

# Download Ebook The Healing Landscape Therapeutic Outdoor Environments

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## CGQWIW - SUMMERS TALAN

This comprehensive and authoritative guide offers an evidence-based overview of healing gardens and therapeutic landscapes from planning to post-occupancy evaluation. It provides general guidelines for designers and other stakeholders in a variety of projects, as well as patient-specific guidelines covering twelve categories ranging from burn patients, psychiatric patients, to hospice and Alzheimer's patients, among others. Sections on participatory design and funding offer valuable guidance to the entire team, not just designers, while a planting and maintenance chapter gives critical information to ensure that safety, longevity, and budgetary concerns are addressed.

Although the healing qualities of nature have been recognized and relied on for centuries as a valuable part of convalescence, recent history has seen nature's therapeutic role virtually eclipsed by the technological dominance of modern medicine. As the twentieth century comes to a close and the medical community reacknowledges the importance of the environment to recovery, the healing garden is emerging as a supplement to drug- or technology-based treatments. Healing Gardens celebrates this renewed interest in nature as a catalyst for healing and renewal by examining the different therapeutic benefits of healing gardens and offering essential design guidance from experts in the field. Unique and comprehensive, Healing Gardens provides up-to-date coverage of research findings, relevant design principles and approaches, and best practice examples of different types of healing gardens. It begins by exploring what current research reveals about the connection between nature, human stress reduction, and medical outcomes. It then presents case studies and design guidelines for outdoor spaces in medical settings that include general, psychiatric, and children's hospitals as well as hospices, nursing homes, and Alzheimer's facilities. Historical information, literature reviews, and studies on use are included for each type of outdoor space covered, offering important insights into what works in healing gardens-and what doesn't. Generously supplemented with photographs, site plans, anecdotes, and more, Healing Gardens is an invaluable practical guide for landscape architects and others involved in creating and maintaining medical facilities, and an extremely useful reference for those responsible for patient care. A unique and comprehensive look at the therapeutic effects and design of healing gardens For more and more people, the shortest road to recovery is the one that leads through a healing garden. Combining up-to-date information on the therapeutic benefits of healing gardens with practical design guidance from leading experts in the field, Healing Gardens is an important resource for landscape architects and others working in this emerging area. With the help of site plans, photographs, and more, it presents design guidelines and case studies for outdoor spaces in a range of medical settings, including: \* Acute care general hospitals. \* Psychiatric hospitals. \* Children's hospitals. \* Nursing homes. \* Alzheimer's facilities. \* Hospices.

The bestselling environmental health text, with all new coverage of key topics Environmental Health: From Global to Local is a comprehensive introduction to the subject, and a contemporary, authoritative text for students of public health, environmental health, preventive medicine, community health, and environmental studies. Edited by the former director of the CDC's National Center for Environmental Health and current dean of the School of Public Health at the University of Washington, this book provides a multi-faceted view of the topic, and how it affects different regions, populations, and professions. In addition to traditional environmental health topics—air, water, chemical toxins, radiation, pest control—it offers remarkably broad, cross-cutting coverage, including such topics as building design, urban and regional planning, energy, transportation, disaster preparedness and response, climate change, and environmental psychology. This new third edition maintains its strong grounding in evidence, and has been revised for greater readability, with new coverage of ecology, sustainability, and vulnerable populations, with integrated coverage of policy issues, and with a more global focus. Environmental health is a critically important topic, and it reaches into fields as diverse as communications, technology, regulatory policy, medicine, and law. This book is a well-rounded guide that addresses the field's most pressing concerns, with a practical bent that takes the material beyond theory. Explore the cross-discipline manifestations of environmental health Understand the global ramifications of population and climate change Learn how environmental issues affect health and well-being closer to home Discover how different fields incorporate environmental health perspectives The first law of ecology reminds is that 'everything is connected to everything else.' Each piece of the system affects the whole, and the whole must sustain us all for the long term. Environmental Health lays out the facts, makes the connections, and demonstrates the importance of these crucial issues to human health and well-being, both on a global scale, and in our homes, workplaces, and neighborhoods.

