

Gardens in Health Care

Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces



Legacy Health



Welcome to our annual Gardens in Health Care conference.

Friday, April 4, 2014

8 a.m.–4:30 p.m.

Lorenzen Conference Center

Legacy Emanuel Medical Center

Portland, Oregon

Featuring the new book

Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces, October 2013, John Wiley & Sons

Target participants

Therapists, physicians, administrators, nurses, facility staff, landscape architects, architects, designers, social workers, spiritual care staff, foundation staff, researchers, horticulturists, garden volunteers and philanthropists

Conference objectives

1. Participants will summarize three research studies to support the case for therapeutic landscapes and gardens.
2. Outline processes and strategies to promote interdisciplinary approaches to planning, programming, sustainability and evaluation of gardens.

Conference schedule

Friday, April 4, 2014 8 a.m.– 4:30 p.m.

8 a.m. Registration check-in, networking, refreshments and educational displays

9 a.m. **Welcome**
Bryce Helgerson, Vice President, Hospital Operations
Legacy Emanuel Medical Center

9:10 a.m. **A Case Study**
Allyson Anderson, CAO
Legacy Meridian Park Medical Center

9:20 a.m. **Keynote**
Annapurna — The Ancient Concept of Nurture by Nature
Duncan R. Neilson

Gardens in Health Care

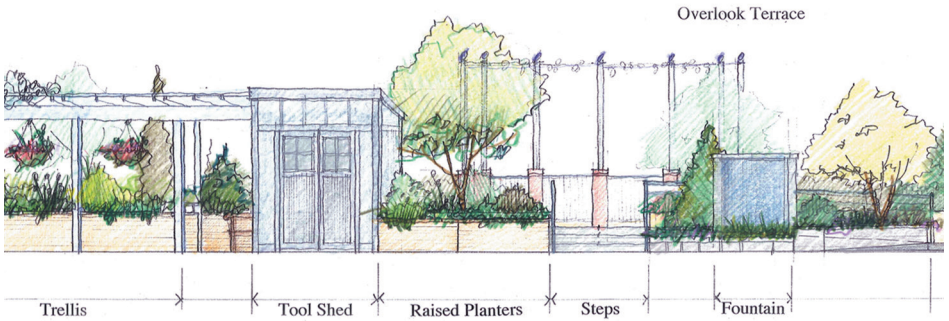
- 10:10 a.m. **Healing Gardens — Recent Trends in Their Acceptance and Best Practice in Their Design**
Where we have come from, where we are going. Trends in design since the 1990s. The increasing acceptance of restorative landscapes in health care, but, in some cases, are “healing gardens” becoming a fad? Key issues regarding best practice and “What not to do.”
Clare Cooper Marcus
- 11:10 a.m. **Break**
- 11:30 a.m. **Rehabilitation, Recovery and Restoration in the Health Care Garden — Clinical Programming, Therapeutic Activities, and Outcomes for Patients, Families and Employees**
Explore how clinical programs drive garden design and programming to meet patient, family, visitor and employee needs. The Theory of Supportive Design and the AHTA Therapeutic Garden Characteristics help explain clinical interventions used in Legacy therapeutic gardens.
Teresia Hazen
- 12:15–1:30 p.m. **Lunch**
- 1:30 p.m. **Healing Gardens and the Asia Connection — A Landscape Architect’s Journeys Inside Japan and Bhutan**
Marni Barnes
- 2:30 p.m. **Break**
- 2:45 p.m. **Salutogenic Design — Design that Benefits Patients, Families, Staff, Community, the Environment ... and the Bottom Line!**
Naomi Sachs
- 3:45 p.m. **Panel discussion and audience comments**
- 4:15 Symposium evaluations
Certificate of participation
CEUs issued

Presenters

Marni Barnes, LCSW, ASLA, APATH, creates and consults on therapeutic landscapes in public and private settings. A psychotherapist and a landscape architect, she researches, writes and teaches about emotional health and outdoor environments. She is an affiliate professor at Hyogo University in Awaji, Japan, and has received awards from the ASLA (1996), the AIA (1997), the EDRA (2000), AHTA (2007) and Nature Sacred (2013). She is currently working with Miyagi University on community regeneration in the tsunami-devastated areas of eastern Japan and with the Royal Government of Bhutan on its Centre for Gross National Happiness.

