



香港園藝治療協會專刊



2011 年 6 月 · 創刊號

編者的話

香港是一個節奏急速的城市，置身於資訊科技發達的石屎森林中，你有否感覺四肢五感早已處於過度耗損狀態？近年不少人為了減壓，返樸歸真接近大自然，綠色植物對心靈洗滌的力量確實不可少觀！其實遠自文明初始「人與植物」已有密不可分的關係，植物之療癒效果早已獲得印證。園藝治療於外國發展至今逾百年，早被視為輔助治療之一員，而在亞太區隨著園藝治療服務及研究增加而漸為人所熟悉，近年亦開始在香港遍地開花。

香港園藝治療協會成立至今，不經不覺已步入第四年。2010—11 年度協會正式註冊成為非牟利團體，我們繼續致力推動香港園藝治療之專業化發展，為本土應用提供更完善之軟硬件配套：

硬件：確立香港園藝治療實習及認證制度，由國際認可之註冊園藝治療師督導，培育本土園藝治療專業人才。制度推出至今，參與實習之伙伴機構超過 25 間，學員為不同群組推行的園藝治療實習小組及計劃越 40 個。本會誠邀各機構參與，並提供園藝治療實習機會與學員。

軟件：持續籌辦園藝治療培訓、相關學術研究、專業增值活動，例如分享會、跨國交流等；另協會於推動本地園藝治療服務中，有感於坊間搜尋有關園藝治療資訊着實不易，特意創立首份香港園藝治療專訊—「悠然」，取其「由心而發，悠然自得」之意，亦如園藝治療的療癒過程，不論對服務對象或執行人員均有所裨益。

「悠然」每期會邀請世界各地的註冊園藝治療師、學者、協會顧問及友好分享有關園藝治療之最新發展、專題研究及新知等，為強化本地園藝治療專業知識獻一分力。最後再次感激多位友好一呼百應為本刊撰文，他們的慷慨贈文，實令創刊號大添色彩。展望未來，協會盼能凝聚更多有心人力量，一起推動園藝治療之本土應用，豐厚本地實務工作經驗。

馮婉儀 Connie Fung

註冊園藝治療師(AHTA, HKATH)

香港園藝治療協會 會長



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創刊賀文

賀香港園藝治療協會通訊發刊

曹幸之

香港曾是東方之珠，繁榮的購物天堂，雖是彈丸之地，必需建幾十層高的大樓才能提供夠用的住家。一切商場、公司也都是大樓或樓內，但頗有規劃及嚴格規範。建築開發兼顧衛生、安全與環保，土地利用的分類項目包括開放空間與綠帶。因為公認綠環境可增進生產力，也重視在樓層內設置空中花園或孩童園地。筆者有幸去年五月到香港嘉道理農場及植物園時，也目睹港灣的美麗與秩序。由於大家注重生活品質、健康養生，加上科技與醫療的進步，平均壽命增加，65歲(含)以上的人口佔12.8%。高齡化社會出現慢性病例、憂鬱或失智症人數的加增，也升高對照護者的需求。而比較缺乏開放的活動空間，對兒童或成人都是不爭的事實。

誠如催生、成立香港園藝治療協會的婉儀會長說：「園藝治療」不只是園藝、種花，而是樂活、紓壓，帶有療效。她在香港推動「園藝治療」，雖然充滿挑戰，過程中難免感到勢單力薄，但憑著她堅定的信念與毅力以及成員的支持，協會穩健發展事工。她這六年多針對園藝治療的推動、人員培訓、帶團體及療育景觀設計投入全人的努力。辦理了許多工作坊，接受媒體專訪讓民眾認識園藝治療，設計並開辦不同程度與要求的訓練課程，走向專業認證，因而在2008年正式成立協會。Connie會長並積極與其他國家、地區的園藝治療專業人士交流，分享香港經驗，互通資源。使香港推動園藝治療的具體成效，不僅可供其他地區發展園藝治療的借鏡，也是亞洲地區合作聯盟的重要對象。如今協會第一次年度會員大會即將召開，發行協會通訊，使園藝治療從業人員更有組織，更能發揮專業，造福更多有需要的弱勢族群，讓他們經歷綠自然帶來的和諧，恢復身心健康。謹祝大會圓滿、協會發展事業成功。

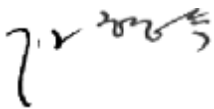


Dear Connie & HKATH,

I send you my wholehearted congratulations on the HKATH's first Annual General Meeting and the first issue of Newsletter. I believe that many people will become happier and happier because of your HT works. Our life depends on plants. HT is the best way to share the joy of nature and plants. I hope that the development of HKATH grows day by day.

홍콩원예치료협회(HKATH) 일주년 기념일을 진심으로 축하합니다. 여러분들 때문에 더 많은 사람들이 행복을 누리기를 바랍니다. 원예치료는 자연의 기쁨을 나누는 가장 좋은 방법이라고 생각합니다. 우리가 식물에게 모든 것을 의존하고 있듯이 사람들은 홍콩원예치료협회에서 행복을 얻기를 바랍니다. 홍콩원예치료협회가 나날이 발전하기를 기원합니다.

Yours truly,



Hyoung Deug Kim from Korea
Registered Horticultural Therapist AHTA



May 18, 2011

Ms. Connie Fung
Hong Kong Association of Therapeutic Horticulture

Re: Congratulations on the 1st Annual General Meeting

Dear Connie:

I would like to heartily congratulate you on the upcoming 1st Annual General Meeting.

I take great delight to read regularly about your diligent work in promoting the art of the Therapeutic Horticulture. There is a tremendous need for what your organization can offer, and your dedication to the wellness of the under-served population is greatly appreciated. I am fortunate to get to know you and be of services to your organization.

On behalf of the firm, best wishes to your organization for a bright future!

Yours truly,

LSG Landscape Architecture



Connie Fan, ASLA, LEED AP, Certified Healthcare Garden Designer



香港園藝治療協會 第一屆會員大會報告

撰文：喬建欣



香港園藝治療協會第一屆會員大會已於 2011 年 6 月 14 日假聖雅各福群會禮堂舉行，出席會員有 50 名，當晚邀得善寧會教育主任鄭捷欣小姐為會員介紹與臨終人士之溝通及相處技巧，令會員獲益良多。聖雅各福群會延續教育中心劉遠章

經理為本會致詞，暢談他對園藝治療的觀感；隨後由會長馮婉儀女士報告會務，包括會員及實習生人數、與香港理工大學合作之園藝治療研究、曾參與之園藝治療研討會演說和舉辦之園藝治療專業活動等；及後由財務總監宣讀財務報告。最後由會長向十九位獲認證之「園藝治療服務員」頒發註冊證書及升級章，其中吳婉儀女士則獲頒發「助理園藝治療師」註冊證書，而首屆會員大會亦在一片歡樂聲中圓滿結束。



First Annual General Meeting (AGM) of Hong Kong Association of Therapeutic Horticulture was held at the Hall of St. James Settlement on 14 June 2011, with 50 members joining it. Ms. CHENG (Education

Officer of Society for the Promotion of Hospice Care) introduced the skills to communicate with those end-of-life patients. Then the Manager of St. James Settlement gave a speech about his feelings of Horticulture Therapy. Afterwards, President Ms. Connie FUNG reported the Association matters, including the number of members and interns, research with HK Polytechnic University, presentation in different conferences and professional HT activities organized. Apart from that, Treasurer reported the financial report. Last but not the least, Connie presented certificates & badges to 19 HT facilitators and 1 assistant horticulture therapist, Ms. Terri NG. The AGM was finished under a happy atmosphere.

