

## **Nature and animals as resources in rehabilitation for women**



## Multi-professional team

Gill Croona– nurse, PhD in ethics/pedagogy. Educated in animal and nature-assisted rehabilitation. OHI-certified riding therapist

Kajs-Marie Unosson– Social worker, psychotherapist, specialised in CBT. Educated supervisor in CBT. Educated in nature-assisted rehabilitation

Pernilla Rosenquist – Assistant nurse, student- and careers counsellor. Student in nature-assisted rehabilitation

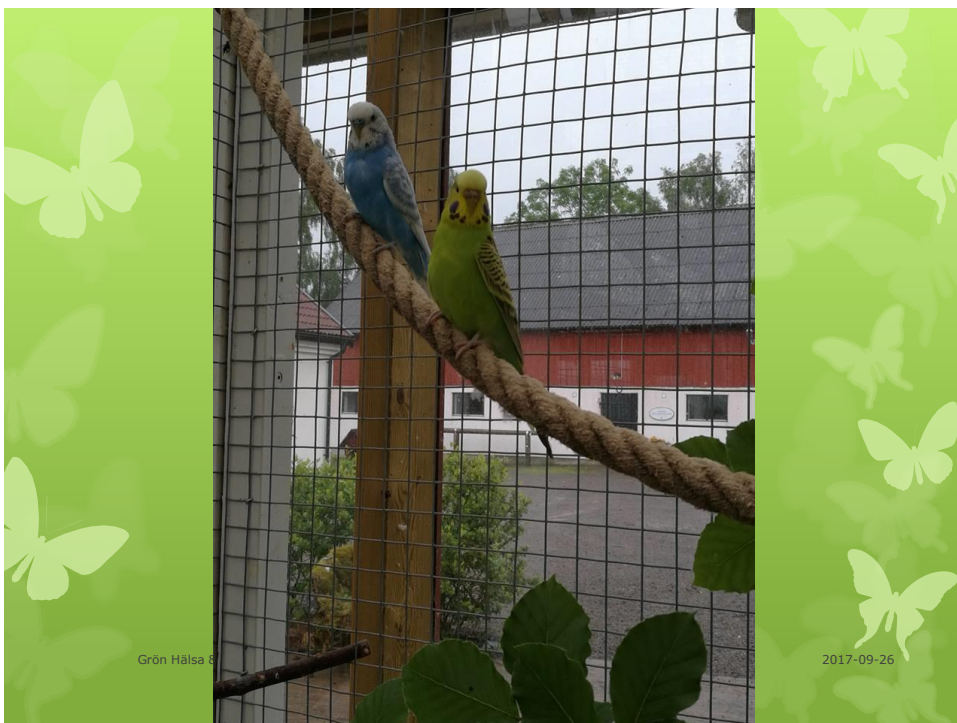
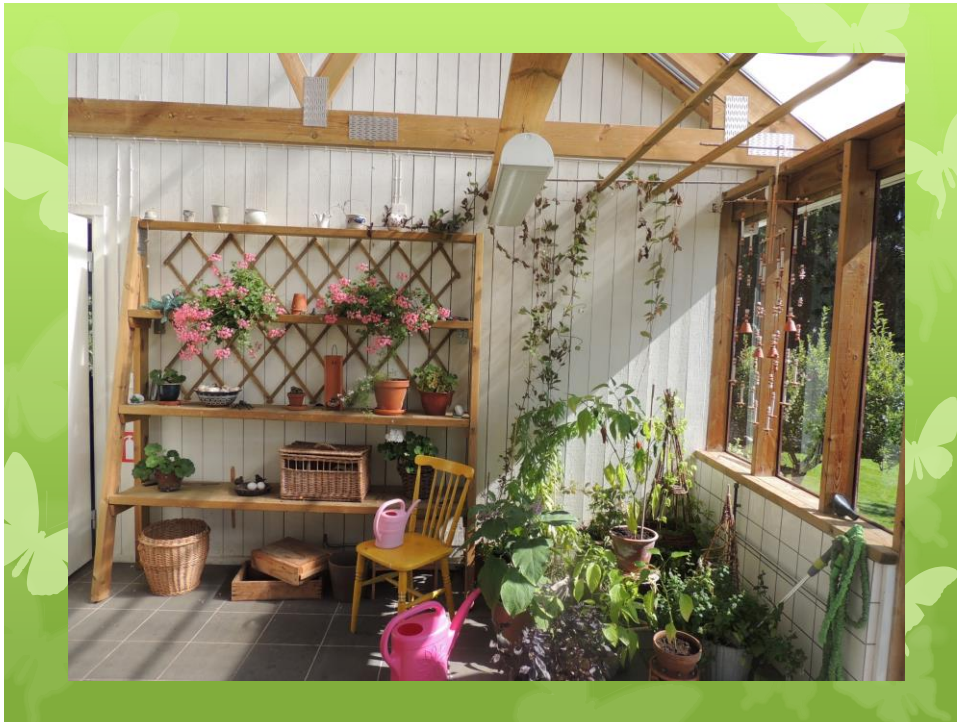
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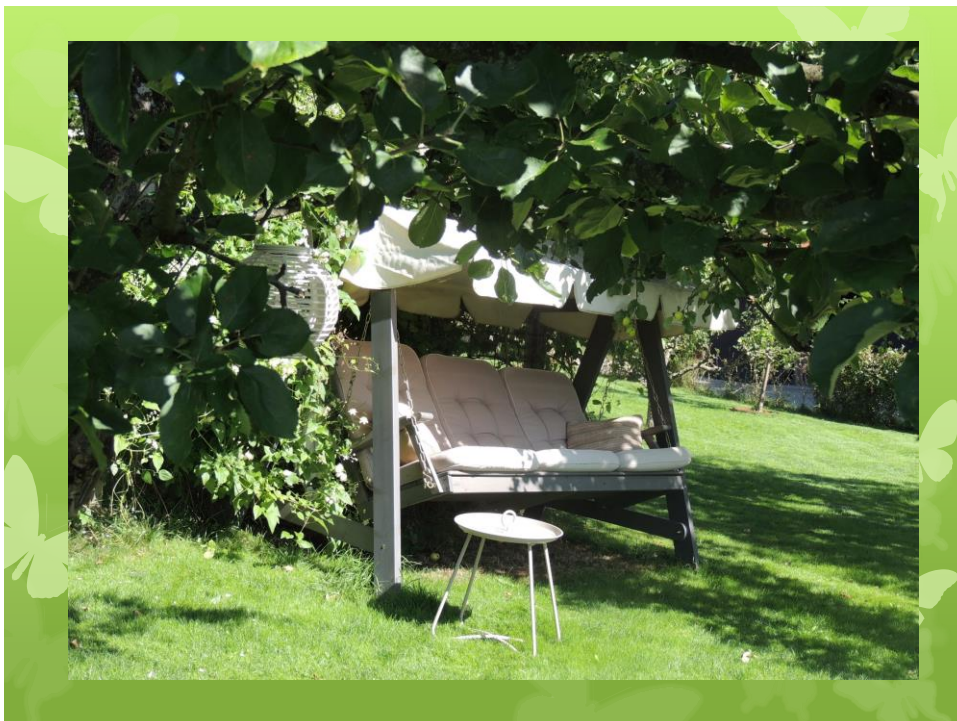


