

“Healing Forest Garden Nacadia”, Denmark

Written by: Markus Sallmannshofer

Organisations involved

Department of Geosciences and Natural Resource Management University Copenhagen, SWECO Architects, Malmos Landskaber, with support from Realdania, the Obelian Family Fund and G.B. Hartmann Family Fund.

Aim

To improve quality of life and the ability to return to work or studies at the end of the treatment.

Target group

Individuals who are suffering from stress-related illnesses.

What happens

The Healing Forest Garden Nacadia is based on the therapeutic use of sensory experiences and horticultural activities for people with stress-related psychological problems.

The Forest Garden is located in Denmark and has a size of one hectare, integrated in the “Horsholm-Arboretums” with a size of 40 hectares (Bröderbauer, 2015). The Swedish “Alnarp Rehabilitation Garden” was the role model for the area design. With the subdivision of the area appropriate to the stage of the therapy, the operators try to have ideal scientifically proved preconditions for forest therapy. The programmes’ duration is about 10 weeks, but workshops and courses are additionally offered. Even though the Healing Forest Garden Nacadia is not a genuine natural forest, it uses natural forest elements to catalyse therapeutic processes (Corazon et al., 2010).

Results of the programme/project/intervention

The effects of the design on patients’ health outcomes were measured with a diagnostic post-occupancy evaluation. It has shown that the Nacadia therapy garden fulfils its stated aims and objectives (SIDENIUS, 2017).

Reference

Corazon, S. S., Stigsdotter, A. U. K., Jensen, A. G. C., & Nilsson, K. S. B., 2010. Development of the nature-based therapy concept for patients with stress-related illness at the Danish healing forest garden Nacadia. *Journal of the American Society for Horticultural Science*, 20:34-51.

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Sidenius, U; Stigsdotter, UK; Poulsen, DV; Bondas, T., 2017. I look at my own forest and fields in a different way: the experience of nature-based therapy in a therapy garden when suffering from stress-related illness. *International journal of qualitative studies on health and well-being*, 12(1): 1324700.

Website

www.natureandforesttherapy.org/uploads/8/1/4/4/8144400/_nature_based_therapy_for_stress_illness-danish_garden.pdf

www.natureandhealth.ku.dk/information-index/news1/nacadia/