2010 - 2011 年活動剪影



「園藝治療與花藝」工作坊在資深花藝導師伍松康先生(Victor)帶領下，眾人全情投入學習插花技術。



台灣馬偕醫院安寧中心社工鍾清惠小姐於「園藝治療與舒緩服務」工作坊分享個人實務經驗。佢都係協會會員，大家見到佢，記得 say hi 呀！



第一屆港韓交流團 2010：大自然與色圈，在兩者的結合下，才發現不同的色彩原來一直懷抱著我們呢！



第一屆港台交流團 2010：協會安排學員跟隨資深人員學習當地園藝治療活動—拓染、種籽紙等，令學員獲益良多。

2011 下半年專業增值講座

<會員費用全免·備茶點享用>

8/2011：「專注力缺乏症及讀寫障礙」講座

10/2011：「運用園藝治療以提升自我效能感」小組實踐經驗分享

12/2011：「園藝治療實務體驗—水仙」工作坊

地 點： 聖雅各福群會·灣仔石水渠街 85 號

備 註： 名額有限，先報先得；

舉行日期、時間、材料費、報名手續等詳情，將於活動舉行前約 3 周，經電郵通知各會員

2010-2011 工作匯報

園藝治療專業活動

- 第一屆港台交流團 2010
- 第一屆港韓交流團 2010
- 「新年花藝設計」工作坊
- 「園藝治療與抑鬱長者」工作坊
- 「園藝治療與自閉症兒童」工作坊
- 「園藝治療與紓緩服務」工作坊
- 「園藝治療與花藝」工作坊
- 「園藝治療與有機耕種」工作坊

園藝治療專業督導實習

實習生：20 名

實習助理：30 名

實習場地：26

已推行及安排之實習小組共 42 個 (截至日期：14.6.2011)

專題研究

- Horticultural Therapy (HT) for Residents with Dementia in a Nursing Home: An Exploratory Study
HK Polytechnic University School of Nursing
8 -- 9/2010 圓玄護理安老院 實習生 1 名 實習助理 2 名
- Effect of Horticultural Therapy on Patients under Palliative Care
靈實醫院紓緩治療科 HK Polytechnic University School of Nursing
5/2011 -- 9/2011 8 Cycles 實習生 5 名 實習助理 9 名

曾參與研討會演說

- 7. 8.2010 2010 International People Plant Symposium (IPPS)
Development of Horticultural Therapy in Hong Kong
- 14.10.2010 台灣內政部南投啓智教養院
內政部社會福利專題實務—身心障礙者園藝治療研習會
園藝治療在身心障礙者復健療育之運用
- 10.1.2011 都市農圃 X 治療分享會
香港園藝治療發展概況
- 5 - 6.3.2011 Taipei International Flora Exposition 2010
Healthy Life: Green Leisure and HT International Conference
HT & Dementia: an Exploratory Study and Group Illustration

園藝治療專題文章

「會區的自然體驗—家庭園藝與市民菜園」

園藝是訓練、操作，也能美化人類生活品質。園藝使現代人以最簡單、方便、有效的方法，在短時間內從非自然進到自然領域，但除了了解園藝產物及園藝操作對人類的意義，更要

注意那些是保護或摧毀自然的要素，才能過更自然的生活。綠化的地區有助於人類釋放工作壓力；接觸及經驗自然亦有益於恢復人們的注意力。Wilson 的「Biophilia Theory」提出，人類的

生存與福祉乃依賴自然綠空間(natural green space)。在都市就指都市近郊景觀(peri-urban landscapes)、都市周邊綠空間(urban peripheral green space)、都市外環生態綠帶(outer urban ecological green ring)、綠帶(green belt)、都市綠走廊等。泛指都市內任何開放空間，涵蓋植栽地、水被、樹林、草原、護城河、沼澤，動、植物同時聚集。一旦這些自然系統瓦解，會帶來生物多樣性的消失，物種滅絕，亦會造成開發中國家的人民營養不良、罹患疾病，已開發國家人民的肥胖症、運動不足、罹患精神疾病、家庭破碎、社區無凝聚力等。



曹幸之女士
國立臺灣大學 園藝學系
前任副教授



自然綠空間可以循環都市與近郊的新鮮空氣，滿足都市居民與自然融合及回歸自然的願望，保護堤岸不致淹水及沖刷，增加都市防止悲劇的能力。Hirano (1999)認為恢復自然平衡的方法，一為擴大綠地面積，增加植被覆蓋，另一為針對既有且消失中的自然綠地資源做較好的利用，這對成長中的都市尤具意義。自然綠空間的作用，除供人類食物資源、工作收入、保護、自然保存，

亦可供人們作精神、智力、情感與體能之追求。

全球都市人口以總人口成長速率的兩倍增加，2006 年全球 64.5 億人口中，31.7 億居住於都市及近郊。預估 2015 年將有 23 座超過一千萬人口的大都市，2030 年 81 億總人口中將有 50 億以上居住於都市。過去一百年，都市成就了快速的經濟、工業與科技成長，但都市發展也帶來環境破壞，密集的人口消耗極多能源，具生產力的土地被開發作為其他用途，也耗用了不能循環使用的自然資源。2009 年中資料示香港有 7 百萬人，包括 680 萬固定人口、21 萬流動人口；每年以 0.7% 成長率增加，人口密度平均 $6,480 \cdot \text{km}^{-2}$ (<http://www.censtatd.gov.hk>)。

人口成長及湧入都市對都市環境早已產生空前的壓力，都市居民需要週年有安全、便宜的食物供應。近來，發展中國家認識到近郊農業之重要性及潛力，多數開發中國家因缺乏或很少冷卻鏈，蔬菜產品又易腐而倍受重視。亞洲許多地區的蔬菜生產係集中於大量人口居住都市的近郊區域



