

第一屆港台園藝治療交流會的感想報告 - 劉潔明

我剛參加完第一屆港台園藝治療交流會，在台灣渡過了一個非常充實而難忘的旅程。以下我想在此分享一些給我印象較深刻的經歷。

在國立台灣大學，我們學到了滾石葉拓的技巧，製成品非常漂亮和有創意。



在馬偕醫院，我們學做種子卡，可以把對已去世的親人的思念寫在卡上，抒發自己的情緒，然後把種子卡放在泥土下，待種子發芽時，會為自己帶來希望，寓意重新振作起來，重獲新生。這是一個很好的悲傷療癒方法，很有創意，亦令我們學到了簡單的循環造紙的方法，很有意思。



園藝治療活動真的可以千變萬化，我們要有豐富的想像力和創新的精神，不斷為不同的對象，設計最合適的活動，來達到最佳的治療效果。

南投啟智教養院的老師用愛心去教導學生，稱學生為「歡喜兒」，用園藝治療的專業知識，配合耐心和關心的態度，共同建造了一個夢幻般漂亮的庭園。



教養院的院生把髒亂的涵洞變成美麗舒適的庭園，這個園藝治療合作計畫，不但可讓院生發揮創意，回饋社會，服務人群，還可美化社區，同時也提昇了院生的自信心和成就感，是一個雙贏方案。



香港的市區缺乏綠化的環境，如果香港也有類似的園藝治療合作計畫，可讓智障人士協助綠化香港，將會是香港和智障人士之福。

八里療養院很努力推行園藝治療和陶藝課程來改善院友的身、心、靈健康。

宏恩醫院院友表演的手語舞蹈很精彩，我也從中認識到少許手語。

台中市瑪麗亞基金會愛心家園的屋頂花園，老師教學生利用廚餘做堆肥，實行有機種植。地方雖然不是很大，卻具備所有療癒景觀應有的元素，他們栽種各式各樣的花卉、蔬菜、香草、爬藤植物等，學生用色彩鮮艷的瓦片自製的馬賽克畫來裝飾高架花槽的外圍，有利用廢棄空心磚 DIY 構築的生態池，又加建活動的遮蔭設備。既可刺激五感，亦有實用的價值。



我很欣賞他們的理念：「自己動手作，省錢又環保」。他們給了我們一個很好的示範，可為香港和馬偕醫院天台的療癒景觀設計帶來一些靈感。

在國立臺北護理學院，林綺雲教授為我們解釋了癒花園的設計和功用，同時亦用生動的例子講解如何做悲傷治療，對於我做輔導義工和園藝治療很有幫助。

很感謝參觀機構的有關人士的熱情款待。這次旅程我認識到一班志同道合的朋友，還體驗到園藝治療的成功之道，就如陳彥睿老師的演說所言：「(園藝專業知識) + (讚美的口 + 聆聽的耳 + 包容的心 + 欣賞的眼) x (耐心、關心之態度) = 無限可能」，真是獲益良多。

1st HK-Taiwan HT Study Tour Reflection Report - Lau Kit Ming

I just joined the 1st HK-Taiwan HT Study Tour and enjoyed a very fruitful and unforgettable trip at Taiwan. I would like to share some of my more impressive experience as follows.

At the National Taiwan University, we learned the skill of “making leaf and flower pictures by rolling stone”. The product made was very beautiful and creative.

At MacKay Memorial Hospital, we learned how to make seed card. People can write their memorial words on the seed card to express their emotion to the losses in their life. Then put the seed card under the sand. When the seed germinates, it will bring hope to people, implies people to brace up, to start a new life. This is a very good and creative way for grief healing. We also learned a simple way to make recycle paper. This was a very meaningful activity.

There can be thousands of idea in designing activities for horticultural therapy. We always have to use imagination and creativity to design the most appropriate activity for different clients to achieve the best healing result.

The teachers of Nan Tou Retardation Rehabilitation Center use love to teach their students. They call their students “Joyful Children”. They use their professional knowledge in horticulture, patience and caring attitude, to work with their students to build a beautiful dream garden.

The students changed the messy culvert to a beautiful and comfortable garden. Besides allowing the students to develop their innovation, this horticultural therapy cooperation program also allowed the students to pay back the society and serve the public. It could also beautify the district environment and raise the students’ confidence and feeling of achievement. This was a win-win program.

Hong Kong urban districts are lack of green environment. If similar horticultural therapy cooperation program can be applied in Hong Kong to allow the mental retarded people to help in the implementation of the greening work in Hong Kong, it will be a great benefit to both Hong Kong and the mental retarded people.

Bali Psychiatric Center, DOH put a lot of effort in developing horticultural therapy and ceramic art course to improve the physical, mental and spiritual health of their patients.

The sign language dance presented by the patients in HongEn Hospital was very excellent. I have learned a little sign language from this performance.

At the roof garden of the Maria Social Welfare Foundation in Taichung city, teachers taught the students how to use kitchen residual to make fertilizer, to build an organic

farm. The roof area is not too big, but it processes all the essential elements of a healing landscape. They planted a variety of flower, vegetable, herbs and vines etc. Students used small colorful tiles to make mosaic pictures for decorating the wall of the raised planters. They used abandoned hollow bricks to build an eco pond. They also built sliding shady facility on the top of the garden. Besides stimulating the five senses, these plants and facilities also have practical value.

I appreciate their Logos “Build by oneself is cost saving and environmentally friendly.” They gave us a good demonstration on building a roof garden. This can bring inspiration to Hong Kong organizations and MacKay Memorial Hospital on designing a roof garden with healing landscape.

At the National Taipei College of Nursing, Professor Lin Chi Yun explained the design and function of the Grief Healing Garden. She also presented the basic knowledge and skill for grief healing with practical example. This would be very helpful on my volunteer work in counseling and horticultural therapy.

Let me thank for the warm hospitality of our visited organizations. During this study tour, I have made friends having the same target on horticultural therapy. I also experienced the success key of horticultural therapy as shown in the presentation of Mr. Ray Chen “(horticultural professional knowledge) + (praise + active listening + tolerance + appreciation) x (patience, caring attitude) = unlimited possibility”. I have really learned a lot from this study tour.