

EXPERIENCES OF THE HEALTH FOREST IN REHABILITATION



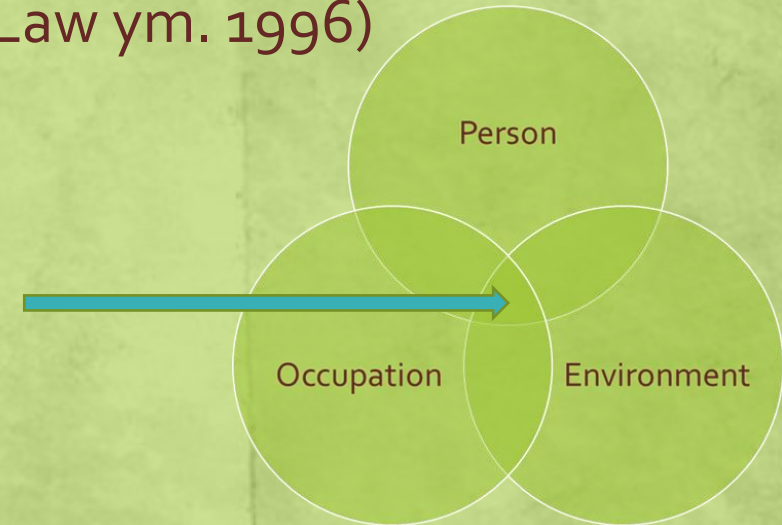
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OCCUPATIONAL THERAPY

- The goal is to enable the client to have meaningful and functional everyday life.
- Occupational therapists' core skills are for example activity analysis and therapeutic use of occupation/activity.
- Person – Environment – Occupation (PEO) model (Law ym. 1996)



Occupational
performance



OCCUPATIONAL THERAPY AND NATURE

- Occupational Therapy has always had a strong connection with nature-based practice (Fieldhouse & Sempik, 2023).
- Occupational therapists enable outdoor engagement through occupation-focused and occupation-based interventions across a range of practice contexts. Occupational science may offer a valuable contribution to the evidence base, through considering being in nature as a meaningful occupation and outdoor accessibility as a matter of occupational justice. (Firby & Raine, 2023.)
- Garden-based interventions, green walking, environmental design, being in nature, care farming, animal-assisted interventions, facilitated green exercise, wilderness and adventure-based interventions, nature-conservation volunteering, ecotherapy, blue care (Firby & Raine, 2023; Fieldhouse & Sempik, 2023).



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THERAPEUTIC GROUP EXPERIENCES IN HEALTH FOREST 1/3



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- A psychophysical multi-professional group, with a physiotherapist and an occupational therapist as instructors. The group took place once a week in two different adult psychiatry departments for about a year, so there were two groups in total. In wintertime, we have been inside, but at other times, whenever possible, we have been outside and in the Health Forest.
- The goal of the groups has been to positively influence the mind through the body and nature. Clients find ways to support mental well-being in their everyday life.
- The groups still continue, but the physical therapist's working partner changes to a nurse/exercise instructor.

THERAPEUTIC GROUP EXPERIENCES IN HEALTH FOREST 2/3

What all we have done?

We have done Health Forest's ready-made exercises, various psychophysical exercises, enjoyed and felt nature, spent time by the campfire, drank coffee by the campfire, observed nature, used magnifying glasses, walked in nature, increased and decreased heart rate, hammock relaxation, reminiscing (nature evokes many memories through the senses), conversation, being quiet next to nature...

During the winter and in bad weather, we have also been in nature virtually, for example by watching nature videos.

Different clients have different needs; others need, for example, mental alertness and energy, and others need to calm the body and mind. Nature provides both in response to exactly the needs that clients have! Instructors enable and support customers to observe and listen to the needs of their own body and mind, and to act an appropriate way while listening to their own needs.



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THERAPEUTIC GROUP EXPERIENCES IN HEALTH FOREST 3/3

What kind of effects have the groups had?

- "Feeling refreshed!" "Feeling relaxed!"
- The natural environment supports the positive effect of cooperation between body and mind.
- It is possible to get out of the hospital environment and into nature quickly and easily. At the same time, the opportunity to detach from the role of the patient.
- In addition to clients, it also has a positive effect on the well-being of employees.



Kuva Terveysmetsästä, kuvaajana ja kuvattavana psykofyysisen ryhmän ryhmänohjaaja

OCCUPATIONAL THERAPIST'S INDIVIDUAL ASSESSMENT EXPERIENCES IN HEALTH FOREST

- Interview by the campfire drinking tea or coffee on the lean-to
- Walking and talking in the Health Forest
- Also physical therapist in mental health is doing individual therapy sessions in Health Forest



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