Bringing together well-established interdisciplinary scholars - including geographers Phil Hubbard, Chris Philo and Hester Parr, and sociologists Jenny Hockey, Mike Hepworth and John Urry - and a new generation of researchers, this volume presents a wide range of innovative studies of fundamentally important questions of emotion. Following an overarching introduction, three interlinked sections elaborate key intersections between emotions and spatial concepts, on which each chapter offers a particular take informed by substantive research. At the heart of the collection lies a commitment to convey how emotions always spill over from one domain to another, as well as to illuminate the multiplicity of spaces that produce and are produced by emotional life. The book demonstrates the richness that an interdisciplinary engagement with the emotionality of socio-spatial life generates.

Place, Pedagogy and Play connects landscape architecture with education, psychology, public health and planning. Over the course of thirteen chapters it examines how design and research of places can be approached through multiple lenses - of pedagogy and play and how children, as competent social agents, are engaged in the process of designing their own spaces - and brings a global perspective to the debate around child-friendly environments. Despite growing evidence of the benefits of nature for health, wellbeing, play and learning, children are increasingly spending more time indoors. Indeed, new policy ideas and public campaigns suggest how children can become better connected with nature, yet linking outdoor space to pedagogy is largely overlooked in research. By focusing on three themes within these debates, place and play; place and pedagogy; and place and participation, this book explores a variety of angles to show that best practice requires dialogue between research disciplines, designers, educationists and psychologists, and a move beyond seeing the spaces children inhabit as the domain only of childhood professionals. Through illustrated case studies this book presents a wider picture of the state of childhood today, and offers practical solutions and further research avenues that promote a more holistic and internationally focused perspective on place, pedagogy and play for built-environment professionals. Chapter 12 of this book is freely available as a downloadable Open Access PDF under a Creative Commons Attribution-Non Com-

mercial-No Derivatives 4.0 license.

This book will intrigue anyone who is interested in the ability of outdoor space to heal spirit, mind and body. Includes designs and planting instructions.

Restorative gardens for the sick, which were a vital part of the healing process from the Middle Ages to the early twentieth century, provided ordered and beautiful settings in which patients could begin to heal, both physically and mentally. In this engaging book, a landscape architect, a physician, and a historian examine the history and role of restorative gardens to show why it is important to again integrate nature into the institutional--and largely factorylike--settings of modern health care facilities. In this unique book, Nancy Gerlach-Spriggs, Dr. Richard Enoch Kaufman, and Sam Bass Warner, Jr., unfold their argument by presenting the history of restorative gardens and studies of six American health care centers that cherish the role of their gardens in the therapeutic process. These institutions are examined in detail: community hospitals in Wausau, Wisconsin, and Monterey, California; a full-care mental institution in Philadelphia; a nursing home in Queens; a facility for rehabilitative medicine in New York City; and a hospice in Houston. In their comprehensive review the authors suggest that contemporary scientific understanding clearly recognizes the beneficial physiological effects of garden environments on patients' well-being. The book ends with a plea to make gardens--rather than the shopping mall atria so often seen in newly renovated hospitals--a vital part of the medical milieu.

"For those who believe in the healing power of nature, or those who are interested in the history of therapeutic garden design and philosophies, Therapeutic Gardens is a great resource and a fascinating book." —NYBG's Plant Talk In Therapeutic Gardens, landscape architect Daniel Winterbottom and occupational therapist Amy Wagenfeld present an innovative approach that translates therapeutic design principles into practice. This comprehensive book uses examples from around the world to demonstrate how healing spaces can be designed to support learning, movement, sensory nurturance, and reconciliation, as well as improved health. This important book sheds lights on how the combined strength of multiple disciplines provide the tools necessary to design meaningful and successful landscapes for those in the greatest need.

