

# Developing HT Programs: Creating Solid Foundations for Future Growth

## 發展園藝治療項目：為未來發展奠定重要的基礎

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# Our Relationship with Nature

## 我們與大自然的關係

- Psycho-Evolutionary 演化心理學理論
- Cognitive Restoration 認知恢復理論
- Learning 學習理論



# Psycho-Evolutionary/Biophilia 演化心理學/親生物性理論

- Shelter 庇護所
- Water 水源
- Food 食物
- Verdant Green 草木翠綠
- Flowers/Color 花/色彩
- Sunlight 陽光
- Animals 動物
- Open space 廣闊空間
- Views/Vistas 景色
- Diversity 多樣性
- Aesthetics 美學



# The Restorative Effect

## 認知恢復理論

- Feeling Away 遠離日常生活環境
- Compatibility 相容性
- Fascination 魅力性
- Extent 延展性
- (Kaplan & Kaplan 1989)



# Learning: The Effects of Learning on Nature Appreciation

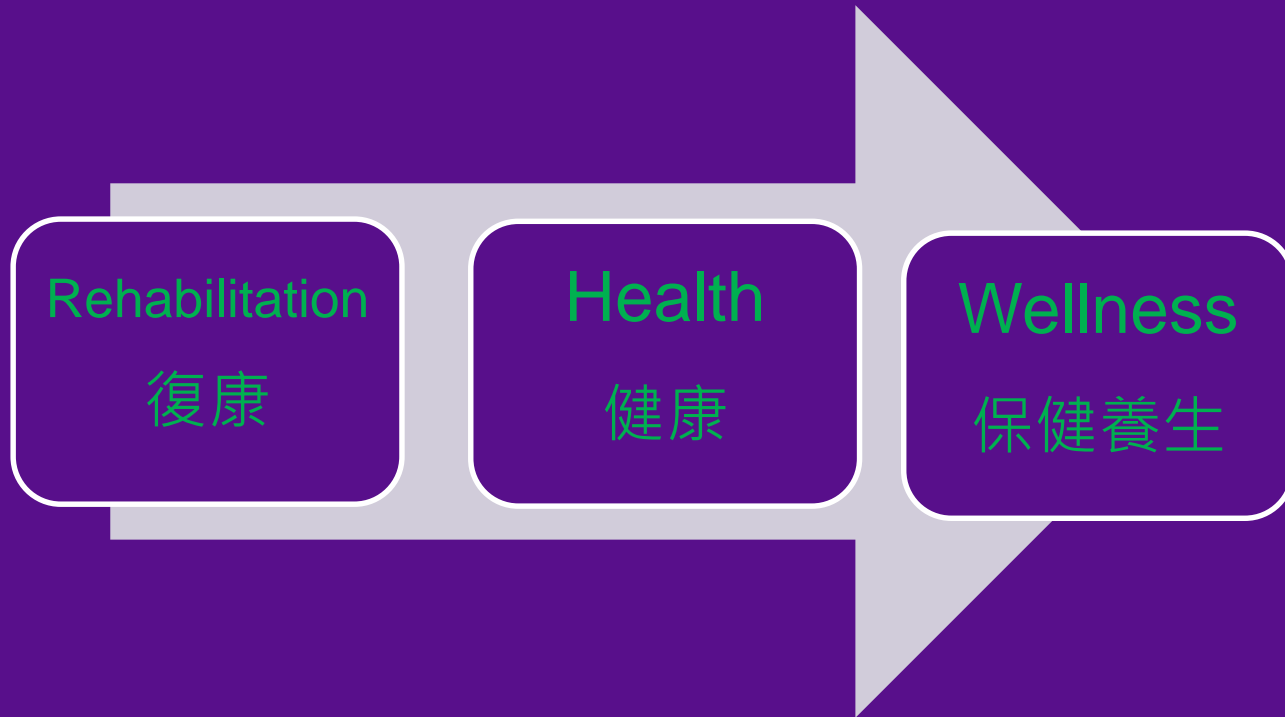
## 學習：學習欣賞大自然的影響

- Sensory 感覺
- Aesthetics 美學
- Utilitarian 效益主義
- Early Experiences 早期經驗



# The Health Continuum

## 健康譜系



# Health and Wellness

## 健康與保健養生

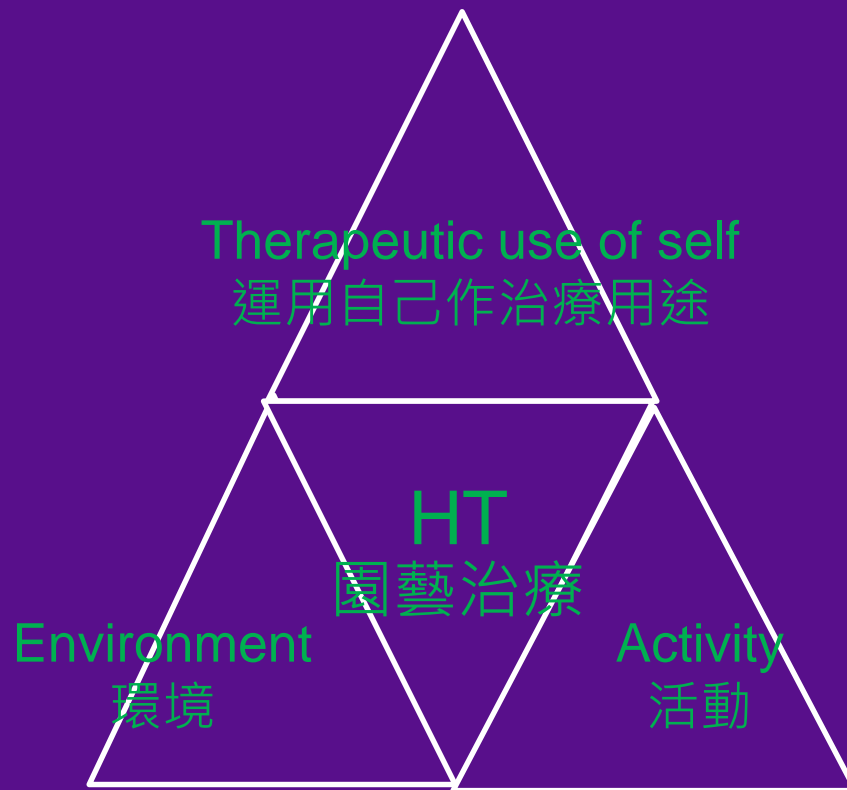
- Medical definition-return to neutral (homeostasis)  
醫學定義 - 回復正常 (體內平衡)
- World Health Organization-a state of complete physical, mental, and social well-being  
世界衛生組織 - 身體上、精神和社交上都完全滿足的狀態
- High level wellness-flourishing, self-actualization  
高水平的保健養生 - 全盛 ; 自我實現的滿足感
- The “good life” promoting those qualities that contribute to a satisfying, fulfilling, and well-lived existence including positive connections to others, positive personal qualities, and life regulation qualities

