

AHTA MAGAZINE

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AHTA Magazine

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HTR Profile photo: Crystal Hutchinson, Cordilleras

Administrator and HT student, with Suzanne Redell, HTR

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Editor's Words

It's *NOT* April's Fools! This is an actual photo of a Lenten Rose (aka Hellebore) taken this morning after an Indiana Easter snowstorm! However, spring is officially here and many have started seeds, planted green peas and bought pansies. Here in Indiana we still have to wait until Mother's Day to safely dig in the soil, however past experiences have proven we still need to be vigilant and ready with the row covers.

I hope you enjoy this issue of the magazine. Teresia Hazen reports on Legacy Health's newest therapeutic gardens and I interviewed Susan Redell, HTR for the profile. I would like to thank Jennifer Kryzak from Wisconsin, for joining the magazine work team as well as compiling submitted events from National Horticultural Therapy Week. Next year I hope to see a much longer list! Of course, promoting awareness of our profession should always be a priority, no matter what time of year.

In the summer issue I will be sharing my experiences on my trip to Taipei Taiwan to attend their 2018 International Horticultural Therapy Conference. The theme for the conference is "Empowerment: Horticultural Therapy and Health Promotion." As therapists we all need to be empowering ourselves as well as our clients. Being aware of the latest research and recent publications outside of our journal and magazine allows us to apply relevant findings to our programs as well as share with the general public and other professionals. Using Google Scholar for peer-reviewed articles and receiving weekly email alerts on specific keyword strings such as "horticultural therapy," "therapeutic horticulture," and other combinations specific to your population is an excellent practice for staying up-to-date. 🌱

Happy Spring!
René



New Legacy Health Therapeutic Gardens: Connecting Everyone to Nature

Photo Credits: Legacy Health

Legacy Health's mission: Good health for our people, our patients, our community and our world is supported daily through use of twelve gardens by a wide range of users. The therapeutic garden program aims to grow an enduring culture of health and well-being by creating healthier places.

"Every day, we learn more about how patients' health outcomes are tied not only to the healthcare they receive but also to the conditions in the communities where they live. Hospitals and integrated health systems increasingly step outside of their walls to address the social, economic, and environmental conditions that contribute to poor health outcomes, shortened lives, and higher costs in the first place," comments David Zuckerman Manager of Healthcare Engagement at The Democracy Collaborative. Kathy Wolf's Green Cities: Good



Rehabilitation patients participated in the dedication and welcoming the community to the new public park.

overall health of our community."

The John Callahan Garden was completed later in the fall and dedicated October 2017. Callahan (1951-2010) was known for his biting cartoons that sometimes dealt with physical disability, spun out from his own experiences and attitudes as a quadriplegic. He was a patient at the Rehabilitation Institute of Oregon and often volunteered there. The Sundance film festival featured Joaquin Phoenix portraying Callahan in a new film directed by Gus Van Sant. The movie is set for release Friday, July 13, 2018. A local viewing will support funding for the Rehabilitation Institute of Oregon programs.

Since 1991, the Therapeutic Garden Program continues to serve patients and families under HTR leadership. Good Samaritan campus Rehabilitation Institute

of Oregon (RIO) patients participate in year-round HT services through indoor and outdoor garden environments. Family members engage in family training activities to support the patient's recovery process after discharge. Families and patients use several outdoor settings for restoration through the day. Therapists, patients and family members make the one block journey to use the new park daily.

The garden program also serves Legacy's "our people" —13,000 employees across eight hospitals. Dr. Minot Cleveland, Medical Director for Employee Health, comments "Legacy Health is unique in integrating gardens into overall promotion of good health. We understand how clinician well-being and resilience support patient well-being. The gardens are important restorative resources for employee breaks." The park is also a new restorative resource for hospital employees, staff in three surrounding medical buildings, and Legacy system office employees.

Several collaborating programs developed the Good Sam Park and hosted the June dedication event, including the Therapeutic Garden Program, RIO, Sustainability Program, Employee Health, the site Good Health Team, Legacy Marketing, Facilities Services, Good Samaritan Foundation and Volunteer Services. With a major goal of supporting patient therapies, the design

► [continues on page 6](#)



Before the garden renovation.



