Nature and animals as resources in rehabilitation for women

GRÖN HÄLSA & REHAB
Multi-professional team

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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 – Sense 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 intend 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
Nature- and garden based rehabilitation

We have beautiful 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 rehabilitation

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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