“美好生活”提升那些有助於令人滿意、充實和幸福生活的條件，包括與他人的積極聯系、積極正面的個人品格和調節生活能力。



# Components of Horticultural Therapy

## 園藝治療的組成部分



# CLINICAL SKILLS

## 臨床技巧

- Assessment 評估
- Baseline 介入前的狀況
- Goals 目標
- Objective 目的
- Treatment Plan 治療方案



# Patient Benefits/Clinical Goals

## 對患者的好處/臨床目標

### Physical 身體

- Activity tolerance 活動耐受性
- Endurance 耐力
- Strength 強度
- ROM 運動/活動範圍
- Fine Motor Skills 精細運動技能

### Cognitive 認知

- Restoration 恢復
- Sequencing 測序
- Memory 記憶
- Problem Solving 問題解決

### Emotional 情緒

- Stress 壓力
- Anxiety 焦慮
- Depression 抑鬱
- Self Esteem 自尊
- Distraction from Pain 分散對痛楚的注意力
- Motivation 動機

### Social 社交

- Opportunity to Socialize 社交的機會
- Social Skills 社交技巧
- Social Support 社交支持
- Normalization 正常化

# Some Thoughts on Goals

## 設計目標的一些考量

- Personally important, personally committed  
對個人重要或個人承諾
- Congruent with values  
與價值一致
- Self-determined and pursued for intrinsic reasons  
堅決和追求內在的改變
- Clear, specific, sub-goals  
明確、具體、有次目標
- Environment and resources support goals  
環境和資源的運用來達成目標



# Environmental Medicine

## 環境醫學

- Create a therapeutic environment 創造治療環境
- Applied Biophilia and restorative effect 應用親生物理論與認知恢復作用
- Sensory interest (appeal to all the senses) 感官興趣 (吸引所有感官)
- Have something of interest throughout the year 全年都有一些有趣的事情
- Cultural significance 文化意義
- Quiet space and group space 安靜空間和群體空間
- Wildlife or pets 野生動物或寵物
- Ease of culture 文化便利
- Ease of propagation 易於傳播
- Screen view or noise 螢幕或噪音



