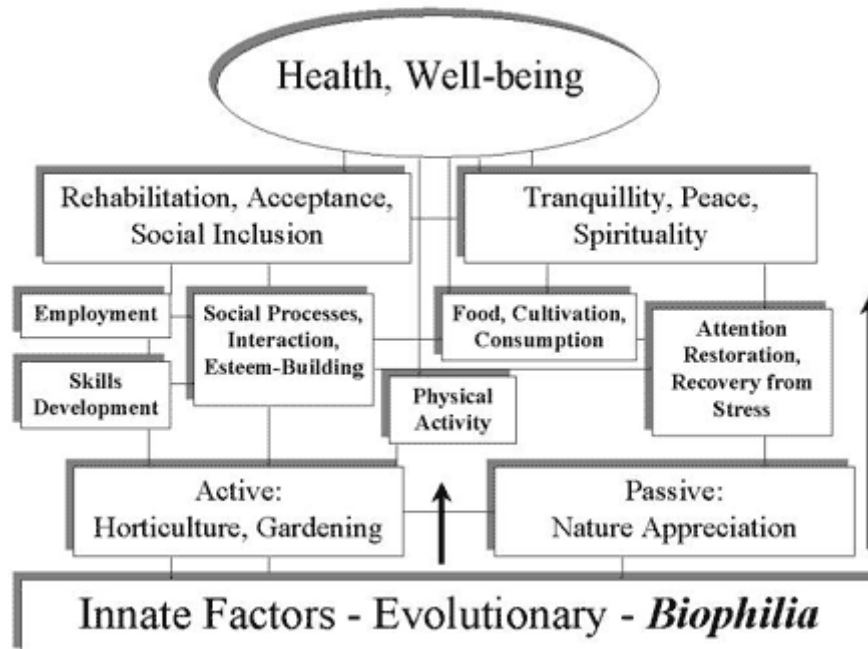


A Simple Model of Social and Therapeutic Horticulture

From our examination of the literature on social and therapeutic horticulture and the associated work concerned with environmental psychology we have prepared a simple model (see figure) which shows the main activities, processes and outcomes as drawn from the available evidence.



At the base of the model lie the underlying foundations which determine the inherent appeal of the natural environment. The origin of this appeal is still under debate. It may be evolutionary; it may be learned or acquired. But whatever its nature it supports both the passive appreciation of landscape and the active participation in horticulture and gardening.

Within the divisions of 'active' and 'passive' there are many processes and activities which are inter-related and which provide rehabilitation, acceptance and inclusion on one side and tranquillity, peace and spirituality on the other. These are represented as two distinct groupings - but nonetheless connected. The reason for separate groups is that the former, rehabilitation, acceptance and inclusion are frequently the goals of active programmes whilst passive appreciation of nature is often associated with tranquillity, peace and spirituality.

This division is not a 'hard and fast' rule of any sort but an attempt to show the diversity of the aims of different programmes. The two groups of attributes are shown to be interconnected as one can lead to the other and vice versa. In most cases this exchange is desirable and intended; acceptance and inclusion should lead to peace and tranquillity; and peace and tranquillity can be the steps to acceptance, inclusion and rehabilitation.

The final component of the model is health and well-being, at its summit. This is the ultimate goal of social and therapeutic horticulture and represents a major part of all interpretations of 'quality of life'.

[Download a PowerPoint presentation of the model](#)