(peri-urban area)，生產系統包括採收前後之管理與處理。在非洲也有大量人口移居都市的趨勢，食物供給成為解決都市居民需求的主要課題。唯有就地增加農業生產才能滿足居民的營養需求；農業亦能提供工作機會。而在美國近年更強調在地生產健康、安全的新鮮蔬果。西歐所有城市皆有近郊蔬菜生產。只是，考量環境資源與承受力，需先進行經濟與環境間之整合分析，考慮近郊生產者、都市廢物管理區、都市規劃師與消費者之間的關係。

臺北市占地 2,717,997 平方公里，人口 260 餘萬人。由臺北市第一、二果菜批發市場之專業蔬菜生產與交易量顯示，有 11.30% 蔬菜生產出自臺北市近郊，包括臺北市占 4.01%、台北縣占 5.66%、宜蘭縣 1.63%。可見近郊蔬菜生產之可行及重要地位。在都市可以讓居民接觸自然又有收成的方式有市民農園 (Allotment gardens)、社區菜園 (Community garden) 及都市菜園 (Urban garden)。像菲律賓馬尼拉市民農園的產品，25% 自食、7% 送親友、68% 賣給鄰居，增加市民

20%的收入。

市民農園始自北德 Kiel 市，那是十九世紀歐洲的工業化及都市化，許多鄉村居民移民至城市謀職，期望過更好的生活。但一般這些家庭較窮困、沒有適當住



所、營養不良、被社會忽視。由管理當局、教會與雇主相繼提供開放的空間讓移民栽種植物，可以食用，免於飢餓，改善移民的整體狀況，故最早稱為窮人菜園(gardens of the poor)，後來才稱為市民農園。一般市民農園集中於都市內某些區域，將土地分成數塊乃至數百塊單位，每單位約 50~400 m²，分配給個人或家庭用於園藝栽培，生產蔬菜食用，不得養動物或居住。在二次世界大戰期間，社會經濟低迷，城市與內地鄉村隔離，農產品不能運到都市，僅有黑市高價產品。因此在都市、特別是家庭園藝及市民農園生產的蔬菜、水果才維持大家的生存。在 2001 年德國有一千四百萬個市民農園，占地約 47,000 ha，另有數百萬個私人菜園，外國移民通常多種蔬果，德國人較多種花，將市民農園做為娛樂休閒之用，並且在都市內保存自然。

市民農園更有多種社會文化及經濟功能，提供精神價值。將種菜當成休閒活動，與親友共度、



共享有意義的時光，獲得個人體驗。孩童及青少年可當成遊玩，上班族可放鬆工作壓力，失業者可打發時間，自覺有用、未被社會排除；移民家庭可藉以增加與外界的溝通，得到較好的對待；身心障礙人士可於此參與社會生活，與人接觸，克服孤獨感；年長及退休人士可於此與同好聯誼，再創自我實現的機會。在市民農園，經生物分解的家庭廢物製成堆肥，減少垃圾。在顯出市民農園對都市居民身、心的多樣化養生功能，有益於身心健康。市民農園還有國際

組織 The [Office International du Coin de Terre et des Jardins Familiaux](#) 於 1960 年成立，訴求是在高人口密度區域建立開放綠空間，經由降低噪音、灰塵，提升都市社區生活品質，並保存 biotope (群落生境)，產生相連的 biotopes。參加國家有捷克斯拉夫、丹麥、芬蘭、德國、荷蘭、挪威、菲律賓、俄國、瑞典、美國、英國(Wikipedia, 2010)。

社區菜園設於社區內，距住家近，可即時供應新鮮蔬菜；社區菜園使閒置土地免於被垃圾及犯罪充斥，而為具生產力之安全區域，培養居民情誼。近來已有建商看準現代人對蔬果安全的重視、對自然與土地的渴望、嚮往種田種菜的心情與樂活當道的趨勢，於建案之中庭或大樓屋頂設計菜園，使住戶在社區即可享受栽種樂趣，甚至與社區速食店產銷合作，而安心消費。



都市菜園係有智慧地利用小空間，重新與糧食連結，美化居家或鄰近地區，可以兼具美麗與無毒。家庭園藝(home gardening)於小空間以容器栽培，或設置立體菜園(Vertical garden)、屋頂菜



園(roof top gardening)、陽台菜園(balcony garden)。立體菜園利用吊籃或多層格子架栽培蔬菜，每層架子可放置種在容器的不同蔬菜，並注意排水、通風及光照；吊籃適合種植爬藤或攀沿品種，格子架可支持豆類及番茄植株。屋頂菜園指在有光照及淺層栽培介質的大面積綠屋頂系統，使植物生長，可綠化都市，減少熱氣。對環境、經濟及都市景觀有許多好處，但須選擇適宜的植物種類。家庭園藝在親子互動中培養感情，孩童學習關懷、尊重及對自然生物的興趣，增加親子話題，創造物質與精神的雙重價值。

註：本文改自 2010 年羅筱鳳、曹幸之(國立臺灣大學園藝學系)所寫之「都市園藝-養生菜園與近郊生產」一文。

「利用園藝活動促進國小學童知識及行為之研究」

(郭毓仁。2011。利用園藝活動促進學童知識及行為之研究。台灣農學會報 12(1): 18~26)

一、前言

所謂的健康包括人體在生理、心理、及社會上的健全，而因為和植物的接觸或接近自然環境而獲得健康在國內外早已有研究數據證實(郭，2005; Davis, 1995; Kavanagh, 1995)。透過庭園活動讓小學生獲得生心理的益處早在 19 世紀末就被證實並闡述。



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根據 Pennington(1995)的研究結果認為透過校園的園藝庭園活動可以促進小孩的學習從無知到理解並感激，從被動轉為主動，從只知道消費轉而了解生產的辛苦，從寡言轉而變的更能表達自己的思想。而庭園的活動的成效必須訂定目標再透過園藝課程的安排來達成，通常園藝活動的學習目標經常設定在促進身體健康、不良行為導正、了解課堂上所講述的真實面、增強自信心、以及增進社交的技能等 (Klemmer *et al.*, 2005; Lohr and Pearson-Mims, 2005)。



許多美國實際案例也都發現透過校園庭園活動讓孩子對體會自然、學習工作技能、發展社交機會、活化教育的功能、以及刺激學習興趣都有很大的助益 (Beech *et al.*, 1999; Shannon *et al.*, 1981; Stigsdotter and Grahn, 2002)。不僅如此，研究還發現孩子喜歡吃自己種的蔬菜，進而改進飲食不均衡的習性(Baxter *et al.*, 2001; Lineberger, 1999)。然而經由園藝活動前後的正確