# What Makes a Good Activity? 什麼是一個好的活動？

## Prescribed Exercise 安排活動

- Meets the therapeutic needs of the patient 滿足治療患者的需求
- Multi-step, gradable, and adaptable for diff. levels 多步驟、可分級且適用於不同級別
- Familiar and comfortable or unique and exotic 熟悉和舒適或獨特的氣氛
- Interesting subject with relevant information 有趣主題及有相關資訊
- Sensory involvement 感官參與
- Challenging yet attainable for age and ability 具有挑戰性，但在年齡和能力方面可以實踐、
- Offers opportunities for socialization 提供社交機會



# Adaptations for Success 成功的適應

- Grade activities 等級活動
- Provide assistance 提供幫助
- Challenge but don't frustrate 有挑戰性但不至於令人沮喪
- Energy conservation 節能
- Adaptive techniques 適應技巧
- Adaptive tools 適合工具



# Therapeutic Use of Self-Empathy

## 自我同理心的治療應用

- Positive regard 積極關懷
- Respect 尊重
- Warmth 溫暖
- Immediacy 即時性
- Non-judgmental acceptance 非判斷性接受
- Therapeutic neutrality 治療中立性
- Authenticity 真實性
- Congruence 一致性



# Patient Centered Care

## 以病人為中心的護理

- Patient Centered Care- Providing care that is respectful and responsive to individual preferences, needs, and values, and ensuring patient values guide clinical decisions
- 以患者為中心的護理——提供尊重和響應個人喜好、需求和價值觀的護理，確保患者價值觀指導臨床決策。
- Benefits 效益
- Provides meaningful healthcare 提供有意義的醫療保健
- Whole person oriented 以人為本
- Better outcomes for participant 為參與者帶來更好的結果
- Better outcomes for facility 更好的設施效果



# Social Domain 社交範疇

- **Therapeutic Aspects of Group Work**

(Yalom 1995) 小組的治療果效

- Empathy 同理心
- Cohesiveness 凝聚力
- Social Support 社交支持
- Instillation of Hope 灌輸希望
- Universality 普遍性
- Socialization Skills 社交技巧
- Altruism 利他主義/無私的行為



# Keys to Social Success

## 社交成功的關鍵

- Create a safe, nonjudgmental milieu  
創造一個安全的、非批判性的環境
- Find out what people like 了解人們喜歡什麼
- Motivate 激勵/鼓勵
- Have fun 有趣



# Cultivating Meaning in the Garden

## 在花園裡培養意義

### What is meaning? 什麼是意義？

- Making sense of one's experiences 理解一個人的經歷
- Understanding and integration 了解和整合
- Developing purpose and direction 發展目標和方向

### Maximizing meaning in HT 園藝治療的最大意義

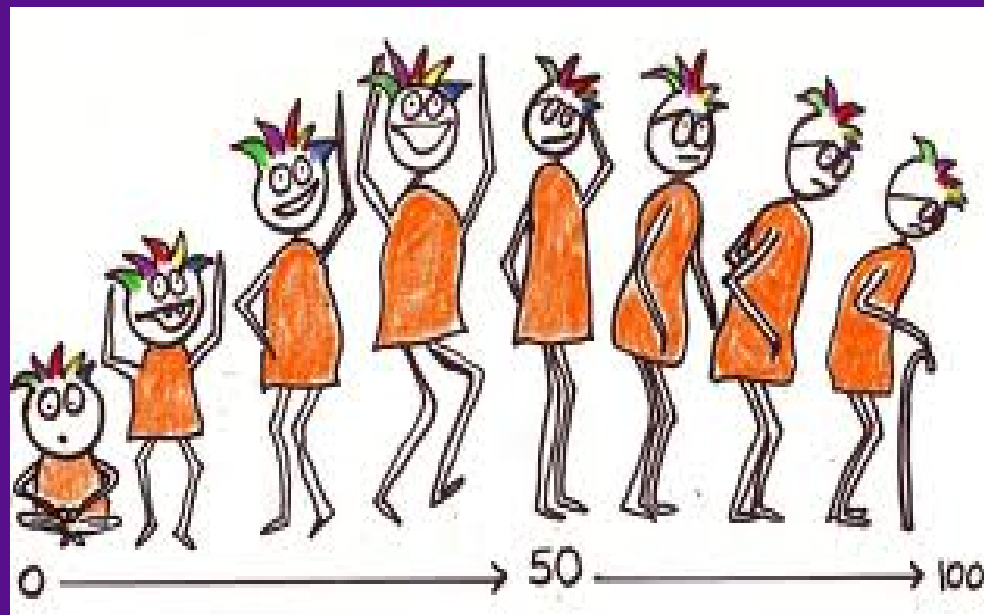
- Personal meaning 個人意義
- Plant knowledge 植物知識
- Ethnobotany/ sociocultural uses of plants 植物學/社會文化用途
- The Web of Life 生命之源