"Adopting an evidence-based approach, this book uses two state-of-the-art experimental studies to explore nature's therapeutic benefits in healthcare environments, emphasizing how windows and transparent spaces can strengthen people-nature interactions. High-quality, supportive, and patient-centred healthcare environments are a key priority for healthcare designers worldwide, with ageing populations creating a demand for remodelled and updated facilities. The first study demonstrates individual psychophysiological responses, moods, and preferences in simulated hospital waiting areas with different levels of visual access to nature through windows, while the second experiment uses cutting-edge immersive virtual reality techniques to explore how gardens and nature views impact people's spatial cognition, wayfinding behaviors, and experience when navigating hospitals. Through these studies and discussions drawing on architectural theory and history, the book highlights the important benefits of having access to nature from hospital interiors. This concise volume will appeal to academics and designers interested in therapeutic landscapes and healthcare architecture"--

In this book Gayle Souter-Brown explores the social, economic and environmental benefits of developing greenspace for health and well-being. She examines the evidence behind the positive effects of designed landscapes, and explains effective methods and approaches which can be put into practice by those seeking to reduce costs and add value through outdoor spaces. Using principles from sensory, therapeutic and healing gardens, Souter-Brown focuses on landscape's ability to affect health, education and economic outcomes. Already valued within healthcare environments, these design guidelines for public and private spaces extend the benefits throughout our towns and cities. Covering design for school grounds to public parks, public housing to gardens for stressed executives, this richly illustrated text builds the case to justify inclusion of a designed outdoor area in project budgets. With case studies from the US, UK, Africa, Asia, Australasia and Europe, it is an international, inspirational and valuable tool for those interested in landscapes that provide real benefits to their users.

The therapeutic landscape concept, first introduced early in the 1990s, has been widely employed in health/medical geography and gaining momentum in various health-related disciplines. This is the first book published in several years, and provides an introduction to the concept and its applications. Written by health/medical geographers and anthropologists, it addresses contemporary applications in the natural and built environments; for special populations, such as substance abusers; and in health care sites, a new and evolving area - and provides an array of critiques or contestations of the concept and its various applications. The conclusion of the work provides a critical evaluation of the development and progress of the concept to date, signposting the likely avenues for future investigation.

Highly visual and containing contributions from leading names in landscape, architecture and design, this volume provides a rare insight into people's engagement with the outdoor environment; looking at the ways in which the design of spaces and places meets people's needs and desires in the twenty-first century. Embracing issues of social inclusion, recreation, and environmental quality, the editors explore innovative ways to develop an understanding of how the landscape, urban or rural, can contribute to health and quality of life. Open Space: People Space examines the nature and value of people's access to outdoor environments. Led by Edinburgh's OPENspace research centre, the debate focuses on current research to support good design for open space and brings expertise from a range of disciplines to look at: an analysis of policy and planning issues and challenges understanding the nature and experience of exclusion the development of evidence-based design innovative research approaches which focus on people's access to open space and the implications of that experience. Invaluable to policy makers, researchers, urban designers, landscape architects, planners, managers and students, it is also essential reading for those working in child development, health care and community development.

The link between modern lifestyles and increasing levels of chronic heart disease, obesity, stress and poor mental health is a concern across the world. The cost of dealing with these conditions places a large burden on national public health budgets so that policymakers are increasingly looking at prevention as a cost-effective alternative to medical treatment. Attention is turning towards interactions between the environment and lifestyles. Exploring the relationships between health, natural environments in general, and forests in particular, this groundbreaking book is the outcome of the European Union's COST Action E39 'Forests, Trees and Human Health and Wellbeing', and draws together work carried out over four years by scientists from 25 countries working in the fields of

forestry, health, environment and social sciences. While the focus is primarily on health priorities defined within Europe, this volume explicitly draws also on research from North America.

Presenting emerging perspectives on environmental restoration, this collection of essays by a leading group of environmental scholars combines theoretical discussion with practical approaches. Describing the variety of ways that humans can and should interact with nature, this multi-disciplinary work shares hands-on exercises for engaging urban communities to develop supportive relationships with their surrounding environment. These writings define the paradigm of restoration design and the ways that its disciplines and actions can provide humans with a new direction for interrelating with the world in the 21st century."

