

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:

Elings, M., & Hassink, J. (2008). Green Care Farms, A Safe Community Between Illness or Addiction and the Wider Society. *Therapeutic Communities* 29(3), 245–260.

Gorman, R. & Cacciatore, J (2017). Cultivating our Humanity: A Systematic Review of Care Farming & Traumatic Grief. *Health & Place* 47,12–21.

Haubenhofer D., Elings M., Hassink, J., et al. (2010). The development of green care in western European countries. *Explore: The Journal of Science and Healing* 6(2), 106–111.

Hemingway, A., Ellis-Hill, C., & Norton, E. (2016). What does care farming provide for clients? The views of care farm staff. *NJAS-Wageningen Journal of Life Sciences* 79, 23–29.

Hine, R., Peacock, J., & Pretty, J.N. (2008) Care Farming in the UK: Contexts, Benefits and Links with Therapeutic Communities. *Therapeutic Communities* 29(3), 245–260.

Leck C., Evans, N., & Upton, D. (2014) Agriculture–Who cares? An investigation of ‘care farming’ in the UK. *Journal of Rural Studies* 34, 313–325.

Loue, S., Karges, R.R., & Carlton, C. (2014). The Therapeutic Farm Community: An Innovative Intervention for Mental Illness. *Social and Behavioral Sciences*, 503-507.

Mallon, G.P. (1994). Cow as co-therapist: Utilization of farm animals as therapeutic aides with children in residential treatment. *Child and Adolescent Social Work Journal* 11(6), 455–474.

Therapeutic Spaces/Communities

Bell, S.L., Foley, R., Houghton, F., et al. (2018). From therapeutic landscapes to healthy spaces, places and practices: A scoping review. *Social Science & Medicine* 196, 123–130.

Cacciatore, J. & Ong, R. (2012). Through the Touch of God: Traumatic bereavement and ritual in a Hutterite colony. *Omega Journal of Death and Dying*, 64(3), 185-202.

Cacciatore, J. & Thieleman, K. (2014). We rise out of the cradle into the grave: An ethnographic exploration of ritual, mourning, and death on a Hutterite colony. *Omega Journal of Death & Dying*, 69(4), 357-379.

Gorman, R. (2017). Smelling Therapeutic Landscapes: Embodied Encounters within Spaces of Care Farming. *Health & Place* 47: 22–28.

Lea, J (2008). Retreating to nature: rethinking ‘therapeutic landscapes’. *Area* 40(1): 90–98.

Milligan, C., Gatrell, A., & Bingley, A. (2004). ‘Cultivating health’: therapeutic landscapes and older people in northern England. *Social Science & Medicine* 58(9), 1781–1793.

Pitt, H. (2014). Therapeutic experiences of community gardens: putting flow in its place. *Health & Place* 27, 84–91.

Rose, E. (2012). Encountering place: A psychoanalytic approach for understanding how therapeutic landscapes benefit health and wellbeing. *Health & Place* 18(6),1381–1387.

Sarkar, C., Webster, C., & Gallacher, J. (2018). Residential greenness and prevalence of major depressive disorders: a cross-sectional, observational, associational study of 94879 adult UK Biobank participants. *Lancet*, (2), 162-173.

Sempik, J. (2008). Green care: A natural resource for therapeutic communities. *Therapeutic Communities* 29(3), 221–227.

South, E.C., et al., (2018). Effect of Greening Vacant Land on Mental Health of Community-Dwelling Adults: A Cluster Randomized Trial. *JAMA*, 1(3).

Animals and Animal Assisted Therapy

Alvaro, C. (2017). Ethical veganism, virtue, and the greatness of the soul. *Journal of Agriculture and Environmental Ethics*, 30(6), 765-781.

Alvaro, C. (2017). Veganism as a Virtue: How compassion and fairness show us what is virtuous about veganism. *Future of Food: Journal on Food, Agriculture and Society*, 5(2), 16-26.

Evans, N., & Gray, C. (2011). The practice and ethics of animal-assisted therapy with children and young people: Is it enough that we don't eat our co-workers? *British Journal of Social Work*, 42, 600–617.

Every, D., Smith, K., Smith, B., et al. (2015). How can a donkey fly on the plane? The benefits and limits of animal therapy with refugees. *Clinical Psychologist*.

Gorman, R. (2017). Therapeutic landscapes and non-human animals: the roles and contested positions of animals within care farming assemblages. *Social & Cultural Geography* 18(3), 315–335.

Hassink, J., De Bruin, S.R., Berget, B., et al. (2017) Exploring the Role of Farm Animals in Providing Care at Care Farms. *Animals* 7(6), 45.

Hatch, A. (2007). The view from all fours: a look at an animal-assisted activity program from the animals' perspective. *Anthrozoös* 20(1), 37–50.

Malamud, R. (2013). Service Animals: Serve us animals: Serve us, animals. *Social Alternatives* 32(4), 34–40.

Matthews, J. (2012). Compassion, geography and the question of the animal. *Environmental Values*, 21, 125-142.

Taylor, N., Fraser H., Signal, T., et al. (2014) Social work, animal-assisted therapies and ethical considerations: A programme example from Central Queensland, Australia. *British Journal of Social Work* 46, 135–152.

Walsh, F. (2009). Human-animal bonds I: The relational significance of companion animals. *Family Process* 48(4), 462–480.