Legacy therapeutic garden program offered a garden raffle, gardening information and making lavender sachets hosted by interns at the June dedication event.

Health work at the University of Washington is another resource for creating metro nature to improve human health and well-being. The evidence-base informs work to develop nature places including the Legacy Good Samaritan Park and Callahan Garden on the eight-block Legacy Good Samaritan campus in NW Portland, Oregon. Legacy Good Samaritan recognizes that health care is so much more than the care we provide within our hospital walls," says Jonathan Avery, Legacy Good Samaritan president. "The transformation of Legacy Good Samaritan Park and the opening of the John Callahan Garden, set within a neighborhood rapidly growing around us, is a testament of our ongoing commitment to not just treating the sick, but also improving the

HTR Profile:

Suzanne Redell, HTR

Interviewed by: René Malone

■ **Tell us about your background and education. Have you always worked in the field of horticultural therapy?**

I have a BS in Organizational Relations/Business, a MA in Counseling/Psychology and an AS in Environmental Horticulture & Design. I am also a Master Gardener for the San Mateo-San Francisco counties. I worked for 20 years in High Technology with Apple, Netscape, and along with several start-ups on the Executive Team (training, organizational development, career center, Human Resources management, and executive coaching.

I received my Horticulture degree while I was consulting in high tech. When I completed it, I started doing landscape design work. One of my favorite projects was designing a native garden to attract wildlife for a K-6 school.

■ **How did you get your start in horticultural therapy?**

I heard about horticultural therapy while attending a Healing Garden seminar, a one-day seminar presented by the University of California, Santa Cruz. It sounded like a perfect profession for me. When I finished the horticultural therapy certificate program, I had the opportunity to start an horticultural therapy program with a fellow student at Abilities United. We ran the program for 8 years.

■ **When did you become a horticultural therapist?**

I completed my internship at Cordilleras Mental Health Center and became registered in 2013.

■ **How did you combine your interests within the horticultural therapy profession?**

I really like working with people and helping them develop and find horticultural therapy activities they enjoy. I prefer to work outside, and, since I live in California, most of the year I am able to do that with my horticultural therapy groups. Most of our plants are started by seed in our greenhouse, which is one of my favorite activities.

■ **What has been your experience in developing a career in HT?**

I have enjoyed working in various types of horticultural therapy settings. I started out volunteering while I was a student and after I earned a certificate in horticultural therapy. The volunteer experience led me to earn a salary working with seniors, individuals with intellectual disabilities and clients suffering from mental illness. I was fortunate to have Leigh Anne Starling as my supervisor and learned so much from her. After receiving my HTR I had the added enjoyment of supervising interns. I have



learned so much from each of them. With their help and talent, we have developed effective horticultural therapy programs and projects for our clients. Although I enjoyed my experience working alone with clients, I much prefer working with a team.

■ **Tell us about your current work. What are some of the challenges and rewards of owning your business?**

For the last ten years I have devoted most of my time focusing on the mentally ill population at Cordillera Mental Health Center in Redwood City, CA. Having flexibility is a positive part of owning my own business. A downside is not having benefits and paid time off.

■ **Can you describe the steps you took and the resources you utilized throughout your career to develop HT programming?**

When I work with non-profits, I find resources that either donate materials (plants, soil, tools) or give substantial discounts. Eagle Scouts and Girl Scouts are utilized to construct raised beds, potting benches, and benches to sit on. I've also used students at the local college studying Horticulture to help build things for the gardens. I receive free seeds from Renee's Seed company every year.

■ **How did HT develop at your facility and what is the present status of this program? Are there any registered horticultural therapists on staff?**

I started out 10 years ago at Cordilleras Mental Health Center, a 140-bed residential facility. This center is run by the Telecare Corporation, a for-profit company which has been supportive of the program from the beginning. The facility department constructed our raised beds. Our horticultural therapy team has been given several awards, some with a monetary amount included. We used the money we earned to pay for most of our greenhouse, however supplies for our sessions are covered by Telecare.

