

# Landscape architect as a necessary partner in multidisciplinary dialogue toward shaping the healing environment.

PhD Kamila Adamczyk-Mucha<sup>1</sup>, PhD **Lucyna Górska-Klęk**<sup>2</sup>, PhD Kamila Rojek<sup>1</sup>

1. Department of Landscape Architecture, University in Life Sciences in Lublin University in Life Sciences in Lublin, 2. the Faculty of Physiotherapy, The Wrocław University of Health and Sport Sciences in **Wrocław**, Poland

kamila.adamczyk@up.lublin.pl, lucyna.gorska-kllek@awf.wroc.pl, kamila.rojek@up.lublin.pl

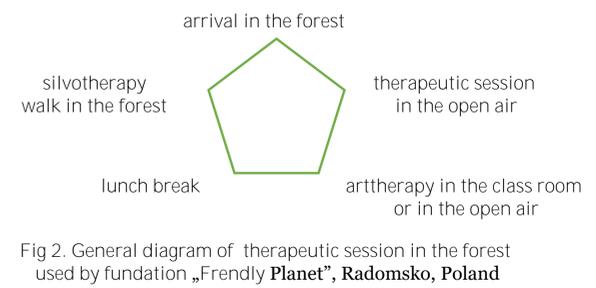
In solving nowadays problems in different areas is necessary to cooperate, being open, sensitive, and understanding as much as possible for human and nature needs. The very beautiful and often successful field of study is **hortotherapy**, where landscape and greenery is a factor of therapy.

There is an important role and work for landscape architects to do in a group of professions to share the experience of understanding, proper analyzing and noticing the potential of landscape with those who use the outside as a base/field for their work.

The proper creation of surrounding can strongly improve results of therapy for clients, their families and therapists. The challenge is to find common language with therapies, physiotherapists, foresters, architects and landscape architects, to evaluate needs and possibilities of fulfillment in satisfactory way. The landscape architect sometimes is a negotiator who shows great potential in place and greenery in service for better therapy.

As an example in the presentation will be used the foundation "Friendly Planet" (Radomsko, Poland) and their program of Forest Treatment, who work with mental disabled clients and with their families. The program is becoming popular in Poland but has not many regular examples in the country. One of the ways to popularize is to educate landscape architects to speak with other professions finding common language and common goals.

The all type of outside therapy, inter alia forest therapy (sivotherapy), is especially important to improve now, according to contemporary problems with socializing and limitation in meetings in closed environments. It has a great potential also to show the healthy lifestyle model with integration elements, where the base is interdisciplinary dialogue about using greenery for better life, in mental and physical sphere.



## Benefits of silvotherapy / foresttherapy

- Clear the respiratory system
- Increase in self-esteem
- Reduces of symptoms of depression
- Lowering heart rate and blood pressure
- Increasing immunity by increasing the NK Cells
- Improving concentration
- Lowering the blood sugar level
- Lowering the level of stres by lowering the level of adrenalin and cortisol
- Vitamin D
- Develop motor ability
- Has a bactericidal and expectorant effect

## Benefits for the children/participants\*

- The participants are more independant,
- They overcome difficulties more easily,
- They are more communicative and social, open for integration, expressing own needs and emotions
- The participants moch easier edapt to new situation and group rules
- They have fewer manifestations of self-aggressive behavior, observed by: reduced muscle and emotional tone
- They are more open for stimuli from the environment and new experience, observed by: acceptance new situation, more open for new exercises and tasks

## Benefits for the parents \*

- Observation the children during the sesions and learn how to work with them at home
- The therapy is chance to meet with other parents and creat a group of support

\* Observed by therapists in the foundation "Friendly Planet" in Radomsko, Poland

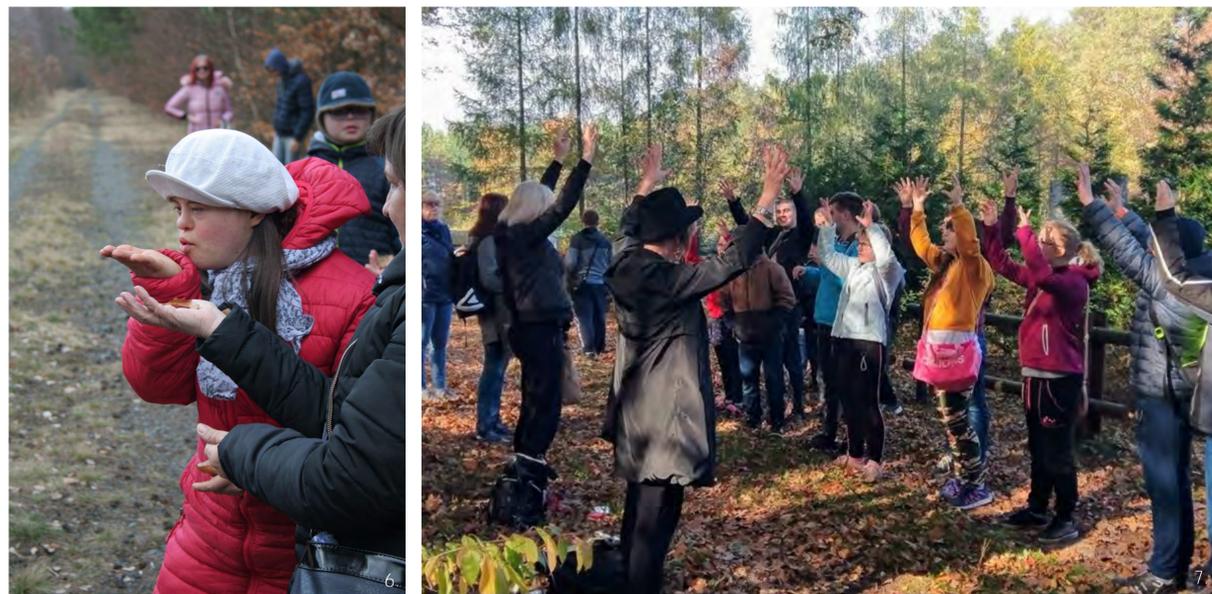


Fig. 3 – 7. Archives: Pictures from sessions in the forest. Participants were from tree Educational Centers for children with special needs ( from **Belchatów, Piotrków Trybunalski** and Radomska). In 2022 took place 13 seasiols for children and their families.

Fig. 8 – 11. Examples of enviroment ecouragues to visite forest, with proper solution and matherials suitable to forest surrounding. 8-9 – Forest class room - <https://lala.no/Project/tufoen-pa-ola-narr/> Fig 10 - 11. Wild Wood Plaza – <http://landezine.com/index.php/2016/01/wildwood-plaza-uster-by-studio-vulkan-landschaftsarchitektur/>