Forestry has been witness to some dramatic changes in recent years, with several Western countries now moving away from the traditional model of regarding forests merely as sources of wood. Rather these countries are increasingly recognizing their forests as multi-purpose resources with roles which go far beyond simple economics. In this innovative book, Sylvie Nail uses England as a case study to explore the relationships between forests, society and public perceptions, raising important questions about forest policy and management both now and in the future. Adopting a sociological approach to forest policy and management, the book discusses the current validity of the two principles underlying forestry since the Middle Ages: first, that forestry should only exist when no better use of the land can be made, and second, that forestry itself should be profitable. The author stresses how values and perceptions shape policies, and conversely how policies can modify perceptions, and also how policies can fail if they do not take perceptions into account. She concludes that many of the issues facing English forestry in the 21st century – from leisure, health and amenity provision, through education and rural as well as urban regeneration, to biodiversity conservation – go well beyond both national borders and the scope of forestry. Indeed forestry in the 21st century seems to be less about planting and managing trees than about being a vector and a mirror of social change. This novel synthesis provides a valuable resource for advanced students and researchers from all areas of natural resource studies, including those interested in social history, socio-economics, cultural geography and environmental psychology, as well as those studying landscape ecology, environmental history, policy analysis and natural resource management.

Herb gardens bring us deep into the heart of our medicine: when we step inside, their beauty and healing literally surround us. Blankespoor shows how to design a herb garden, and organically grow some of the most healing plants on the planet. Detailed herbal profiles, and clear instructions on transforming your garden harvests into botanical medicine and health-giving foods are also covered. -- adapted from back cover

"Kris Carr's Crazy Sexy Juice is a completely original, up-to-date, and colorful (of course!) guide to the wonderful world of fruit and vegetable elixirs. 100+ all-new recipes--developed especially for this book--contain superpowers ranging from immunity boosters, inflammation fighters, happiness helpers, longevity leaders, mood fixers, and booty enhancers. The all-green healthful tonics and fruity and refreshing potions are organized by function, including The Cleansers, The Healers, The Boosters, and The Beautifiers. Fiber-rich superfood smoothies are likewise categorized, as star pH Warriors, Body Boosters, Age Defiers, and Superheroes. A section on Nut Milks helps you get your protein power on. Not only are there enough recipes to keep your juicer and blender busy through every season, but Kris also addresses every concern you may have about juicing and blending. From selecting the right equipment for your needs and budget, to choosing and storing the most nutritious produce, she takes you through every aspect of the process--and helps make it a habit that sticks for life. Whether you're an old pro at making liquid magic or if you're just starting out, you will experience juicing and blending as a fun and delicious journey into the healing powers of fresh, raw fruits and vegetables, as well as nuts and seeds. Here's what else you can expect from this essential, concise (crazy, sexy) reference: Flavor combinations that tantalize your palate; Tips for blending and juicing on the go; Handy lists of helpful kitchen tools; The 411 on alkalinity and why it's important; A pick of the crop nutrient guide Handy substitutions for food sensitivities; Hints on handling mental and emotional hurdles that come with change; Plus an easy 3-day cleanse and so much more. Drink your veggies. Change your life. Join Kris Carr on yet another adventure in health, happiness, and the delicious food that can make a powerful impact on your overall vitality. Cheers!"--

Health and Architecture offers a uniquely global overview of the healthcare facility in the pre-modern era, engaging in a cross-cultural analysis of the architectural response to medical developments and the formation of specialized hospitals as an independent building typology. Whether constructed as part of Chinese palaces in the 15th century or the religious complexes in 16th century Ottoman Istanbul, the healthcare facility throughout history is a built environment intended to promote healing and caring. The essays in this volume address how the relationships between architectural forms associated with healthcare and other buildings in the pre-modern era, such as bathhouses, almshouses, schools and places of worship, reflect changing attitudes towards healing. They explore the impact of medical advances on the design of hospitals across various times and geographies, and examine the historic construction processes and the stylistic connections between places of care and other building types, and their development in urban context. Deploying new methodological, interdisciplinary and comparative approaches to the analysis of healthcare facilities, Health and Architecture demonstrates how the spaces of healthcare themselves offer some of the most powerful and practical articulations of therapy.

