Creating Health & Community: Ecological wellness through restorative spaces

Tentative schedule

Days 1 & 2

Conceptual introductions

Body centered restoration

Multisensory restoration

Restoring the connection with animals and the natural world

The restorative benefits of connection, collaboration, and community

A priori research

Types of RS

Historical aspects of SC
  Planning
  Forecasting layout
  Community building
  Emotionally intelligent landscape
  Mutuality in caring

Days 3 & 4

Biopsychosocial strategies for cultivating compassion for self/other that are green

Cacciatore & Gorman’s (2012) green care model

Group work on site (therapy groups, self-help groups, task groups, ritual, mentorship)

Individual work on site (ecotherapy/counseling, contemplative work on site)

Managing barriers to care and client advocacy (sustainability and resources, community factors, grants, access to services)

Constructing ‘place & space’
  Therapeutic landscape
  Ritual spaces
  Honoring philosophical underpinnings
**Days 5-7**

Trauma-informed green spaces

Cultural flexibility and adaptation

Building RSTCs within groups, organizations, communities, and healthcare delivery systems

Restorative construction of micro-spaces

Downscaling in institutional applications

Ethics in animal care and rehabilitation

Green and blue spaces

Sustainability as social justice

Sustainability planning

Overcoming barriers to care

Bibliography:


**Therapeutic Spaces/Communities**


**Animals and Animal Assisted Therapy**