► continues on page 6

2018 Conference Request for Proposals

Planting with a Purpose: Engaging in Horticultural Therapy

Denver, Colorado | October 5-6, 2018

A request for proposals to present at the 46th American Horticultural Therapy Association Annual Conference

As horticultural therapists and allied health practitioners, we understand the importance of networking with our peers and sharing our ideas, successes, and experiences. Connecting with people from diverse backgrounds, regions, countries, and organizations is key to life-long learning and growing in the field of horticultural therapy. Digging deeper into our profession, learning new and innovative ways to deliver our services, getting our hands dirty, and demonstrating what drives our passion for horticultural therapy are the goals of this year's AHTA Annual Conference in the nature-rich region of Denver, Colorado.

In this spirit, AHTA is accepting session submissions in the following areas:

- Successful programs designed for underserved populations
- Innovative treatment interventions using plants, natural materials, other meaningful ingredients
- Activities and projects that meet the needs of specific populations
- Expertise, experience, and explanation about conducting research and getting published
- Genesis of a successful horticultural therapy program
- Discussion groups for practitioners working with similar populations to share challenges, successes, and hopes
- Serving the community through outreach-based horticultural therapy programs
- Funding resources, grant writing, and other sustainable measures to maintain program financial resources

Presenters will be selected from proposals submitted in response to this Request for Proposals by a peer review panel. Please submit your proposal online by April 30, 2018. Notification of decisions will be sent by the 3rd week of May.

Submissions must include all information requested. Please note: biographical information requested **MUST** be in the format described within "Proposal Submission Guidelines." 🌿

▶ New Legacy Health *continued from page 4*

team included various walking surfaces, a variety of seating, group and individual gathering places and a four season garden to welcome all to the park. Visiting neighbor and businesses include a nursing school, churches, early childhood services, coffee shops, restaurants, markets, movie theatres and more. HTRs, HT students and garden volunteers manage the garden several times weekly. They answer visitor questions, lead garden tours and provide garden maintenance year-round.

Legacy continues to impact community by connecting everyone to nature and growing an enduring culture of health and well-being. It is important that hospitals create more involved interaction and understanding of our environments. 🌿

Teresia Hazen, MEd, HTR, QMHP has been the Coordinator of the Legacy Therapeutic Gardens since 1991.

▶ HTR Profile: Suzanne Redell, HTR *continued from page 5*

Currently, I am the only HTR. We should have more in the near future. One intern has submitted her HTR paperwork to AHTA and two others will soon.

▪ Do you have some favorite plants and activities you use in your HT programs?

My favorites plants include sunflowers, lavender, herbs, and the new container size vegetables. Some favorite activities include:

- Planting Native American gardens – *The Three Sisters* (corn, climbing beans and pumpkins) followed by a fall harvest celebration with the clients.
- Making lavender bags and wands
- Drying herbs – making herbal teas, salts and dips for vegetables

▪ Do you accept HT Interns? How does your internship work at your facility?

Yes, we do take interns at Cordilleras. I work with each Intern, as well as the other horticultural therapy team members. Interns are paid a quarterly stipend. Interns are included in staff meetings and after receiving experience at our facility, begin planning, organizing and leading horticultural therapy activities.

▪ Do you have personal perspectives to share with present or future horticultural therapists?

I have found it very interesting and useful when I travel, to talk with professionals in our field from other countries. Before leaving, I check to see if there are any AHTA members in the country. I also do a Google search to see if there are any horticultural therapy or therapeutic horticulture organizations. As a result, I have connected with professionals in Australia, New Zealand, France, England (Thrive) and Scotland. 🌿

National Horticultural Therapy Week

Each year, AHTA coordinates the efforts of regional networking groups, affiliated HT programs and AHTA members to celebrate National Horticultural Therapy Week. During the week of March 18–24 individuals and organizations across the country set aside time to host a variety of special events and activities to bring awareness, elevate recognition and increase appreciation of the horticultural therapy profession and programs.