Using archaeological sites and historic landscapes to promote mental well-being represents one of the most significant advances in archaeological resource management for many years. Prompted by the Human Henge project (Stonehenge/Avebury World Heritage Site), this volume provides an overview of work going on across Britain and the near Continent.

Presents new insights on the positive role nature and the outdoors can play in the lives of older adults, whether they live in the community, in an assisted-living environment, or in a skilled nursing facility. Current research suggests that increased contact and activity levels with the outdoors can be an important therapeutic resource for the elderly, with significant mental and physical health benefits. This unique book examines how to make the most of outdoor spaces in residential setting, exploring attitudes and patterns of use, the effect of plants, the physical environment, and health-related outcomes from contact with nature and enhanced physical activity.

Adopting an evidence-based approach, this book uses two state-of-the-art experimental studies to explore nature's therapeutic benefits in healthcare environments, emphasizing how windows and transparent spaces can strengthen people-nature interactions. High-quality, supportive, and patient-centred healthcare environments are a key priority for healthcare designers worldwide, with ageing populations creating a demand for remodeled and updated facilities. The first study demonstrates individual psychophysiological responses, moods, and preferences in simulated hospital waiting areas with different levels of visual access to nature through windows, while the second experiment uses cutting-edge immersive virtual reality techniques to explore how gardens and nature views impact people's spatial cognition, wayfinding behaviors, and experience when navigating hospitals. Through these studies and discussions drawing on architectural theory, the book highlights the important benefits of having access to nature from hospital interiors. This concise volume will appeal to academics and designers interested in therapeutic landscapes and healthcare architecture.

How connecting with nature is helping veterans reintegrate into civilian life and recover from PTSD.

In *The Secret Therapy of Trees*, Marco Mencagli and Marco Nieri explore the relationship between plants and organisms, and illustrate how to benefit from nature's positive impact on our psychological and physical well-being. Our connection to nature is deeply rooted in the history of our evolution. And yet, we have less contact with green space now than ever, and our stress and anxiety levels are at an all-time high. *The Secret Therapy of Trees* helps us rediscover the restorative value of our natural environment and presents the science behind green therapies like forest bathing and bioenergetic landscapes, explaining which are the most effective and how to put them into practice to achieve the best possible results. Studies have shown that increased exposure to green space can result in a regulated heartbeat, lowered blood pressure, reduced aggressiveness, improved memory skills and cognitive function, and a healthier immune system. Just one visit to a forest can bring positive effects (hint: monoterpenes, the natural essential oils in plants, have numerous positive effects on health), and even a mindful walk through a semi natural park can alleviate physical and psychological stress. With multiple studies backing its findings and thorough explanations for each technique, *The Secret Therapy of Trees* is a treasure trove of tips on how to harness the regenerative power of plants and reconnect with our planet's natural spaces, bringing us health and happiness. You'll also discover: \* Which plants purify the environment at home and in the office \* The benefits of negative ions and where to find them \* How to recharge through contact with trees