評估才能了解客觀的成效，讓老師改進未來課程的安排以及提供父母親對自己孩子教育方式的改進，並進而了解孩子的潛能 (Flagler, 1992; Moore, 1989)。不同參與族群的評估方法會受到人數多寡、年齡、教育程度、活動預算、以及所要求的精確度影響，研究便發現小學生的問卷方式最好不要太複雜，且必須事先告知答題不影響成績，以免回答出老師所要的答案(Trochim, 2001)。園藝活動課程的安排是否有趣也是影響成功的關鍵因素，根據美國校園綠計畫(school

yard project)的研究統計發現安排包括種子繁殖、蔬果種植、無性繁殖、以及設計類的活動對學齡童在行為改善和課程學習智能上都有很大的助益(Baietto and Ferrini, 2002)。可惜的是，縱使有許多的研究證實，但台灣的孩子就沒有如此幸運能夠享有廣大的綠地及園藝庭園活動，因此本研究的目的就是想要初探，藉由園藝課程的安排來了解台灣的國小學童是否因為參與園藝活動而提高學習智能、園藝工作技巧、行為導正、以及飲食營養的觀念，最後達成生心理的健全。

二、研究對象與方法

本研究首先將研究計畫書寄到北投及士林區的所有公立學校，而北投區立農國小立即回電希望配合，於是前往洽談後以”園藝快樂成長營”的方式獲得 30 位 4~5 年級的小學生(年齡從 10~12 歲)參與並得到家長的簽名同意。所有參與學童幾乎都沒有從事園藝活動的經驗。研究的進行利用每週三下午 1~3 點的社團活動時間進行共為期 12 週。園藝活動的場地利用 5 年 3 班的普通教室進行室內課程教導，戶外則為校園閒置空間以及一個 15 坪大小的由立農國小家長會所建立的菜園空間，該菜園僅有土壤並有利用小石子圍塑的花壇，高度約 30 公分共有 4 個，而本研究僅利用其中兩個。在增進園藝技能知識、及培養責任感為目標的單元共設計三週，參與學生在第一週需將高麗菜苗種植於菜園中直到最後一次上課進行採收，期間進行一年生草花的種子播種向日葵以及黃金



葛的扦插，並放在教室窗台邊接受陽光並照顧。學童需利用課餘閒暇時間照顧栽種的植物，主要為澆水及除雜草。在養成飲食均衡的課程單元設計一次的生菜沙拉製作，學生在經過老師的教導飲食均衡的重要性之後開始製作生菜，材料包括胡蘿蔔、葉萵苣、芹菜、青花菜、胡瓜、菠菜及番茄，並利用果汁機絞碎草莓及蘋果製作生菜沙拉醬。增進創造力、想像力、養成互助合作的習慣、的園藝活動課程設計三次單元，第一次的設計是將準備好的植物讓參與的同

學分組討論如何做植栽設計，在經過討論後必須提出設計的主題並由助教認可後種植於校園內指定的地點一起合力完成栽植工作；第二次的設計課程是先讓分組的同學在前一週先在校園內尋覓閒置空間，在下一週將準備好的材料讓同學分組進行植栽設計並種植。第三次則是分組種植植物於校園的閒置空間。參與學生必須利用下課時間及閒暇之餘親自照料自己栽種的植物。其餘的五個週次時間先在教室內讓同學發問問題及種植心得分享，其餘時間則到菜園拔除雜草及澆水。所有的單元皆運用前後測問卷來了解成效，但是否有來照顧植物沒有前測比較僅做後測。為唯恐受測學童填寫標準答案的傾向，所以問卷前事先告知此問卷無關分數需誠實填寫，並詳加說明五分法的意義。在增進園藝技能及知識及培養責任感的單元於第一週上課前進行前測，而於第十二週進行後測；在養成飲食均衡的課程在上課前進行前測(活動第四週)，上完課後同學離開前進行後測；在增進創造力、想像力、養成互助合作的習慣、以及增進榮譽感的園藝活動課程於進行前做前測(活動第五週)，連續三週的活動後於第四次上課(活動第八週)前進行後測。所有的問卷皆利用五分法(5=非常同意, 4=同意, 3=還好, 2=不同意, 以及 1=非常不同意)進行。結果數據利用 95% 及 99% 可信度顯著差異描述性統計分析(Student's *t*-test) (Statistix 8, Analytical Software, FL)。

為了了解參與者在這學期參與園藝活動後的改變，於活動結束前兩週郵寄問卷給家長詢問同學行為的改變，包括成績是否進步、是否健康、是否喜歡吃蔬菜、是否增加親子關係及話題、孩子是否變的較快樂及增進責任感等共十道題目。

三、結果與討論

本研究在學校行政人力的輔助下，進行相當順利，其中包括校長的支持，以及級任老師和輔導主任的協管理秩序並適時給予鼓勵，因此參與同學在活動過程中展現對此園藝活動的熱愛。本研究在 12 週的園藝課程後，參與的學童在園藝智能上有顯著的進步(表 1)。雖然學童在園藝知識上未進行園藝活動前已經有



所了解(4.38)，主要來自學校的自然課程在四年級以前已經給予學童基本的植物學知識，也做過基本的種子發芽試驗(與級任老師的溝通得知)，但是在親自動手後卻有顯著的進步(4.87)。在有性繁殖及無性繁殖的園藝技能上，參與的學童也有顯著進步，但從表 1 可以發現參與同學仍有進步的空間，後測分別為 3.33 及 3.41。由此可以推論學童對於園藝知識可以從課堂中獲得，但是親自栽種的機會在正常課堂上則較少接觸，但縱然如此學童卻在 12 週的園藝活動中對於種植植物產生極為濃厚且極為顯著的興趣，從原先的 2.73 進步到 4.26。在活動中並沒有特別強制要求學童必須去菜園澆水，也無關分數，但學童仍利用課餘時間主動去維護植物，雖然學童提及有時候老師規定下課不准下樓，但仍是找機會去澆水，可以看出在此活動中培養學童責任感的成效(4.0)。



在飲食觀念導正的活動運用一次的生菜沙拉製作活動，學童在活動中非常熱絡。學童在活動主導老師親自拿實體蔬菜來教導吃蔬菜的好處後，從表 2 結果顯示學童從原先 3.77 顯著進步到 4.53，參與學童都能夠充分了解吃蔬菜的好處。除此之外，學童在兩個小時的活動中，也顯著認為應該多吃蔬菜(表 2)。雖然研究指出小孩會喜歡吃自己種出來的蔬菜，但是本研究雖然在生菜沙拉製作單元的後測問卷中有所進步，但沒有顯著差異，可能是此單元編排

時，學童自己種的蔬菜都還未成熟採收，所以僅以市場買來的蔬菜替代，未來應該可以運用自己栽種的蔬菜來作為課程的編排，再來測試學童是否因為自己種的蔬菜而顯著提高吃蔬菜的慾望(Baxter *et al.*, 2001)。植栽設計三次的課程前後對參與學童增進想像力、創造力、以及養成互助合作的觀念都有顯著的增進(表 3)。這個單元的設計技巧在於讓學員分組，互相討論主題及如何配置植物，最後需要將設計意念表達出來，來讓學童有思考和陳述理念的機會。

