



rosecrance  
life's waiting

## RECOVERY IN A HEALING ENVIRONMENT

# Healing Garden

### Testimonies

“One of the techniques we have taught the teens is breathing from the Hara which helps build their ability to control anxiety, deeply relax and tap into their vital energy. Learning how to do this was best accomplished while in the garden. They are then encouraged to continue the breathing exercise when needed even if not in the garden.”

*Rosecrance Adolescent Addictions Counselor*

“We like to do a ‘get to know each other’ group exercise in the garden. It consists of pairs of kids interviewing each other and then coming back to the group and discussing what they learned. We have done this for years, but in the garden it takes on a new dimension. One is that they can spread out and sit just the two of them. The way the hill is constructed I can easily stand in one place and observe, but they have the feeling of seclusion. In this setting, they relax and share very openly regarding the personal questions listed on the questionnaire. This has always been an effective group building activity but it seems to have more depth in the garden.”

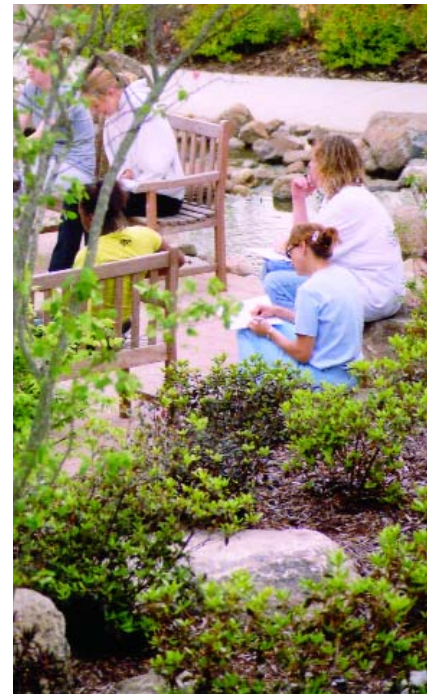
*Rosecrance Adolescent Addictions Counselor*

“I have had days that are particularly stressful I find that taking 10 minutes in the garden works wonders. I also eat my lunch outside sometimes on the patio where I can look out over the whole of the garden and take it in. I find this very soothing.”

*Rosecrance staff member*

“When I meet someone new and they ask where I work, their comment is often about the beautiful gardens. It adds to the sense of pride I feel in where I work. There are many things to be proud about at Rosecrance and having such a beautiful facility in which to do our work is one of them.”

*Rosecrance staff member*



“Through deep breathing and relaxation we teach patients to become aware of their senses again (sight, sound, taste, touch, smell) and to pay attention to how they are touched by nature. Through the garden we teach the patients how to slow down and live in the moment.”

*Christine Nicholson, Experiential Therapies Supervisor*

“Being in the garden is time where patients are able to reflect on what is going on in his/her life. If you respect the garden and become one with the earth and it will give you something in return. Through their journals they are able to record what they have learned.”

*Rosecrance Instructor*

“When the kids went through the healing garden curriculum as part of a research study, they spent some time journaling after each session. We carried this into a regular part of our day to day programming. Some of the journal entries were very profound. I don't attribute this to any one part of our program, but a flywheel effect of all of our momentum moving in the direction of recovery of which the garden has become an integral part.”

*Dave Gomel, Senior Vice President of Adolescent Services/Administrator of Griffin Williamson Campus*

“I was grateful I heard the swallow cooing as I walked in the garden and I looked up to see her nest... She reminded me that life is about the simple things, finding your niche to nest in even if it between a rock and a hard place. If she can do it, so can I.”

*Adolescent patient journal entry during horticulture class*

“I had a young man tell me before he began horticulture therapy, he did not believe in a higher power but through our time in the garden he found serenity. He said, ‘One day I was breathing through my hara (a central point in the body) and I looked up to the sky and I felt something. I don't know what it was, but now I believe!’ He was content with himself and he found peace with himself.”

*Christine Nicholson, Experiential Therapies Coordinator*

“The garden gives me serenity personally and professionally, especially when I see the effect it has on the patients. They become more aware of their feelings and what they want for themselves.”

*Rosecrance staff member*

