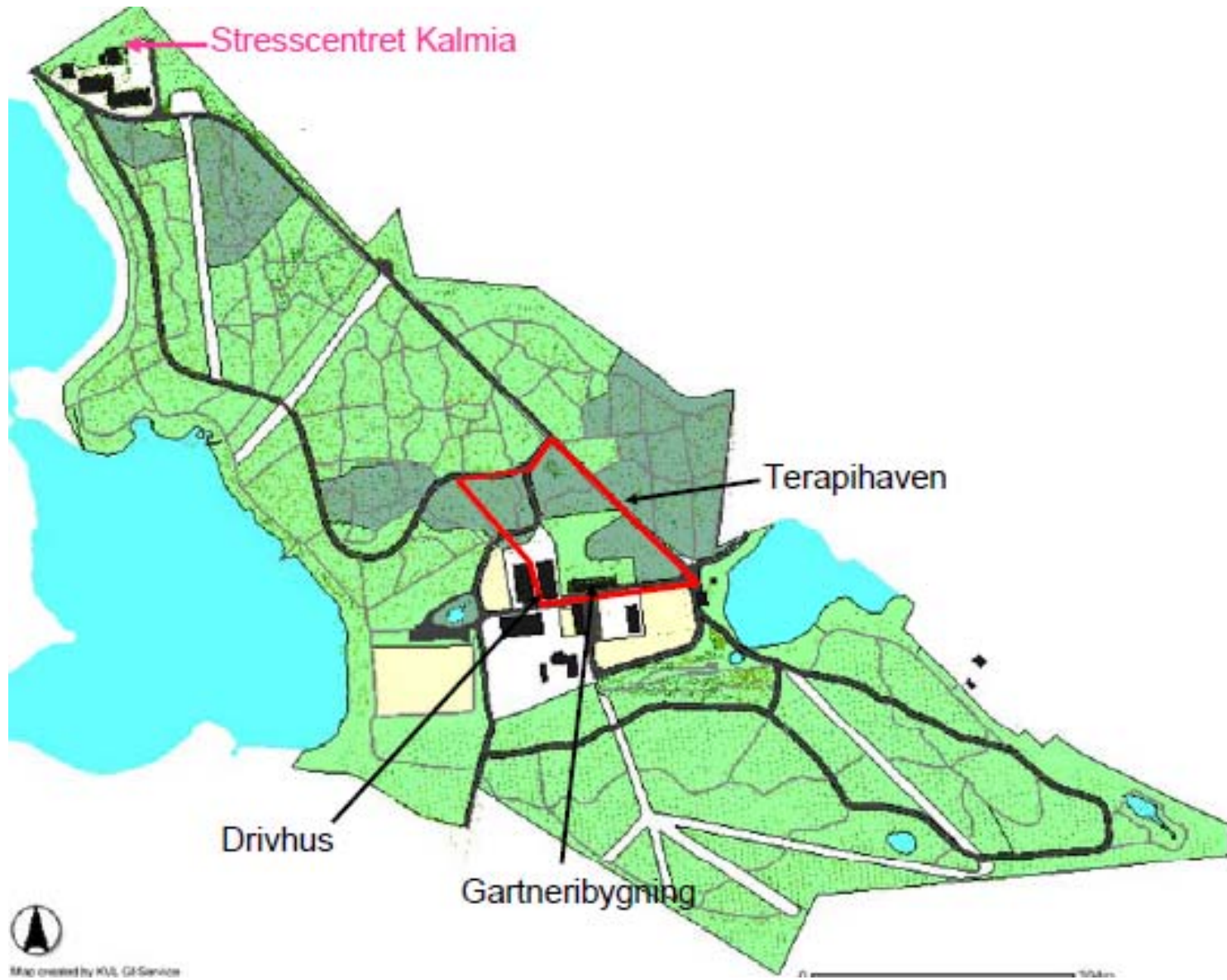
Funding for effect studies

•**Education**

Health Design

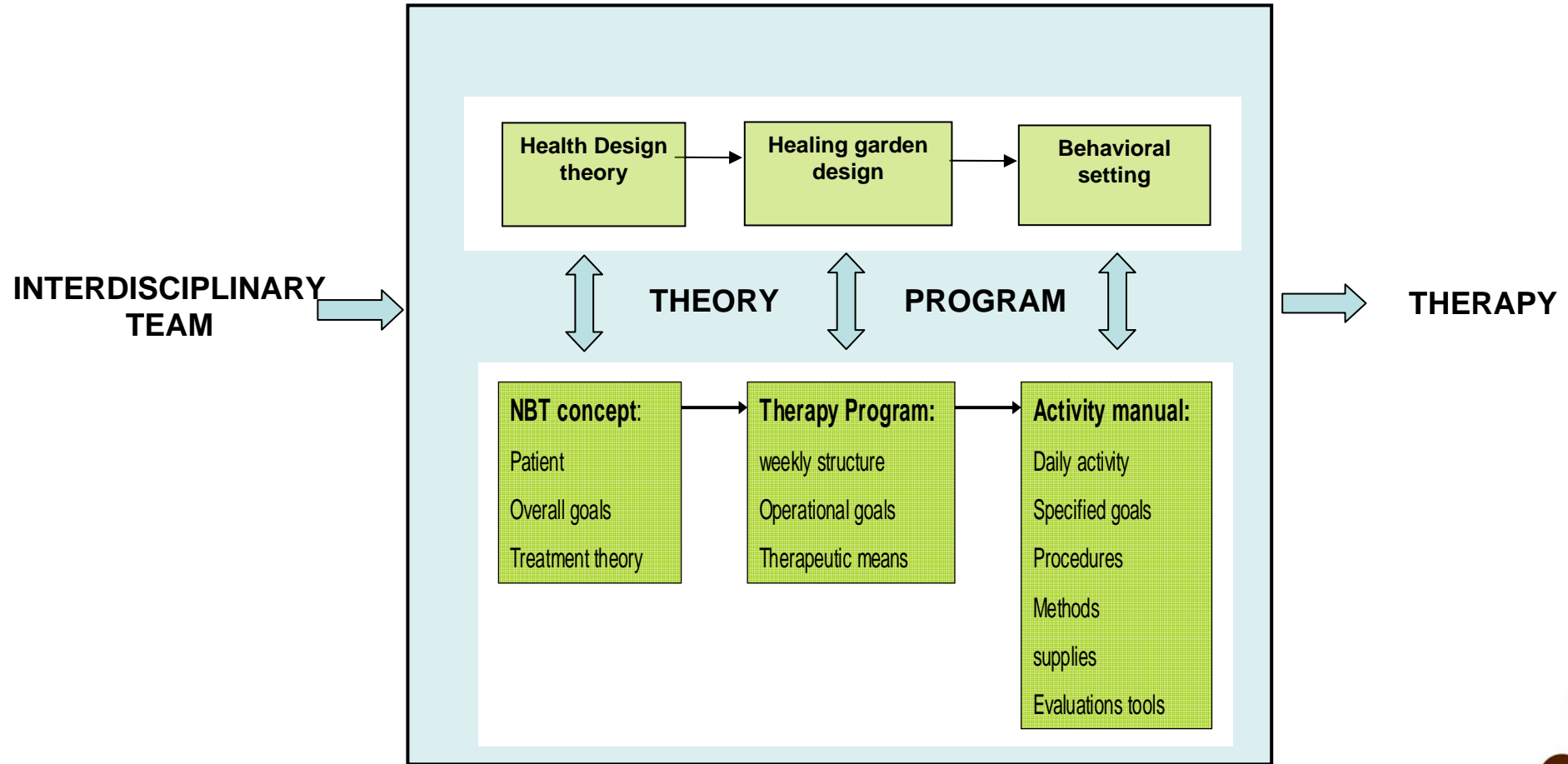
•**Demonstration**







Natur baseret terapi





Healing Garden



**Gardentherapist
Treatment concept**



Garden activities





Naturebased Therapy

The therapeutic use of nature activities and experiences

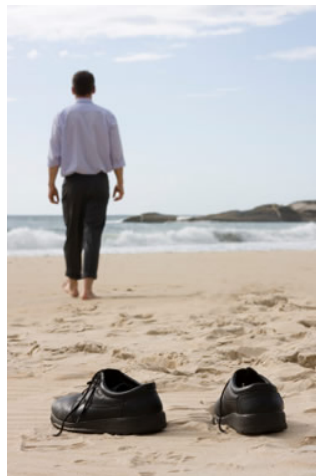
Therapeutic Means

- Restorative sensory experiences
- Rewarding occupation
- Eksistential symbols and stories



