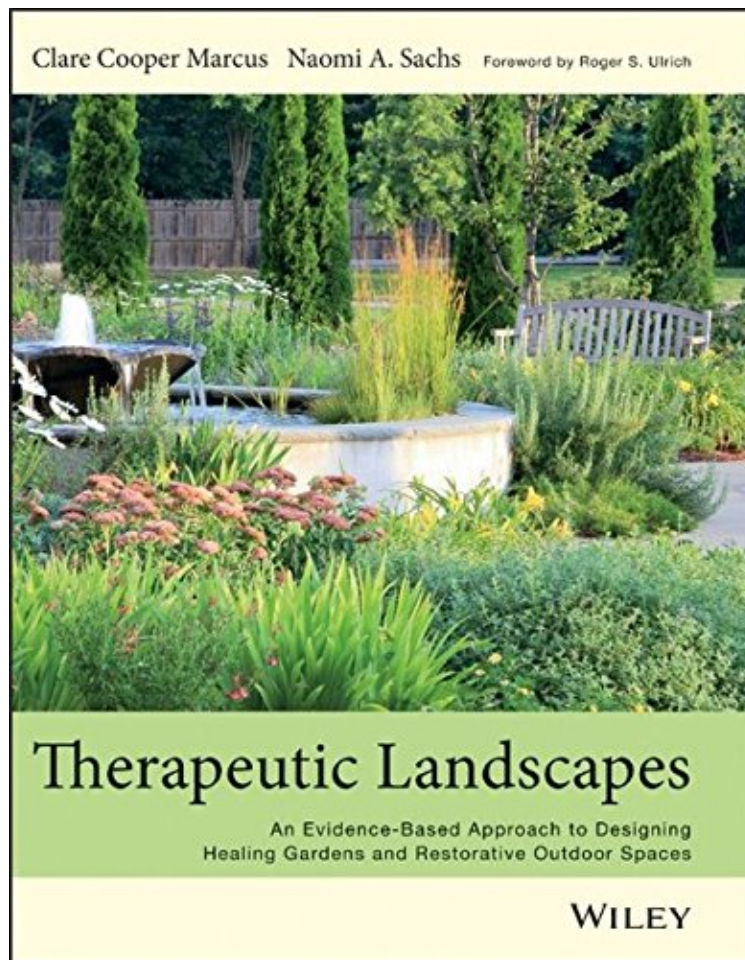


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# Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces

Clare Cooper Marcus, Naomi A Sachs  
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**Clare Cooper Marcus, Naomi A Sachs : Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces** before purchasing it in order to gage whether or not it would be worth my time, and all praised Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces:

3 of 3 people found the following review helpful. Excellent resourceBy Jenna CookI would give this book an extra star if it were more complete in a couple of areas. For me having a list of plant material that would be best per type of garden would be 'a nice to have'. I wonder if such a resource or book is available? Next, I know this is an evidence based approach to healing gardens and it does explore some possible reasons why gardens work the way they do but the book omits some key points to explore. Two Eastern cultures (at least) have been using the natural environment

and gardens to promote a healthier life style, Ayurvedic medicine (in the Indian subcontinent) and classical Chinese medicine have been doing this for thousands of years. In particular Chinese medicine in conjunction with the understanding of Chi and energy flow have been using the landscape to promote healing for centuries. Some will even try to compare EBD to Feng Shui garden design principles. They are just about the same. Integrated EBD is about 30 years old and Feng Shui is over 3000 years old. The Chinese seem to have known something for a long time before that and it is only recently that our Western minds are starting to figure it all out. What about the 'evidence' of how a garden makes us feel? Our own thoughts and feelings should be evidence enough for just us? Given this, it would be great to see a book and an extra layer of how healing gardens may work and not just rely on Western thinking. It's not the whole story by far. 4 of 4 people found the following review helpful. An important work that will improve the quality of spaces for healthcare and residential care living. By Brian E. Bainson. Got my copy two weeks ago and I am already incorporating ideas from the book into my projects. The chapters are broken down by types of gardens and clinical needs and the case studies provide real world examples of the theory and approaches described in the book. A must have for anyone designing, building, or associated with Healing and Therapy Gardens. 0 of 0 people found the following review helpful. Clear and compelling compendium. By Jennifer Masters. Essential up-to-date information culled from a vast body of research. Incredible resource for anyone interested in creating or promoting quality outdoor environments in a variety of settings. The case has been made (ie there are scores of rigorous studies to back up what we know on a human level) and presented here so beautifully. The next challenge is to create a strategic funding plan.