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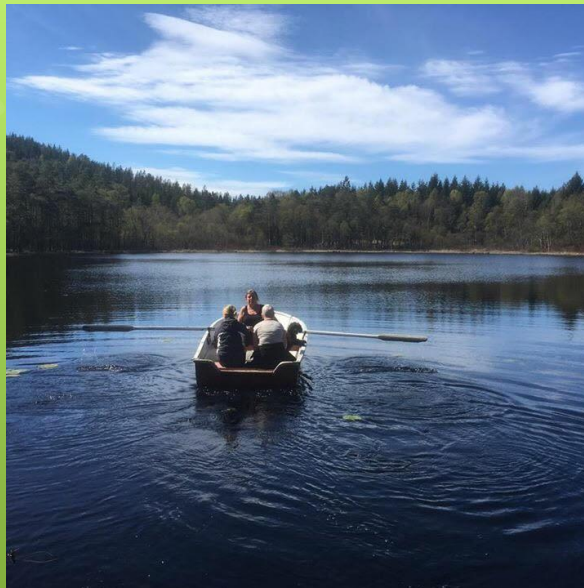




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## **Target group**

People with different types of mental illness, stress, anxiety and depression

## **Evidence-based practice**

Good and dignity human encounter

Salutogenic perspective

SOC – Sence of Coherence

Supportive, motivational and learning conversations

Meaningful nature- and animal assisted activities

## Good and dignity human encounter

"The good human encounter is characterized by professionals meeting care-seeking people in a way that safeguards their **integrity** and **autonomy** and respond to the **need for understanding** and **safety** arising from ill-health. In addition, expectations arise **time** and **participation**, together with wishes for **joy**, as aspects that can not be overlooked ".

Croona, 2003

The good and dignity human encounter is based on

### **care and respect**

which means it is important to care about and want to help **AND** supporting and encouraging independence.

**The valuebase also includes the participation animals**



## Salutogenic perspective

We work to highlight and enhance the health of every person

Our activities are "healthy", nice, fun and exciting

We create a sense of coherence which is intended to do everyday life meaningful, comprehensible and manageable

## SOC – Sense of Coherence

The three meaningful units in the model are:

Meaningfulness - which means seeing areas of life as important and engaging and worth investing in

Comprehension - which means trying to fix and understand what is happening

Manageability - which means to consider having the ability to face challenges in life.

We also use SOC-scale as evaluation tool.

## **Supportive, motivational and learning conversations**

The conversation focuses on self-esteem, interest and self-motivation

Learning about oneself, about health and ill-health and stress but also animals, nature, the environment and much more

We emphasize the importance of sleep, nutritious food and physical activity, as well as the absence of drugs / smoking and alcohol as a basis for good health

## **Nature, Garden and Animal Supported Activities**

**to wake up**

**Interest, Motivation, Joy and Creativity**

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## Nature- and garden based rehabilitation

We have **beatiful nature** for walks, rowing tours, grilling, etc.

**Greenhouse and kitchen-garden** for sowing, planting etc.

**Garden activities** invite to mobility, stimulate minds, inspire creativity and feel meaningful

We are **processing** of vegetables, fruits and berries and always **cook and eat** together

**Crafts** with natural materials contributes to concentration, relaxation and creativity.











## Animal-assisted rehabilitaion

Our **animals** - horses, donkeys, sheep, goats, dogs, cats, hens, geese and budgerigars.

Caring for animals - the value of **routines** and giving an **experience of context**

Animals invite you to **proximity and touch**

Animals contribute to **togetherness, peace, tranquility, trust and safety.**

Riding and driving also provide **tranquility** through the horse's movements and the simultaneous **nature experience.**

Riding and driving also gives the **feeling balancing** and gives a little **excitement** in life

















**Thank you very much!**

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