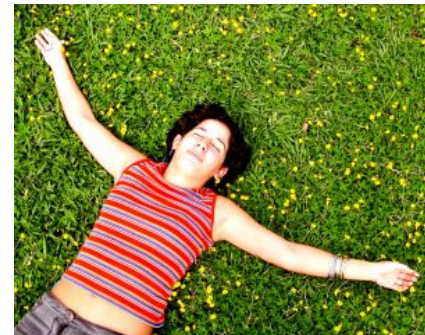
Mindfulness

Cognitive theory



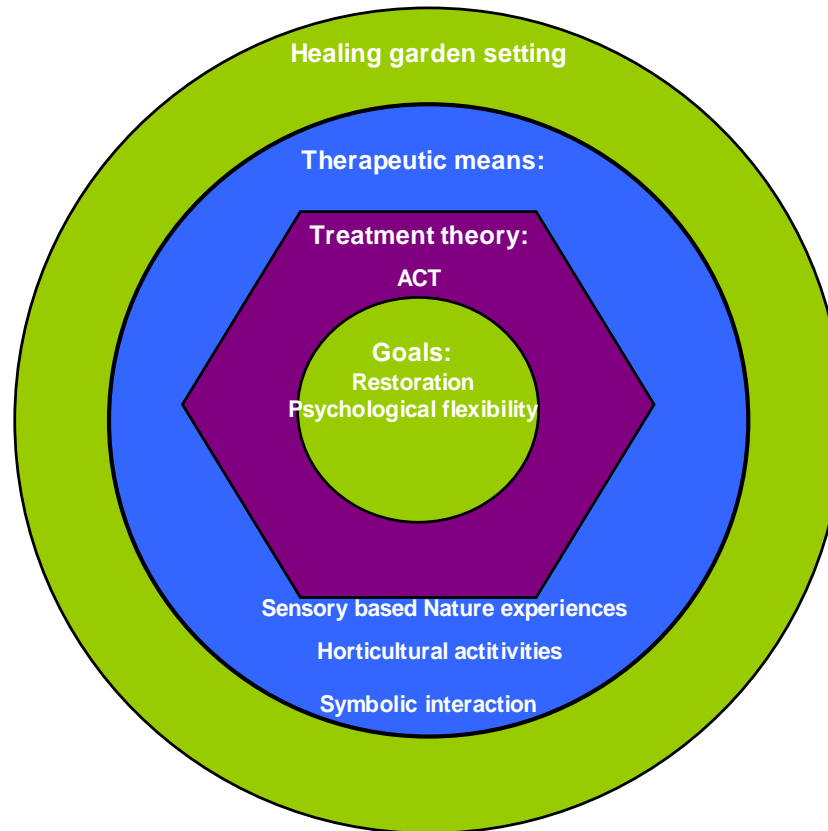
Therapeutic goals

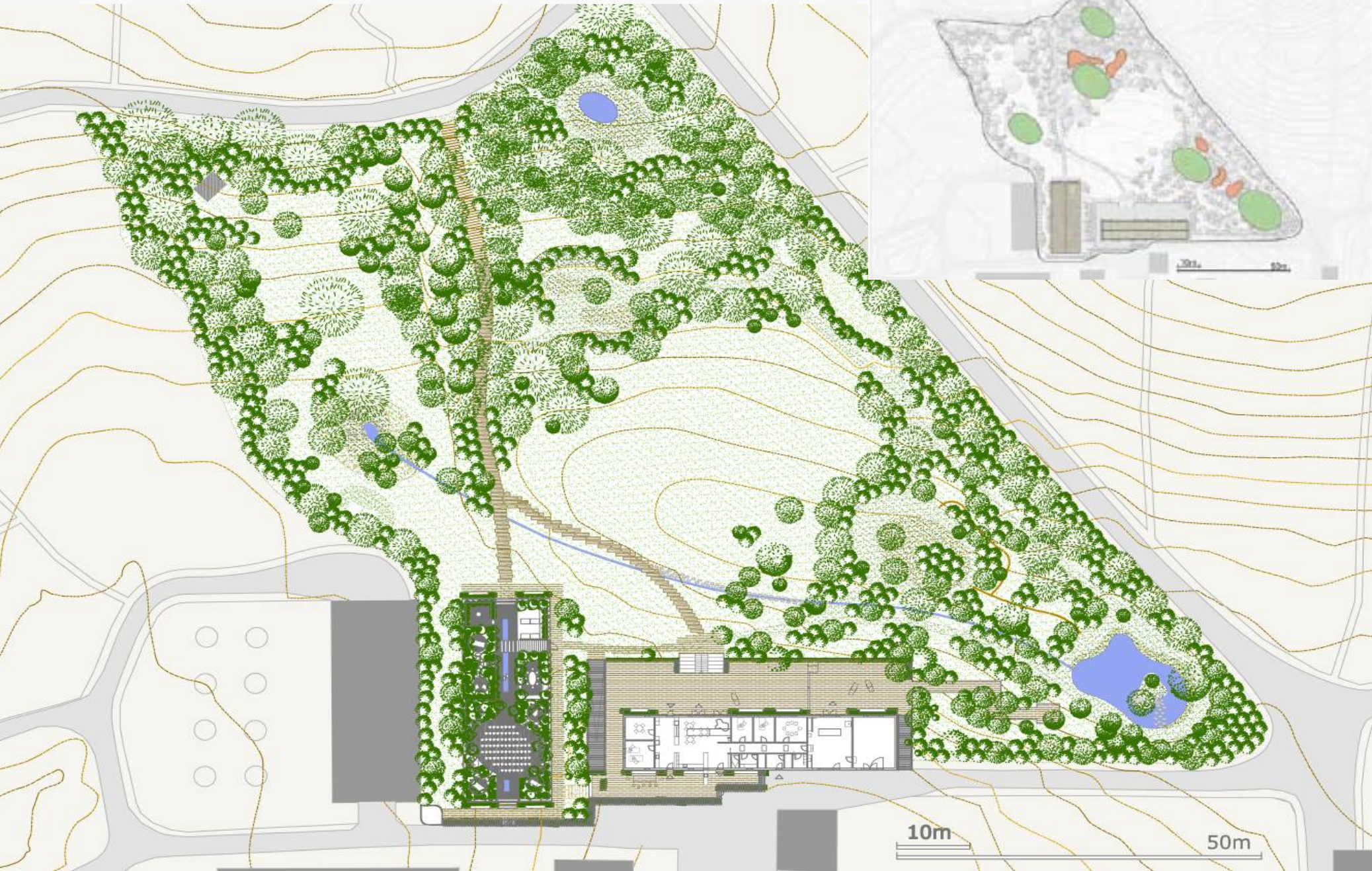
- Restoration from stress
- Enhancement of own resources

