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Kara Thieleman ✉, Joanne Cacciatore & Richard Gorman

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Abstract

Care farming has been used to alleviate distress and increase wellbeing in various populations.

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This study provides an overview of how bereaved adults ($N = 115$) experienced a grief-specific care farm through a content analysis of open-ended survey questions. The care farm's nature spaces and interactions with animals emerged as important components of the experience, interacting with grief-related activities and experiences. Together, the spaces and species of the care farm provided a supportive context for integrating grief, processing emotions, and receiving compassionate support. Some participants also experienced changes in how they viewed their grief and improvements in interpersonal relationships.

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