從前後測結果發現，學童顯著的認為自己的想像力提升，從前測的 3.31 增進到 3.84，顯然學童在參與此活動前普遍認為自己並沒有太好的想像力，同樣的結果也出現在藝術天份的提升，學童從前測的 2.74 顯著提升到 3.50，雖然透過園藝活動增進學童的藝術天份的認同，但從前測發

現學童普遍是沒有自信的，因此多增加可以自己動手做的課程，對學童有增進自信的幫助，因為學童所創造出來設計主題包括”彩色世界”、”夢幻花園”、”皇家庭園”、”美麗新世界”等都是正面的陽光主題，如果加上老師適時的鼓勵能夠給學童在人格養成上的幫助。植栽設計活動的安排是需要集體創作後一起到戶外栽植，所以經過三次的課程後，學童也認為互助合作比起單打獨鬥容易完成事情(表 3)。由於此活動僅是每週一次，藉由家長問卷可以了解是否在人格上有所轉變。在期末回收的 25 份有效樣本，結果發現有 23 對(92%)家長發現孩子喜歡在家種植植物；有 21 對(84%)家長發現因為植物的話題增進親子間的關係；有 16 對(64%)家長告知孩子這學期的自然科目成績比以往提升；有 15 對(60%)家長發現孩子變的比較開心；有 14 對(56%)家長發現孩子變的比較有自信；有 12 對(48%)家長發現孩子變的喜歡吃蔬菜；有 10 對(40%)家長認為孩子變的比較有責任感；分別有 9 對(36%)家長都發現孩子不僅整體成績提升也比較少生病去看醫生；最後則有 5 對(20%)家長告知孩子主動要求吃生菜沙拉。運用短期的園藝活動不僅對學童心理有所助益，同時也促進家庭的和諧，對於未來從事相關的應用研究都是一種鼓舞以及基本的研究資訊提供。

四、結論

本研究的進行在學童心理及行為的改變上都有很大的助益，其中的關鍵在於主導老師及協同配合的人員需在適時給予支持與鼓勵，特別是設計類的課程比較主觀也比較容易提出讚賞；另外園藝課程的安排必須要有趣才能讓學童期待課程的到來。由於園藝植物是有生命的，所以更可藉由此課程讓學童體會生命的意義。在操作過程中也發生菜園被破壞的情況，亦可趁機讓同學了解校園安全的重要，同時告訴他們人生挫折的事情很多，只要重新耕耘就能再得到美麗的果實。雖然本研究僅有 30 人參加，無法完全推論運用有目標的園藝活動確實能達成學童在想像力、創造力、飲食觀念、社交、及責任感的培養的增進，僅能說明這 12 週的活動從問卷中獲得好的效果，而且和國外學者針對美國學童的研究是一致的，也獲取較佳的實驗可信度 (Baietto and Ferrini, 2002; Beech et al., 1999; Lohr and Pearson-Mims, 2005)，在本研究中對於本國學童也獲得了正面的初探!

表 1、學童參與園藝活動 12 週後在增進園藝智能及培養責任感上之改變

| 問題描述 | 前/後測 | 平均值 | 標準偏差 | 顯著差異 |
|-----------|------|------|------|------|
| 是否增加園藝知識 | 前測 | 4.38 | 1.20 | |
| | 後測 | 4.87 | 1.10 | *† |
| 是否喜歡種植物 | 前測 | 2.73 | 1.33 | |
| | 後測 | 4.26 | 1.50 | ** |
| 是否了解有性繁殖 | 前測 | 2.64 | 1.32 | |
| | 後測 | 3.41 | 1.50 | * |
| 是否了解無性繁殖 | 前測 | 2.67 | 1.43 | |
| | 後測 | 3.33 | 1.49 | * |
| 是否經常來照顧植物 | 後測 | 4.00 | 1.17 | |

†. “*”表示 $P < 0.05$, “***”表示 $P < 0.01$, “ns”表示 $P > 0.05$, 呈現不顯著差異。

表 2、學童在蔬菜沙拉課程後對飲食觀念之改變

| 問題描述 | 前/後測 | 平均值 | 標準偏差 | 顯著差異 |
|------------------|------|------|------|------|
| 是否了解吃蔬菜 的好處 | 前測 | 3.77 | 1.27 | |
| | 後測 | 4.53 | 0.61 | *† |
| 是否喜歡吃蔬菜 | 前測 | 3.59 | 1.27 | |
| | 後測 | 4.05 | 0.61 | * |
| 如果菜是自己種的 會更想吃 | 前測 | 3.56 | 1.38 | |
| | 後測 | 3.70 | 1.26 | ns |

†. “*”表示 $P < 0.05$, “***”表示 $P < 0.01$, “ns”表示 $P > 0.05$, 呈現不顯著差異。

表 3、學童在植栽設計課程前後對增進想像力、創造力、以及養成互助合作的習慣之改變

| 問題描述 | 前/後測 | 平均值 | 標準偏差 | 顯著差異 |
|-----------|------|------|------|----------------|
| 植栽設計是否增進 | 前測 | 3.31 | 1.17 | |
| 想像力 | 後測 | 3.84 | 1.62 | * [†] |
| 植栽設計是否增進 | 前測 | 2.74 | 1.32 | |
| 藝術天份 | 後測 | 3.50 | 1.10 | * |
| 互助合作是否比單打 | 前測 | 3.31 | 0.93 | |
| 獨門容易完成事情 | 後測 | 3.84 | 1.62 | * |

