



CREATIVE BY NATURE
(PTY) LTD

Therapeutic Horticulture and Community Arts Counselling are integrated into safe spaces for growth and self-expression.

Creative by Nature is imagining a future where Therapeutic Horticulture and Community Arts Counselling are integrated into safe spaces for growth and self-expression.

Therapeutic Horticulture and Community Arts Counselling have surfaced as powerful tools for healing, growth, and self-discovery. By merging the nurturing rhythms of nature with the liberating power of artistic expression, this collaborative approach offers



pathways to wellbeing that are as diverse and dynamic as the individuals and communities it serves. Whether sowing seeds, working with natural dyes, or gathering materials for compost, participants are invited to reconnect with the earth, with each other, and with their own creative potential - cultivating not only gardens, but hope and belonging. The intertwining of multi-disciplinary practices within these therapeutic spaces provides ample opportunity for creative problem solving, flexibility and encourages the use of resources responsibly in solution orientated ways, which help build resilience and trust between participants and communities. The soil becomes the meeting space for seasonal festivals, art exhibitions, and informal gatherings, rippling outward to inspire nearby communities. New communal myths and metaphors are created and used to combat stress and anxiety through shared stories and solutions.

Creating Eco-Therapeutic spaces is essential to our wellbeing, the size and the scale of the space and activities can be as big or as small as resources allow. The social and emotional benefits of working therapeutically in green spaces is an ancient practice, never more applicable to human life than now, where more than ever we need to learn how to collaborate with the Mother Nature and each other better, and with the intention of collectively caring for each other in the face of an uncertain future.

Reach out to Pauline to find out more and how she can create programmes, projects, workshops, generate research and develop networks that nurture a weaving together of therapeutic horticultural practices and community engagement through creative practices and storytelling.



Therapeutic Horticulture and Community Arts Counselling

A visual learning process helped connect the dots between the themes and theories in the Root in Nature: Intro to Therapeutic Horticulture course and previous lessons through Lefika La Phodiso's Community Arts Counselling programme. Root in Nature shows us that wellness is an ecosystem that needs to be nurtured and respected, and how working with nature and in gardens can therapeutically help us achieve wellness and empower ourselves to live life on our own terms and with integrity. There are so many synergies between Community Arts Counselling and Therapeutic Horticulture, Creative by Nature looks forward to exploring the possibilities of weaving these methods together.

Read about Root in Nature [here](#).

About Lefika La Phodiso [here](#).

Root In Nature



Lefika La Phodiso

