



HORTI THERAPY

Nature-based rehabilitation

Lido di Venezia
2-5 October 2019

INFO AND CONTACTS

distal.hortitherapy@unibo.it

<https://site.unibo.it/hortitherapy/en>

Horticultural therapy is a nature – based intervention that take place in a garden setting, connected to the concepts of well-being and quality of life, supported by trained professionals.

Participants exercise and learn new skills, making connections between plants-care and self-care. It improves cognition, reduces stress, promotes emotional balance and health.

POWERED BY





PROGRAMME

Wednesday, 2 October

- **16.00** Registration - Environmental and botanic guided tour to the San Camillo Hospital Therapeutic Garden and to the park, the beach, the dunes and Alberoni WWF Oasis.
- **18.00** Welcome cocktail in the garden and delivery of the welcome kit.

Thursday, 3 October

- **8.30 – 9.00** Registration and Welcome from the Institution.
- **9.00 – 9.30** Birth of a therapeutic garden in a neurorehabilitation setting. *Francesca Meneghello, Dept. of Neurorehabilitation, IRCCS Ospedale San Camillo, Venezia*
- **9.30 -11.00** Horticultural Therapy: theory and constructs. *Candice Shoemaker, Department of Horticulture and Natural Resources, Kansas State University, US*
- **11.00 – 11.30** Coffee break in the park.
- **11.30 – 12.00** Inclusive Gardens: educational approach. *Anna Pileri, Dept. of Psychology, IUSVE – Venezia Mestre*

Thursday, 3 October

- **12.00 – 12.30** Education in nature: theoretical bases and pedagogical practices. *Alessandra Gigli, Dept. of Educational Sciences, University of Bologna*
- **12.30 – 13.15** Multifunctionality of the Urban Horticulture. *Giorgio Prosdocimi Gianquinto Dept. Food and Agricultural Sciences and Technologies, University of Bologna*
- **13.15 – 14.30** Lunch in the park.
- **14.30 – 16.00** Nature - Based Interventions for mental health care. *Anna María Pálsdóttir, Swedish University of Agricultural Sciences (SLU), Alnarp, Sweden*
- **16.00 – 16.30** Coffee break in the park.
- **16.30 – 16.50** People-plant connection and horticultural therapy efficacy. Data from clinical research. *Costantina Righetto, Dept. of Agricultural and Food Sciences, University of Bologna*
- **16.50 – 17.10** Natural environments and the restoration of working memory resources in young and older adults. *Francesca Pazzaglia, Department of Psychology University of Padua*



PROGRAMME

Thursday, 3 October

- **17.10 – 17.30** Health and Environment. A global bioethical approach. *Francesca Marin, FISPPA - Department of Philosophy, University of Padua*
- **17.30 – 17.50** Questions and Answers.
- **17.50 – 18.00** Satisfaction questionnaire and learning forms.

Friday, 4 October

- **8.30 – 9.00** Registration.
- **9.00 – 9.30** Clinical cases and experiences in a neurorehabilitation therapeutic garden. *Francesca Meneghello, Dept. of Neurorehabilitation, IRCCS Ospedale San Camillo, Venezia*
- **9.30 – 11.00** Gardening as a physical and a cognitive activity for health in older adults. *Candice Shoemaker, Dept. of Horticulture and Natural Resources, Kansas State University, US*
- **11.00 – 11.30** Coffee break in the park.
- **11.30 – 11.50** Garden Therapy for the enhancement of executive functions of elderly. *Roberta Daini, Department of Psychology University of Milan-Bicocca*

Friday, 4 October

- **11.50 – 12.10** Growing indoor for the winter garden. *Giuseppina Pennisi, Dept. of Agricultural and Food Sciences, University of Bologna*
- **12.10–12.40** Special cultivations for soilless therapeutical gardens. *Francesco Orsini, Dept. of Agricultural and Food Sciences, University of Bologna*
- **12.40 –13.10** Aromatic and officinal plants for the therapeutic garden. *Stefano Bona, Dept. of Agronomy, Food, Natural resources, Animals and Environment, University of Padua*
- **13.10 – 14.30** Lunch in the park.
- **14. 30 – 15.15** The rehab process of post-stroke fatigue. Assessments, treatments and future research. *Anna María Pálsdóttir, Swedish Univeristy of Agricultural Sciences (SLU), Alnarp, Sweden*
- **15.15 – 16.00** Moving into the Future: Horticultural Therapy and Evidence-based Practice. *Candice Shoemaker, Department of Horticulture and Natural Resources, Kansas State University - US*
- **16.00 – 16.30** Coffee break in the park.



COSTS

	Senior		Student
1 Day	€110		€80
Full course	€210		€150

PROGRAMME

Friday, 4 October

- **16.30-18.00** Two working and switching groups (40' each)
1) Horticultural task analysis for therapeutic applications. **Anna María Pálsdóttir, Swedish Univeristy of Agricultural Sciences (SLU), Alnarp, Sweden**
2) Working with plants for soilless therapeutical gardens. **Candice Shoemaker, Dept. of Horticulture and Natural Resources, Kansas State University - US**

Saturday, 5 October

- **9.00 – 13.00** Urban horticulture and gardening experiences in Venice Old Town, in the Lagoon and in the Mainland.
- *Le vigne ritrovate* / Lagoon in the Glass – Sant’Erasmus Island – Venice Lagoon.
- *L’orto del campanile a Santa Maria dei Carmini* / Bell Tower Vegetable Garden – Venice Old town.
- *La casa di Anna* / Anna’s Home – Social and Didactic Farm in Zelarino, Mestre – Venice Mainland.
- *Wigwam Venetian Gardens Festival.*



**E.C.M.
Certified**



These technical visits are not included in the course fee.
Express please, your preference without obligation.
Bookings are welcome!