[†]·“*”表示 $P < 0.05$, “***”表示 $P < 0.01$, “ns”表示 $P > 0.05$, 呈現不顯著差異。

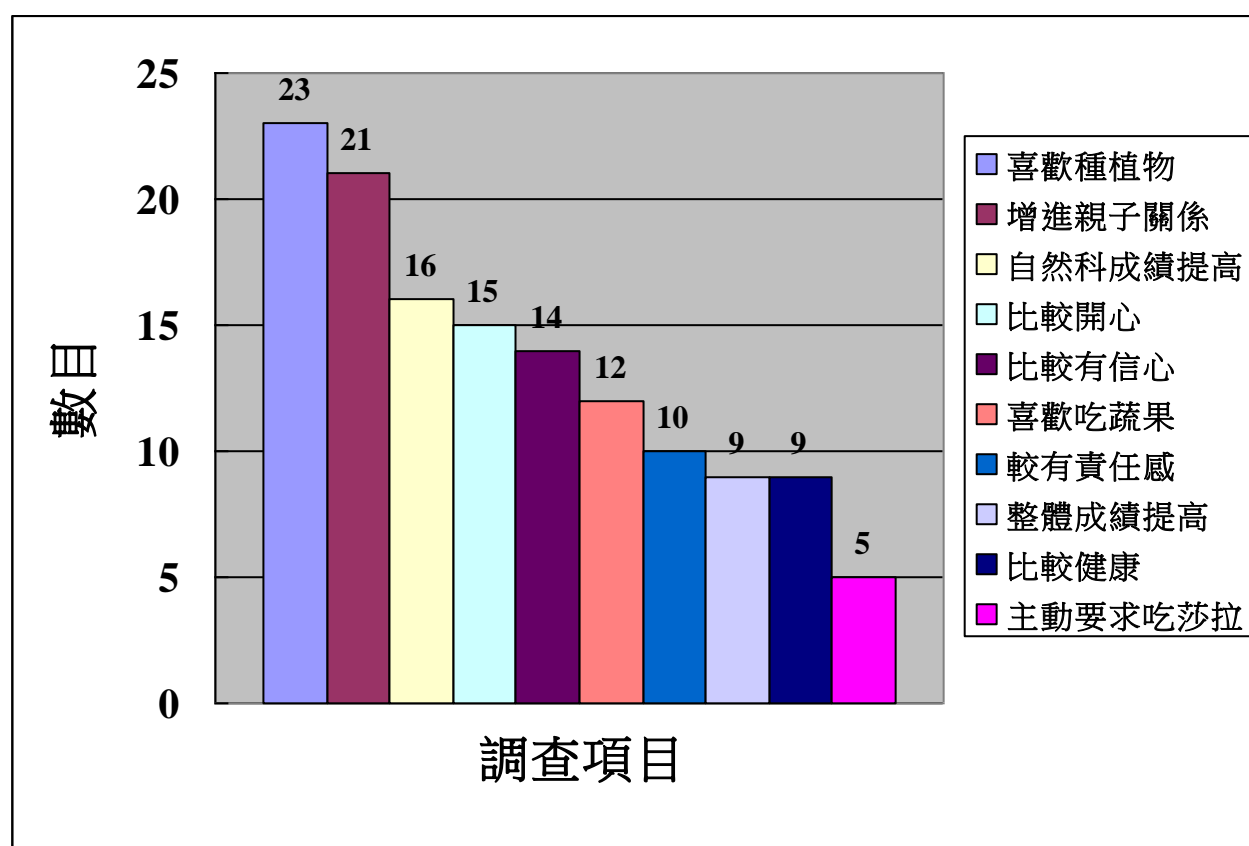


圖 1. 家長對自己子女參加園藝活動後行為改變調查結果

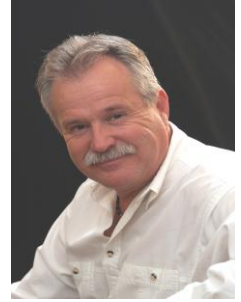
SUMMER'S AROMATIC BOUNTY

The Ten Best Herbs for Culinary, Medicinal and Aesthetic Purposes

©Mitchell Hewson, HTML LT RAHP
Horticultural Therapy Department 2011

Culture and Care of your herb plants:

- Grow herbs in full sun area
- Herbs must be contained as they are very invasive
- Plant in a well-drained soil
- Augment with well-rotted manure spring and fall
- Cut herbs frequently for use and to prevent them from seeding
- Water in the morning periods to prevent disease
- Fertilize with 20.20.20 to give the herbs a boost in the summer
- Do not use pesticides, use a companion planting guide



Mitchell Hewson, HTM, LT, RHCP
Registered Horticultural Therapist, Master, Manager
Horticultural Therapy Department
Homewood Health Centre

Herbs

1. Basil



This annual or short-lived perennial has square stems, toothed leaves with a strong, fresh, clove-like scent, and small, white, scented late-summer flowers.

Uses: The warm spicy taste of the leaf combines well with garlic, tomatoes, eggplant, and Italian dishes. (Please email me if you would like some

wonderful Italian and Greek recipes that are heart smart and great for summer entertaining.)

Basil flavors vinegar, pesto sauce, and oil. The essential oil is ideal for condiments and scented soaps and perfumes. Leaves can be used as a mosquito repellent, insect bites and acne. The fragrance is grounding and can be used as a mild anti-depressant. I dry this plant in a warm dry place and use throughout the winter in salads, soups and teas.

2. Chamomile



This aromatic evergreen has feathery, apple scented leaves, white flowers and golden centers.

Uses: Flowers are used for a digestive, soothing, and sedative tea. Helps promote sleep and prevent nightmares. Sometimes use for suppressing nausea. Warm tea bags are used for inflammation and dark shadows under the eyes.

Chamomile is anti-inflammatory, analgesic, and disinfectant qualities, helps to treat rashes, toothache and earaches. It is known in the garden as the "physician plant", reviving nearby ailing plants.

3. French Tarragon



This multi-branched perennial has greenish flowers and narrow leaves whose bitter-sweet, peppery taste has anise flavours.

Uses: Essential to French cuisine, for savory foods. I use this plant for flavouring shrimp and Portobello mushrooms. The leaves contain iodine, mineral salts, and vitamins A and C. Leaf tea stimulates the appetite, is a digestive, and a general tonic. Chewing leaves before taking bitter medicine helps to numb the taste buds. The root helps to reduce a toothache. Great plant for understanding the power of taste!

4. Lavender



There are 28 species of these aromatic, evergreen, shrubby perennials, all with small, linear leaves and spikes of fragrant, usually purple or blue, two-lipped flower.

Uses: The number one essential oil for healing as the aromatic oil glands cover all aerial parts of the plants but are found mainly in the flowers. Flowers flavour jams, vinegars and are crystallized for decoration. At Homewood we dry the flowers for long lasting fragrance for use in sachets and potpourri. Flower water is a skin toner useful for speedy cell renewal and is an antiseptic for acne.

Flower tea treats anxiety, headaches and halitosis. The essential oil is a highly valued perfume and healer. It is antiseptic, mildly sedative, and painkilling. It is applied to insect bites and treats burns, sore throats, and headaches. When teaching aroma therapy classes I recommend 3 drops of essential oil to baths as a relaxant. I also use this plant for grounding, insomnia and depression. Ideal for minor glue gun burns. My great grandfather was a Yardley. This company exported Yardley products (lavender) to Canada in the early 1900's. My grandmother used lavender soap and perfume for cleaning and moth prevention in her linens.

5. Lemon Balm



This fast growing bushy herb has square stems, lemon scented foliage, and late summer flowers that mature from white or yellow to pale blue.

Uses: Fresh leaves add a delicate flavour to many dishes, oils, vinegars, and liqueurs, providing a relaxing bath, soothe insect bites, and makes a sedative and tonic tea.

