

EGU2020-8063

<https://doi.org/10.5194/egusphere-egu2020-8063>

EGU General Assembly 2020

© Author(s) 2021. This work is distributed under the Creative Commons Attribution 4.0 License.



Therapeutic and inclusive organic horticulture: an University-society collaborative learning experience

Juana Labrador¹, Aída Pérez², **Marta M. Moreno**³, and Francisco Pérez-Vera²

¹University of Extremadura, Badajoz. Spain

²Fundación Sorapán de Rieros, Badajoz . Spain

³University of Castilla-La Mancha, School of Agricultural Engineering / Escuela de Ingenieros Agrónomos, Vegetal Production and Agriculture Technology, Ciudad Real, Spain

Therapeutic horticulture is a discipline which belongs to both society and health sciences that has its own identity, which differentiates it from others. It arises as a result of the complementary fusion of two disciplines: horticulture and therapy or rehabilitation. In the therapeutic field, it incorporates some knowledges about physical, cognitive and sensory disabilities, different pathologies, psychosocial problems and special needs. Around horticulture, it allows us to develop knowledge about agriculture, gardening, landscaping, environment and others. It has been used, for educational and socialization purposes, for more than half a century, since then with great implantation and recognition in many countries.

The implementation of an organic garden with pedagogical purposes for students of Agroecology in the School of Agricultural Engineering of the University of Extremadura (Spain), has been the scene for the realization of a collaborative project of integrative - teaching - learning strategy between the University and the "Sorapán de Rieros" Foundation. This project has allowed the use of the ecological orchard created for pedagogical purposes based on the needs of students with mental disorders of different nature with whom the Foundation works, connecting then different points of view.

The specialized training in Permaculture, Organic Agriculture and Agroecology, the tutoring work with specific methodologies developed by the expert staff of the Foundation in Psychology and Psychiatry, as well as the coexistence with the University students has been an enriching experience, with enormously satisfactory results in the improvement of mental and physical health, as well as the labor integration of the Foundation students.

Keywords: Therapeutic horticulture, inclusive horticulture, mental health, organic farming, permaculture.