Teresia Hazen MEd, HTR, QMHP, is coordinator of Therapeutic Gardens for Legacy Health (www.legacyhealth.org/gardens). A registered horticultural therapist, she has applied an extensive, broad-based background to facilitate interdisciplinary garden design teams and to develop therapeutic programs for patients, visitors and employees since 1991. Hazen serves as project manager of a 2013 Nature Sacred grant (<http://naaturesacred.org>) for a new garden construction and three research studies. Roger S. Ulrich, Ph.D., serves as principal investigator for three studies that focus on birthing, families, and nurses and their use of the garden. Hazen teaches and consults about gardens in health care, horticultural therapy for a wide variety of populations, health benefits of gardening and nearby nature, therapeutic garden design and the participatory design process.

Clare Cooper Marcus, M.A., MCP, Hon. ASLA, is Professor Emerita in the departments of Architecture and Landscape Architecture at the University of California, Berkeley. She is internationally recognized for her research on the social and psychological implications of design, and her work has been recognized with many awards. She is the author/co-author of a number of books, including *Housing As If People Mattered* (1986); *People Places* (1990); *House as a Mirror of Self* (1995); *Healing Gardens* (1999); *Iona Dreaming: The Healing Power of Place — A Memoir* (2010); and *Therapeutic Landscapes* (2013).



Duncan R. Neilson, Jr., M.D., serves as a leader for Legacy's new Family Birth Center–CVICU garden development and research studies project 2011–2015. He is a member of the Society for Humanism in Medicine and served as the 2004 president and planner of the conference "The Nurture of Nature, and the Nature of Nurture." He serves as clinical vice president of Legacy Medical Group–Surgical Services, chair of Legacy Graduate Medical Education, and medical education director for Legacy Institute for Surgical Education and Innovation. Dr. Neilson enjoys nature photography to demonstrate the beauty and significance of the natural world — to emphasize not only the physical dependence we have on this world, but also the deep psychological attachment we have to the beauty of natural things: the birds, flowers and landscapes that have always inspired his photography.

Naomi Sachs, ASLA, EDAC, is founding director of the Therapeutic Landscapes Network (www.healinglandscapes.org). She is pursuing a Ph.D. in architecture at Texas A&M University within the Center for Health Systems and Design. Sachs has been an active member of the American Society of Landscape Architects' Healthcare and Therapeutic Design Professional Practice Network since 1999. Additionally, she is a member of the Center for Health Design's Environmental Standards Council; serves on the Editorial Review Board of the *Journal of Therapeutic Horticulture*; and teaches at the Chicago Botanic Garden's Healthcare Garden Design Certificate of Merit Program.

Registration

Register online at www.legacyhealth.org/gardens

Registration fees

- \$95: **Early rate** by Feb. 1, 2014
- \$110: **Regular rate** after Feb. 1, 2014
- \$50: **Legacy rate for our employees**, volunteers, students

Registration closes March 28, 2014. \$130 at the door, if space available.

- \$13: Salad buffet lunch includes three salad choices, rolls, cookies and beverage.

Confirmation emailed upon receipt of registration.

Cancellation seven calendar days before April 4 is possible with \$30 processing fee retained. If less than seven calendar days' cancellation, there is no refund of fees.

Tours

- \$10: Thursday, April 3, 3:30–5 p.m. Legacy Garden Tours on Emanuel campus, including the secured Oregon Burn Center Garden, The Children's Garden and Family Birth–CVICU Garden. Pre-registration required. Limit 20. No on-site registration. Confirmation includes 3:15 p.m. meeting place.

CEUs pending. Legacy is an approved provider of continuing education for nursing through the California Board of Registered Nursing.

More information

Hotels near Legacy Emanuel Medical Center
DoubleTree by Hilton Hotel Portland, Lloyd Center
Crowne Plaza Portland Downtown

Transportation

MAX Red Line (Airport/City Center/Beaverton)

For more information, please contact Teresia Hazen at thazen@lhs.org,
503-413-6507

Legacy Therapeutic Gardens
1015 N.W. 22nd Ave., Suite 529
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Learn more about Legacy's garden project at
www.legacyhealth.org/gardenresearch

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Legacy Good Samaritan Medical Center

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