This tea has a reputation for giving longevity and soothes headaches, indigestion, and nausea. Extracts of lemon balm are antiviral and help clean and heal wounds by starving bacteria of oxygen. The refreshing, antidepressant essential oil helps some eczema and allergy sufferers. Great for improving memory! This lemon smell goes directly to the brain for emotional balance and energy.

6. Sage



Sage is an aromatic evergreen with gray-green textured leaves and mauve-blue flowers in summer.

Uses: Sage leaf has a strong taste that increases when dried. Used sparingly to flavour and aid the digestion of fatty meats. It is popular in poultry stuffing and combines well with strongly flavoured foods. The flowers are tossed in salads and can be brewed for a light balsamic tea, while the leaf is an antiseptic nerve and blood tonic. Sage is ideal for cleansing the hair and an anti wrinkle agent. The pores on the underside of the leaf mirror the pores of our skin. During our

psycho-aromatherapy programs we use this plant for making skin creams and a decongestant.

7. Spearmint



Most mints are creeping plants that hybridize easily, producing infinite variations. They have erect, square, branching stems, aromatic foliage, and flowers in leaf axils.

Uses: Flavours sauces, vinegar, vegetables, and desserts. Their teas are popular in the alcohol free Arab world. Oils have a mild anesthetic action and a cool refreshing taste. They flavour candy, drinks, cigarettes, toothpaste and medicines. Mints are stimulants; they aid digestion and reduce flatulence. It is included in ointments and cold remedies and is given for aches and pains. When inhaled the essential oil treats shock and nausea. I use this plant with lavender for a soothing cream for headaches and foot cleansing and circulation.

8. Sweet Woodruff



This woodland herb has a red-brown, creeping rootstalk, attractive 'ruffs' of six to nine elliptic leaves at intervals on the stem, and small clusters of brilliant white flowers in the spring.

Uses: The smell is a wonderful wave of sweet, new-mown-hay. The scent of coumarin in the leaves develops only as the leaves dry out, so they must be picked several hours before use. They are good for flavouring sorbets and fruit salads. When I was lecturing in China the hosts served me a refreshing leaf tea that was both energizing and soothing.

Sweet Woodruff can be used for a liver tonic, antispasmodic and for stomach pains. Bruised fresh leaves are anticoagulant for wounds. Dried leaves deter insects; act as a fixative in potpourri, and scent linen.

9. Thyme



Thyme is a much-branching sub shrub with woody stems; numerous small, pointed, strongly aromatic, medium green leaves; and lilac summer flowers.

Uses: Culinary Thyme aids the digestion of fatty foods. It is ideal for the long, slow cooking of stews and soups. Thyme oil is distilled from the leaves and flowering tops and is stimulant and antiseptic. It is a nerve tonic used externally to treat depression, colds, muscular pain, and respiratory problems. The oil is added to acne lotions soaps and mouthwashes.

10. Rosemary



An aromatic perennial that must be brought in before frost. A wonderful herb for strengthening memory, purifying the air, and a must for cooking with meat. Known as “Dew of the Sea”

Uses: Rosemary is ideal for salads, flavouring baked potatoes and herb butter. Stimulates blood circulation and is good for depression. Aids digestion of fats and is good for joint pain. Can be used as an antiseptic gargle and mouth wash.

SUMMATION:

All horticultural therapy programs must include the world of herbs into their programs. For many centuries herbs have been used for religious, cultural, culinary and aesthetic values.

Herbs stimulate the senses, promote healing and aid in the recovery process. As a Registered Horticultural Therapist and Aromatherapy Health Practitioner there are many benefits of working with herbs:

Working with herbs promotes a natural source of wellness for mind body and soul

- Herbs provide a plethora of uses from culinary, complimentary alternative medicine, healing fragrances to aesthetic purposes.
- Herbs stimulate the hypothalamus (the hormone command centre of the body) and limbic system (the seat of emotions).
- Herbaceous scented material stimulates the sense of smell that promotes memory, lessens pain and provides balance for the body.
- The fragrance of herbs can promote reality and lower anxiety through a healing space.
- The art of working with herbs can lessen fear by promoting grounding and safety through a healing space.
- The sense of smell has a key effect on our behavioural patterns, learning and interpretation.
- Tasting and touching herbs stimulate the memory response and promote reality
- Working with herbs promotes both right and left brain activity.
- Working with herbs promotes a meaningful activity that alters' patients mood and enhance or rehabilitates emotional and physical well-being.
- Herb gardens provide relief from anxiety and stress, and an outlet for creativity and imagination
- Herb gardens introduce concepts of spirituality and nature and healing spaces
- Working with multi-sensual material re-awakens hope, promotes a meaningful activity and quality of life.
- Working with herbs promotes physical exercise and fine motor skills.
- Herbs promote beauty and enhance the flavour of food.
- Herbs provide an enriching experience to promote dignity and quality of life.

Gardening exercises the body and nurtures the soul M. Hewson

Gardens *of* healing

Therapeutic gardens help renew the body and spirit at Legacy Health System

By JANIE NAFSINGER

BOOM! editor



Teresia Hazen, MEd, HTR, QMHP
Registered Horticultural Therapist
Legacy Rehabilitation Services

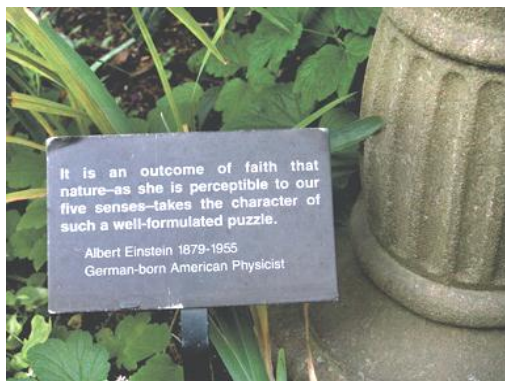
Pat McKenzie rolls her wheelchair alongside a raised bed of herbs, plucks a sprig of thyme and holds it to her nose. She closes her eyes and takes in the fragrance, a simile lighting her face as she sings a line from the song “Scarborough Fair”: “Parsley, sage, rosemary and thyme...”

Sister Pat, as she likes to be called – she’s a nun who lives at St. Ignatius Parish in Southeast Portland – visits the Stenzel Healing Garden at Legacy Good Samaritan Hospital as often as she can as part of the therapy she is receiving for a spinal cord injury.

At least every other day she leaves her room to visit this quiet oasis outside the lobby of the Northwest Portland hospital. She might water some of the plants or run a rake through a garden bed. Sometimes she takes a flower cutting back to her hospital room.

A garden “quiets your anxieties, your doubts, your fears,” Sister Pat says. “It kind of puts you in another world. You don’t think about your pain, your disability, the possibility you’ll never walk again.