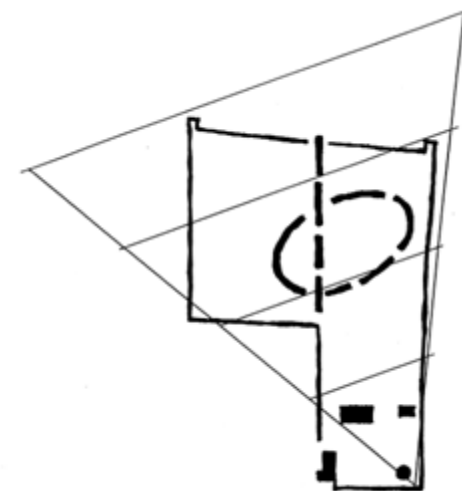
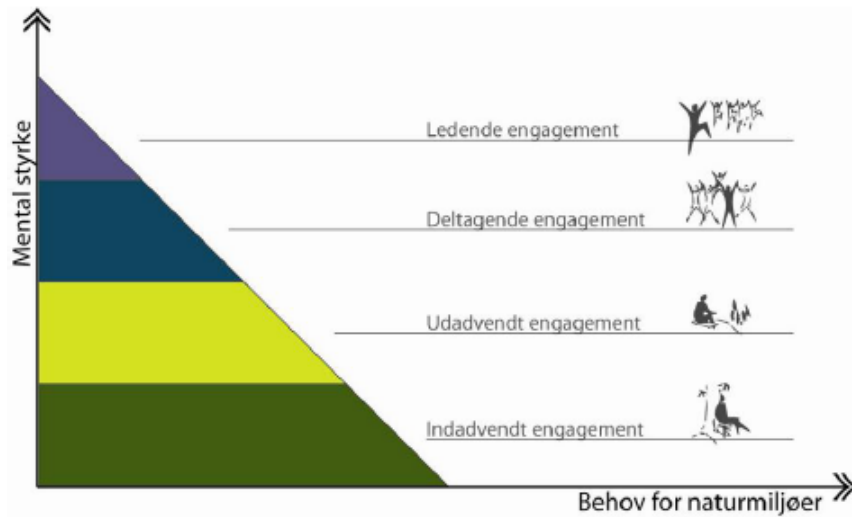




Nacadias NBT koncept

















A lush green forest scene with tall trees and sunlight filtering through the canopy. The ground is covered in vibrant green grass, and the trees are dense and healthy. The lighting is bright, suggesting a sunny day.

Thanks for your attention

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Terapiprogram

Week	Theme	Operational goals	Therapeutic means
1-8	Restoration	Restore impaired resources. Tool for own restoration outside Healing garden	Presence in the garden. Sensory experiences. Body and breath relaxation.
2-8	Presence	Mindful awareness in the present moment. Ability to use the attention technique outside the Healing garden.	Slow meditative walking and sitting. Simple horticultural activities like planting and harvesting.
3-10	Acceptance	Embracing the moment as it is. Ability to practice acceptance in both pleasant and unpleasant experiences.	Short educational nature-based stories. Mindful attention on symbols in nature. Diverse horticultural activities.
5-10	Strength	Ability to defuse oneself from the situation for a moment as a mean to gain psychological flexibility in actions.	Same activities as in acceptance with main weight on horticultural activities depending on the season.
6-10	Growth	Value clarification, goal setting and creation of patterns of committed action.	Freely chosen larger garden projects in cooperation with other patients or alone.