Learn how gardens and parks can be beneficial to residents Mounting evidence reveals that nature and outdoor environments provide individuals with dementia greater enjoyment in life, lower stress levels, and positive changes to physical well-being. *Outdoor Environments for People with Dementia* explores how fulfilling the fundamental genetically based need of human relationships with nature can improve the health and well-being of people with dementia. Top experts analyze current research and comprehensively examine how the design processes of gardens and parks can be closely connected to effective interventions. Evaluation tools for those with dementia are discussed, including studies of the impact of plants and outdoor activities on this population. *Outdoor Environments for People with Dementia* discusses in detail practical approaches that can significantly improve the quality of life for dementia victims. Research is discussed revealing important aspects and issues needing to be addressed when creating better outdoor environments that are effective in helping residents of long term care facilities and residential care homes. The text is extensively referenced and provides several tables, figures, and photographs to clearly illustrate concepts. Topics discussed in *Outdoor Environments for People with Dementia* include: the impact of outdoor wandering parks and therapeutic gardens on people with dementia empirical studies on how access to and participation in nature-related activities can benefit people with dementia interventions to restore people with dementia having directed-attention fatigue evaluation tools for gardens for people with dementia research-based design recommendations for future gardens theories and empirical studies about healing gardens training staff to increase their knowledge about horticulture and encouraging them to involve residents in outdoor activities general guidelines for developing an outdoor space examination of the attributes for the superior outdoor space found in Grand Rapids, Michigan, with design recommendations for the future *Outdoor Environments for People with Dementia* is a valuable resource for scholars, policymakers, legislators, architects and urban planners, lending institutions, developers, landscape architects, and the lay public in general who have an interest in the subject—personal, professional, or civic.

Winner of the 2007 Polsky Prize given by the ASID Foundation As the U.S. population ages, adult day services have become an integral component in the continuum of care for elderly people. Providing a variety of social and medical services for cognitively or physically impaired elderly people who otherwise might reside in institutions, these facilities can be found in a variety of building types, from purpose-built facilities to the proverbial church basement. They also vary widely in their philosophies, case mix, funding mechanisms, and services. In this interdisciplinary study, Keith Diaz Moore, Lyn Dally Geboy, and Gerald D. Weisman offer guidance for planning and designing good-quality adult day services centers. They encourage architects, caregivers, and staff members to think beyond the building, organizational mission, and staffing structure to conceive of the place that emerges as an interrelated system of people, programming, and physical setting. Through case studies, thoughtful explanations, and well-crafted illustrations, *Designing a Better Day* provides caregivers, architects, and administrators tools with which they can make qualitative changes for participants and their families. Organized into three parts—creating awareness, increasing understanding, and taking action—this book will be a key resource for professionals involved in creating and maintaining effective adult day services centers.

Don't sacrifice your garden or green space because you suffer from chronic pain, health issues, or other ailments. *The Wellness Garden* is your guide! If you love to garden but also worry about the physical strain, or if you are in search of ways to promote a healthier lifestyle, and even combat specific, chronic, health issues, then noted garden author and speaker Shawna Coronado has good news for you! You can stay active, fight chronic pain, and keep the garden you've worked so hard to cultivate. In *The Wellness Garden*, her new book from Cool Springs Press, Shawna details exactly how she has learned to use her garden as a key tool in her battle with osteoarthritis and other chronic pain issues. In this inspiring but highly practical book you will learn from Shawna's life changing garden experience and see how you can create your own Wellness Garden--and gain the healthier lifestyle you desire and deserve.

Winner of the American Horticultural Therapy Association's Book Publication Award 2014 A garden or nature setting presents the perfect opportunity for children with Autism Spectrum Disorders and special needs to learn, play and strengthen body and mind. This book empowers teachers and parents with little gardening know-how to get outside and use nature to motivate young learners. Using a mindfulness approach, Natasha Etherington presents a simple gardening program that offers learning experiences beyond those a special needs student can gain within the classroom. The book outlines the many positive physical, cognitive, sensory, emotional and social benefits of getting out into the garden and provides specially adapted gardening activities for a variety of needs, including those with developmental disabilities and behavioural difficulties, as well as wheelchair users. With a focus on the therapeutic potential of nature, the book shows that gardening can help reduce feelings of anxiety, provide an outlet for physical aggression, build self-esteem through the nurturing of plants and much more. With this practical program, teachers and parents can easily adopt gardening activities into their schedules and enjoy the benefits of introducing children with special needs to nature and the rhythms of the seasons.

The continuing emphasis in this second edition is on everyday occupation as experience. It motivates occupational therapists to think about how occupation is experienced in everyday life, to absorb the complexity of meanings imbedded in daily life, and to value the personal and social significance of everyday occupation in their own and their clients' lives.