“Wherever I go, I find a plant, and I’m happy.”



The Stenzel Healing Garden at Hospital is open to the public 24 hours a day, legacy Good Samaritan even days a week.



Good Samaritan's Stenzel Healing Garden attracts such wildlife as bees, butterflies and hummingbirds.

The power of plants

Though healing gardens have been around since ancient times, horticultural therapy – the treatment of patients with gardening activities led by trained therapists – is “a young profession that continues to develop,” says Teresia, Hazen, Legacy’s registered horticultural therapist.

The history of horticultural therapy in the United States dates back to World War II, when returning soldiers suffering from physical and psychological disorders were referred to green-house programs and outdoor gardening, Hazen says. “Outdoor gardening has been used in psychiatric programs since the early 1800s,” she adds.

The American Horticulture Therapy Association was founded in 1973, and its Northwest chapter was established in the early 1990s. As coordinator of Legacy’s horticulture therapy program, she also oversees all nine Legacy therapeutic gardens at several medical centers, trains and supervises the garden volunteers, and leads rehab therapy groups for Legacy patients.

Gardening benefits the body, mind and spirit in dozens of ways, Hazen says. It exercises the hands, fingers and arms, builds stamina and coordination, and pleases the senses. It exercises attention span and stimulates understanding of such abstract concepts as time, growth, death and change. It motivates people to work cooperatively and fosters social activities such as garden clubs. It builds self-esteem and lifts the spirits.

“We need to use it in every special-education class and senior center in the country,” says Hazen, 61, a Vancouver, Wash., resident who taught special education in Seattle before becoming a horticulture therapist, the first in the Portland area. She joined Legacy in 1991 and later earned a gerontology certificate.

“Our objective is to keep people engaged,” she says. “Every one of our seniors needs to be outdoors. Doctors tell us we need exposure to sunshine every day, and studies show how our mood improves in light.”

At Good Samaritan, Hazen works with patients recovering from stroke, brain injuries and motor vehicle accidents, patients coping with Parkinson's disease or multiple sclerosis and those with Alzheimer's disease. Horticulture therapy takes place in the Stenzel Healing Garden or at the hospital's "indoor garden" – a table around which patients gather for tabletop gardening activities. They have started plants from cutting, planted paper whites (a narcissus species) to take home and studied African violets.

"They're just so amazed they can be sitting in the hospital doing gardening," Hazen says.

The patients also appreciate the opportunity to focus on something other than the reason they're in the hospital, she says. "It's kind of nice to retrieve your successes after so much talk about what doesn't work."

During therapy with Alzheimer's patients, "the goal is seasonal orientation," she says. They might not remember what day or month it is, so the therapy incorporates objects representing the seasons – leaves and apples during autumn, for example. Hazen keeps the activities simple: "Passing a flower around the table exercises range of motion, paying attention, following directions and being social," she says.

A blossoming new field

Horticultural therapy began requiring college training in 2008, Hazen says. That year, Legacy Health System entered a partnership with Portland Community College's gerontology program to offer horticulture therapy courses and certification. Hazen, on top of her other jobs, teaches all the classes in the 18-month program.

Lynne Cook, a PCC gerontology student, began taking the horticulture therapy classes this past summer. The 55-year-old Beaverton resident worked as a computer analyst for 31 years before deciding she wanted a new career.

"I don't want to code anymore; I want to work with people," Cook says. "I've always loved plants and the outdoors. I knew I wanted to go into healthy programs."

After earning her certification, Cook will look for a job in a setting where she can work with patients, "where I can help people be better."



Teresia Hazen, horticultural therapist with Legacy Health System, works with patient Pat McKenzie in the Stenzel Healing Garden at Legacy Good Samaritan Hospital in Northwest Portland. Horticultural therapy is part of McKenzie's therapy as she undergoes rehabilitation for a spinal cord injury.



TOP: Teresia Hazen tends to plants in Legacy Good Samaritan's indoor garden, where horticultural therapy sessions also take place.

ABOVE: Dr. Gary Monzon, M.D., naps during a break in the Stenzel Healing Garden at Legacy Good Samaritan Hospital in Northwest Portland.

“Gardening into our 100s”

Dorothy Hancock, a Southeast Portland resident recovering from a stroke, also has made horticultural therapy part of her rehabilitation at Good Samaritan.

“I enjoy every bit of this therapy,” Hancock says. “I like the quiet of gardening and the fresh air. It’s relaxing, being in the elements.”

She and Pat McKenzie both are gardeners, so Hazen suggests ways they can adapt their gardening practices to their physical abilities. Planting raised beds, for example – and planting smaller gardens.

“Instead of 25 tomato plants,” Hazen asks the two patients, “how many are enough?”

Hancock and McKenzie consider for a moment. “Three,” they agree.

“How many zucchini plants?” Hazen asks.

“One plant,” Hancock replies.

Hazen nods. “You’ve got to work smarter, not harder,” she says.

“To keep gardening into our 80s, 90s and 100s, we need to adapt, following the cycles of nature,” she adds. “This nature stuff works.”

Volunteer at a Legacy therapeutic garden

Legacy Health’s therapeutic gardens rely on volunteers for a variety of projects and tasks, including garden maintenance and watering, planting projects, fund development, public relations, obtaining supplies, computer work, scheduling volunteers and assisting with workshop trainings.

Two of Legacy’s nine therapeutic gardens will hold information meetings in the coming months for prospective volunteers. Pre-registration is required. Attendees will tour the garden, learn about the requirements for the volunteer program and have their questions answered. Individual appointments for interviews, volunteer applications and training will take place later.



Source from: Boom. November 2010 (with permission)

Sue Stegmiller, a retired mental health professional, volunteers at the Stenzel Healing Garden at Legacy Good Samaritan hospital.

香港不少醫院、社福機構內均設有花園，但大多只開放予靜態觀賞之用，並標明「請勿採摘園內花草」、「請勿踐踏」云云。此外花園位置多遠離病房，服務使用者要親親大自然，看一看綠油油的植物以舒緩身心壓力，真的一點不易呢！

我有 SAY

綠視野

一項由學者 Roger Ulrich 進行的研究發現，醫院窗外有綠樹的住院病人，他們手術後使用止痛藥的用量會相對低，手術後的感覺較正向，對護士或照顧者態度亦較為友善，甚至康復進展上亦更理想(住院日較短)！由此看來要減少醫療開支，除了自求多福外，如醫院規劃時作出環境配合，亦是一個可行點子呢！

如有意就園藝治療資訊投稿或提供意見，歡迎電郵至 info@hkath.org 與吳小姐聯絡
(投稿人交來圖文必須持有版權，不可轉載，並註明投稿人真實姓名、電話及電郵地址)