NATURE HEALS

Heather Greeley Benson, Program Specialist
Nature-Based Therapeutic Services
Nature Heals

• Healing benefits of nature

• University of Minnesota’s Nature-Based Therapeutic Services

• Therapeutic Horticulture in Special Education Programs

• Labyrinth activity
BENEFITS
Nature is life-giving
Nature allows balance
Nature provides meaning
Wellness

- Physical
- Social
- Psychological
- Cognitive
Physical Health

- Immune response
- Decreases stress
- Fine and gross motor skills
- Improves eye-hand coordination
Social Interactions

• Social bonding

• Pro-environmental behavior

• Group cohesion

• Social functioning
Psychological Wellbeing

- Increases self-esteem
- Reduces stress
- Improves mood
- Decreases anxiety
- Alleviates depression
Cognitive Function

- Improves concentration
- Stimulates memory
- Improves goal achievement
- Improves attention capacity
What is Nature-Based Therapeutics?
Nature Based Therapy

LATEST: Animal Assisted Interactions

FUTURE: Care Farms

Therapeutic Horticulture

Therapeutic Landscapes

Facilitated Green Exercise
Therapeutic Landscapes

- Stress reduction
- Memory
- Social bonding
Facilitated Green Exercise

- Mood,
- Resiliency
- Concentration.
Therapeutic Horticulture

- Motor skills
- Self-determination
- Community integration.
Care Farms

Therapeutic use of farming practices
Animal Assisted Interactions

• build confidence

• improve social skills

• reduce stress
The University of Minnesota’s Collaborative Initiative

Dr. Edward Schneider
Director, Minnesota Landscape Arboretum

Dr. Mary Jo Kreitzer
Director, Center for Spirituality and Healing
Nature-Based Therapeutics
A Collaboration where Academics and Practice Together make a Stronger Impact in the Community

Academic
Center for Spirituality and Healing

Practice
Minnesota Landscape Arboretum
Nature-Based Therapeutics Structure

Minnesota Landscape Arboretum:
• Direct Services
• Training
• Outreach

Center for Spirituality and Healing:
• Education
• Research
• Outreach
The Mission of Nature-Based Therapeutics

- Practice
- Education
- Research
- Community Engagement

Minnesota Landscape Arboretum

University of Minnesota
Center for Spirituality & Healing
Nature-Based Therapeutic Services:

- Direct Service
- Training/Education
- Research
- Outreach
Who do we serve?

All Audiences
Karner Blue Education Center
Karner Blue Education Center
Nature heals

Plant propagation
Nature heals

Digging Area

Minnesota Landscape Arboretum

University of Minnesota
Center for Spirituality & Healing
Nature heals

Plant health,
My health
Nature heals

Labyrinth & nature walks

Minnesota Landscape Arboretum

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Center for Spirituality & Healing
Labyrinths

Ancient spiritual tool
Labyrinths

Reduce anxiety & stress
Labyrinths

Classical three circuit labyrinth (left-handed)

Relaxation & reflection
Nature Heals

YOU ARE NOW ENTERING A STRESS FREE ZONE