Through an approach strongly oriented to socio-health contexts and healthcare facilities, with multidisciplinary contributions on the methodological and technical aspects, or legislative issues, the book provides tools and design strategies to plan and realize therapeutic places and healing gardens for care, rehabilitation, interaction, and social inclusion. It addresses all the technical and medical professionals - like Architects, Urban Planners, Agronomist, Sociologists, Epidemiologists, Public Health experts, Policy Makers, etc. - wishing to explore the link between built environment, well-be-

ing, and health, referring in particular to the direct relationship between places and therapy.

Horticultural therapy has evolved from its use only by volunteer gardeners to become a recognized and respected therapeutic modality conducted by trained, registered professionals. Horticultural Therapy Methods is the first textbook to describe the processes and techniques used to provide horticultural therapy interventions and the rationale for their use. This book presents types of programs, settings, and goals in horticultural therapy. It outlines treatment planning; development of sessions to meet treatment objectives; motivation and behavior management techniques; documentation guidelines; practical approaches for wellness; and resources for activity ideas. New to this Edition: Various useful examples of horticultural therapy in practice and strategically placed tips and resources. Additions to appendix on horticultural therapy treatment strategies. New chapter on session planning. Thirty-seven photographs demonstrating horticultural therapy in practice. Additional "HT Practice" examples and tips. The book is used as a reference and a guide for students, educators, and those conducting horticultural therapy or therapeutic horticulture to guide them in constructing effective treatment programs. Health care and human service professionals use the reference in the therapy, treatment, and education of inmates, residents, patients, trainees, students, and other participants.

Outdoor environments can greatly contribute to the ways people heal, reduce stress, clear their head, and feel integrated or accepted into the environment in which they live. Despite this scientific evidence, in most cases, not enough outdoor spaces are provided to the patients and staff of mental health facilities. Existing therapeutic landscape design guidelines lack specificity related to severe and persistent mental health (SPMI) conditions and spaces for therapy treatments. This study aims to use two environmental psychology frameworks (therapeutic landscape guidelines and the Reasonable Person Model) to begin to develop a set of informed guidelines that can be used to design more supportive outdoor therapeutic environments for staff in mental health facilities. To achieve this goal, the study investigated three mental health hospitals in Kansas through two methods: site in-

ventory and analysis and online/ paper photo surveys. The surveys were based on the literature on therapeutic landscapes and restorative environments as well as mental health symptoms to identify which guidelines are specific to mental health and which are generally applicable to all healing spaces. The final objective is to discover the environmental needs and preference of mental health-care setting users. Findings from the site analysis and surveys were applied to a projective design at one of the three study sites- Osawatomie State Hospital. 140 responses from staff and 14 responses from patients were collected through the survey. Because there were not enough patient surveys collected to be statistically reliable, only the data collected from the staff was used in the projective design. Overall, by linking psychology principles and landscape architecture, this study aims to take a step toward developing a set of evidence-based planning and design guidelines to create supportive outdoor spaces that better meet the needs of the patients and staff of mental health hospitals, aiding in the therapeutic process for the staff over time.

With majority of the Earth's people now urban dwellers, and cities being the most efficient habitat for the utilisation of resources, it is imperative that we continue to support standards of living and efficiencies of urban areas. However, the urbanisation process has not been without its problems. While much has been done to address the original issues surrounding the quality of urban life, new challenges continue to arise. It is no longer sustainable to achieve improvements by means that require greater and greater energy consumption as we did in the past. Despite their complexity, however, cities are a great laboratory for architects, engineers, and other key professionals to apply new ideas and new technology to meet our requirements for more sustainable city environments. Containing papers presented at the latest in a series of conferences organised by the Wessex Institute of Technology, these proceedings, split in to two volumes address not just environmental, architectural, and engineering concerns, but also quality of life, security, risk, and heritage. The diversity of topics and the case studies based on existing projects make the book an important contribution to the literature on urban planning.