# Needs Throughout the Lifespan

## 整個生命週期的需求

- Infant/Toddler 嬰兒/幼兒
- Child 兒童
- Adolescent 青少年
- Young Adult 年青成人
- Middle Age Adult 中年成人
- Geriatric 老年人



# For the Young 為年幼的

- Connection to nature 與自然的聯系
- Environmental stewardship 環境管理
- Curriculum enhancement 課程改進
- Self esteem 自尊心
- Socialization and teamwork 社交和團隊合作
- Exercise 運動



# For Those with Developmental and Cognitive Challenges 對於那些有發展和認知障礙的人

- Sequencing 步驟
- Concrete learning 具體學習
- Stress reduction 減低壓力
- Self-esteem 自尊心
- Exercise 運動
- Socialization 社交
- Vocation 職業導向



# Recommendations for Cognitive Success

## 改善認知的建議

- Keep developmental level in mind 留意發展進程
- Keep instructions simple and to the point 簡單直接的指導
- Break activity down to manageable pieces 將活動分成小活動
- Task analysis 工序分析
- Let people feel in control 讓他們感到有自主/控制權
- Provide choice 提供選擇



# For Those with Psychological Challenges

## 對於那些有心理問題的人

- Cognitive restoration 認知恢復
- Stress management 壓力管理
- Exercise 運動
- Self esteem 自尊心
- Healthy hobby 健康的愛好
- Vocation 職業導向



# Recommendations for Emotional Success

## 處理情感的建議

- Treat with dignity and respect 尊嚴和尊重
- Be a good listener 做一個好的聆聽者
- Challenge but don't frustrate 挑戰性但不要令人感到沮喪
- Provide just enough help 提供足夠的幫助
- Flow activities 心流活動
- Allow patients to tell their tale 允許患者講述他們的故事
- Use humor when appropriate 適當時使用幽默



# For Health and Wellness 為健康和保健養生

- Healthy Lifestyle 健康的生活方式
- Diet 飲食
- Exercise 運動
- Lifelong Learning 終身學習
- Stress Management 壓力管理



# Healthy Ageing

## Keeping those Telomeres Long and Strong

### 健康的老齡化 – 保持DNA染色体端粒的長度和健康

- Physical Activity 運動
- Low incidence of disease 低發病率
- High physical function 高身體功能
- High cognitive function 高級認知功能
- Active Engagement in Life 積極投入生活
- Healthy Eating 健康飲食
- Managing Stress 壓力管理
- Stay in Control 保持自主控制
- Meaningfulness 生活有意義

# Recommendations for the Therapist

## 對治療師的建議

- Know your plants 瞭解你的植物
- Know your patients 瞭解你的病人
- Become a valued team member  
成為有價值的團隊成員
- Practice what you preach- wellness for you  
as well as your patients  
實踐你所宣揚的-為你 and 你的病人的健康著想
- Do well for yourself 做好自己
- Do well for your patients 為病人的康復著想
- Do well for your program 展開好的治療方案
- Do well for your facility 好好運用相關設施

# Living The Good Life 過著美好的生活

- Hedonic 享樂的
- Eudemonic 幸福感
- Making Connections 建立連系
- Developing Positive Traits 培養積極的性格
- Life Regulation Properties 調節生命的特質
- Purposeful Acts for Self and Others 有目的地為自己和他人做事
- Recognizing Beauty 欣賞美麗事物
- Acquiring Knowledge 獲取知識
- Enjoying Friendship 享受友誼

(Dunn & Brody 2008)

Rusk Rehabilitation



# Thank You 多謝



- And Remember 請記住
- Know your plants 瞭解你的植物
- Know your people 瞭解你的對象
- Self reflect, learn, grow, and 自我反省、學習、成長和
- Like your pruner, 就像修建枝葉一樣，  
keep your skills sharp 保持你的治療水準

Questions? 問題？



Thanks For Your Attention  
謝謝