



# SENSING NATURE<sup>®</sup>

AUDIO/VISUAL ARTWORKS TO ENHANCE WELL-BEING



Imagine

**sights and sounds of nature** flowing throughout your healthcare setting—displayed on walls, in corridors and waiting areas, and into patient rooms providing a **comforting focus**

day and night.

# SIGHTS AND SOUNDS OF NATURE

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## BENEFITS

**Nature-based art can relax and refocus the mind when pain and thoughts of illness distract and overwhelm.**

**Sensing Nature exhibitions provide a meditative and creative experience of nature that is restorative in the following ways:**

- Reflection upon one's own relationship to the natural ebb and flow of life can restore a sense of peacefulness, inner calm and belonging.
- Contact with nature-based art can energize and replenish the imagination with a renewed sense of possibility and pleasure.
- Connecting to soothing images and rhythmic sounds of nature awakens the senses, increasing relaxation, equilibrium and pleasurable memories
- 24/7 Access to the exhibition video provides on-demand relief and a focal point for conversation, connection to the outside, or distraction, day and night.
- Identification with nature's beauty, strength and resilience fosters hope and can inspire confidence in one's own ability to heal.



*Watching Sensing Nature video during infusion therapy at Smilow Cancer Hospital of Yale-New Haven*

# IMPACT

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Sensing Nature installations feature photographs, sound and moving images of nature's wonder to promote well-being and accelerate healing. Sensing Nature has shown to:

- **Improve patient satisfaction** in the healthcare environment
- **Increase patient perception of well-being**, hope and affirmations of health
- **Reduce daily stress** of patients, staff and caregivers
- **Focus attention** on beauty and cycles of Nature
- **Facilitate positive interaction** with others through shared associations to nature

## EXPERTS AGREE

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- “Analyses suggest that viewing a nature scene while listening to nature sounds is a safe, inexpensive method that may reduce pain...” (LECHTZIN ET AL., 2010).
- “A clear-cut finding in this research is a strong tendency for diverse groups to prefer natural landscape scenes.” (KELLERT & WILSON, 1993).
- “In particular, the aquatic environments... meet the four requirements for restorativeness.” (KAPLAN, 1995).
- “Nature sounds, such as birdsong, are perceived to be restorative.” (RATCLIFFE ET AL., 2013)

Lechtzin, N., Busse, A. M., Smith, M. T., Grossman, S., Nesbit, S., & Diette, G. B. (2010). A randomized trial of nature scenery and sounds versus urban scenery and sounds to reduce pain in adults undergoing bone marrow aspirate and biopsy. *The Journal of Alternative and Complementary Medicine*, 16(9), 965-972.

Kellert, S. R., & Wilson, E. O. (1993). *The biophilia hypothesis*. Island Press. p. 94

Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. *Journal of environmental psychology*, 15(3), 169-182.

Ratcliffe, E., Gatersleben, B., & Sowden, P. T. (2013). Bird sounds and their contributions to perceived attention restoration and stress recovery. *Journal of Environmental Psychology*, 36, 221-228.

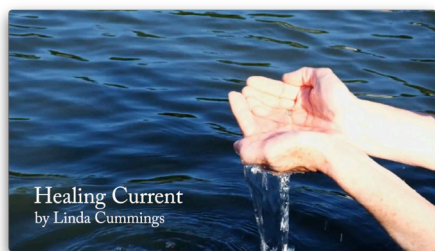


# SENSING NATURE COMPONENTS



## PHOTOGRAPHIC EXHIBITION

12 nature-based images for display in lobbies, corridors, patient rooms and waiting areas. Framed photographs can be exhibited in a gallery-like fashion or designed as a “destination walk” throughout the facility. Photographs are selected from the Sensing Nature archive or, custom-made in your local landscape.



## VIDEO

A 12-minute AV slideshow prepared by the artist offers an “inside look” at photographs in the exhibition from the artist’s viewpoint. It includes sounds of the natural environment and personal commentary linking the creative and healing processes. This presentation can be viewed throughout the hospital anytime via closed-circuit for patients to access on monitors in treatment areas or private rooms.



## ARTIST TALK

Linda Cummings is an artist, educator and licensed psychotherapist. Her artist talk is an opportunity to learn more about her combined practice of art and healing through photographing nature. Cummings will tailor her talk to meet the requirements of your unique healthcare population.

“Nowhere is there more evidence for the effectiveness of this contribution to healing in our patients lives than in the recent film created by Linda Cummings, incorporating sights and sounds of water - flowing into patient rooms. It has been received with such enthusiasm that it will become a part of what is done in our institution and hopefully in others as well.”

**DR. THOMAS P. DUFFY, M.D.**

**Professor Emeritus** of Internal Medicine and Hematology at Yale University School of Medicine

# TESTIMONIALS

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“I look forward to looking at the pictures on the wall. The natural angle means a lot to me. It brings a little bit of life and nature, a little bit of a diversion to all of us. I just like it.”

**N. G.**

**Patient,** *Smilow Cancer Hospital  
of Yale New Haven*

“A lot of our patients can’t come off of our floor so we’re bringing the artwork into their rooms. And it’s a nice way for us as nurses to have a totally different conversation and to bond with our patients on a totally different level besides medicine.”

**MARGARET Z., R.N.**

**Nurse,** *Smilow Cancer Hospital  
of Yale New Haven*

“The type of response we got was completely unexpected. We had people telling us how calming it was for them, how it gives them a central focus when they are in pain. We had some people tell us that they watched it to go to sleep. It is a beautiful project but what we didn’t know is what kind effect it would have on people and we are so happy we have it here at Smilow.”

**CAROLINE T.**

**Administrator,** *Smilow Cancer Hospital  
of Yale New Haven*



*Residents viewing “Touching the Farm River” exhibition at Smilow Cancer Hospital, Yale-New Haven*

**“Nature nourishes the senses,  
and art reinterprets them.**

Sensing Nature is a synthesis of my life-long artistic, academic and psychological commitment to restoring beauty, balance and meaning in life”.

**LINDA CUMMINGS**

*Artist, Sensing Nature installations*

## ABOUT

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Linda Cummings is a fine art photographer with studios in New York City and Connecticut. She is also a licensed clinical social worker in New York City and on the faculty of the International Center of Photography in NY, NY. Her artwork is exhibited in galleries and museums throughout the United States and Europe. Linda has taught workshops, published and presented her work on creativity and healing nationally and internationally.

### LINDA CUMMINGS STUDIO

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**TO EXPERIENCE THE PROJECT & WATCH THE “HEALING CURRENT” VIDEO, VISIT:**  
[WWW.LINDACUMMINGS.COM/PROJECTS/SENSING-NATURE](http://WWW.LINDACUMMINGS.COM/PROJECTS/SENSING-NATURE)