This comprehensive and authoritative guide offers an evidence-based overview of healing gardens and therapeutic landscapes from planning to post-occupancy evaluation. It provides general guidelines for designers and other stakeholders in a variety of projects, as well as patient-specific guidelines covering twelve categories ranging from burn patients, psychiatric patients, to hospice and Alzheimer's patients, among others. Sections on participatory design and funding offer valuable guidance to the entire team, not just designers, while a planting and maintenance chapter gives critical information to ensure that safety, longevity, and budgetary concerns are addressed.

"This is an exceptionally well-written, well-researched and well-illustrated book on designing and creating therapeutic landscapes. Rarely before has this topic been so thoroughly documented in one easy-to-read book that provides essential information to landscape architects, garden designers, healthcare workers, therapists and patients." (Linda A. Irvine, *Landscapes/Paysages Magazine*, OALA, FCSLA, ASLA; Manager, Parks and Open Space Development, City of Markham, Ontario, Canada) "Taking time to get in tune with your surroundings and learn to love nature has proven a therapeutic process for many, including Naomi Sachs. Sachs is Founding Director of the Therapeutic Landscapes Network, and has been able to translate a personal passion for nature into a new book, co-written by Clare Cooper Marcus, which just came out this week called *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces*. The new publication has been long-anticipated and referenced as the "single most comprehensive and authoritative guide to designing healing gardens and restorative outdoor spaces." (naturesacred.org, October 2013) From the Back Cover The single most comprehensive and authoritative guide to designing healing gardens and restorative outdoor spaces *Therapeutic Landscapes* focuses critical attention on the design and creation of landscapes that promote health and well-being, emphasizing the importance of evidence-based design to meet the needs of specific patient populations, as well as those of visitors and staff. It presents an overview of healing gardens and therapeutic landscapes from planning to post-occupancy evaluation and offers guidelines on which landscape architects, healthcare administrators, and funders to base their decisions. Whether the outdoor space is a courtyard, a campus, or a roof garden; whether it is part of an acute care or a residential facility; or whether it serves children, cancer patients, veterans, or the elderly, this comprehensive guide delivers proven approaches to the design of beautiful spaces that reduce stress, encourage emotional equilibrium, support recovery from illness or injury, and help patients regain lost or impaired abilities. Important features of this wide-ranging and closely detailed resource, include: Evidence-based guidelines for designers and other stakeholders in a variety of projects Patient-specific strategies covering twelve categories ranging from burn patients and psychiatric patients to hospice and Alzheimer's patients Case studies of exemplary gardens that demonstrate best practices and provide inspiration Information on participatory design and funding strategies Chapters on research, planting and maintenance, horticultural therapy, and sustainability *Therapeutic Landscapes* is an indispensable resource for landscape architects, other designers, students taking related courses, and healthcare administrators. About the Author Clare Cooper Marcus is Professor Emerita in the Departments of Architecture and Landscape Architecture at the University of California, Berkeley. She is recognized internationally for her pioneering research on the psychological and sociological implications of the design of housing, public open space, and restorative landscapes. Naomi A. Sachs is founder and Director of the Therapeutic Landscapes Network. She is currently pursuing a PhD in architecture at Texas AM University. Naomi writes and lectures frequently about the restorative benefits of nature.