

The benefits of therapeutic gardens

The first therapeutic gardens were launched around 1800 in the United States, first in psychiatric hospital to appease the patients from their mental illness or their states of stress. Then, therapeutic gardens developed more widely throughout the world following the First and Second World Wars. Indeed, these therapeutic gardens thus served to soften the various traumas of the soldiers.

The therapeutic contribution is thus no longer to be proven for this type of garden. However, they were reserved for an audience with broad mental illnesses or traumas. From now on, the therapeutic gardens are developing in larger social projects, for a larger public, and for more diversified contributions.

Therapeutic gardens are used today for their social contribution, especially in retirement homes, for the elderly, who are often isolated. Beyond bringing them calm and serenity through proximity to nature, it also creates a new living space to meet other people, or simply to walk with your family, friends, other residents.

From now on, with the awakening of environmental questions, and the questioning of the relationship of the Modern Human with Nature, therapeutic gardens are developed within the framework of new perspectives and new expectations. Henceforth, the therapeutic gardens serve as a tool for raising awareness, but also for knowledge of Nature among a diverse public. This new perspective of the vision of therapeutic gardens now makes it possible to open them to a wider audience, regardless of age, socio-professional category, or nationality. Indeed, the Modern World now takes everyone a little further away from proximity to Nature, and these therapeutic gardens can thus be a brake on this now global phenomenon.



Sources :

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