Horticultural and music therapists at Earthtones NW in Portland, OR set up a display at TaborSpace, a popular coffeehouse where community members and groups gather daily. The display included information on horticultural therapy and AHTA, a spring flower arrangement and free seed packets donated by Portland Nursery.

Laura DePrado, HTR, MaryAnne McMillan, HTR, and Jean D'Amore, HTR created a display at the New Jersey Statehouse, which featured information about AHTA and horticultural therapy. New Jersey is the only state in the nation to formally designate the third week of March as Horticultural Therapy Week.

Brother International Corporation Bridgewater in New Jersey explored wellness alternatives at a Lunch-n-Learn Workshop guided by Laura DePrado, HTR of Final Touch Landscaping, LLC. Participants created hands-on projects and learned about using plants for social, physical and psychological well-being.

A.G. Rhodes Health & Rehab in Atlanta, GA officially opened and dedicated their third horticultural therapy greenhouse in the greater Atlanta area.



Clients at Belmont Behavioral Hospital Northeast in Philadelphia, PA created “seed bomb” packages to give away. The packages, made from recycled brown paper bags, were placed in spots throughout the facility for patrons to take, along with instructions to throw them onto neglected land throughout the city in hopes of adding beauty to these areas.



Susan Morgan, of The Horticultural Link, LLC in Texas gave a presentation promoting horticulture as a therapeutic activity and on “purposeful plants.” She also held a garden dedication ceremony with clients, staff and family members at Arden Courts of Richardson, a memory care community and blogged daily on a variety of HT topics featuring guest posts by Leslie Fleming, HTR.

Perkins School for the Blind in Watertown, MA showcased the educational and therapeutic power of plants at a spring-themed open house where students transplanted flowers into pots, planted cat grass seed and created colorful greeting cards to be sent to local assisted living facilities.

Lee Shahay of the Francis E. Parker Home in Highland Park, NJ presented elderly assisted living residents with a discussion of snowdrops, the earliest bloom of the spring season, and planted a variety of early vegetables including lettuce, swiss chard and other leafy greens.

Derrick Stowell, UT Gardens Education Director in Knoxville, TN led programming at Clarity Pointe Knoxville, as well as with high school students from Tennessee School for the Deaf. He also invited local news media to visit and take part in therapeutic programming during the week.

Maureen Regan, Green Earth Urban Gardens in Queens, NY celebrated with high school students by repotting seedlings. 🌱

MHTA 2018 Annual Conference

By Cathy Flinton, HTR

The Michigan Horticultural Therapy Association (MHTA) held its 39th annual conference on March 9 at Michigan State University. The event was well attended with over 80 participants from five states and included students, master gardeners, recreational therapists, educators and horticultural therapists.

Barb Kreski, M.H.S., OTR/L, HTR, the director of horticultural therapy services at the Chicago Botanic Gardens, gave an inspirational keynote "Let's Get Ready and Get Going!" Barb shared information on therapeutic horticulture, current trends in plants and gardening, the importance of research, and the many benefits of utilizing horticulture as therapy in programming with a variety of populations. Barb inspired the audience to capitalize on the increasing awareness of the positive benefits of plants and nature on human health and to promote the use of horticulture as therapy in our communities and our work place.

The conference included breakout sessions on the use of horticulture as therapy in children's gardening, memory care and with veterans. A hands-on session on the therapeutic benefits of decorating bird houses along with an introduction to horticultural therapy and top plants for horticultural therapy programs rounded out the breakout sessions. A panel session with all presenters answered questions that included a lot of interest in educational opportunities in horticultural therapy. The day ended with a group activity with attendees dividing into small groups to work together to create a miniature landscape on wood. This followed discussion on the objectives, outcomes and therapeutic benefits of this activity.



Photo Credit: Mary Machon

Attendees gave positive comments throughout the day in knowledge gained, new connections made, networking opportunities, and excitement for application of knowledge gained. Attendees left ready to "get going" in utilizing horticulture to benefit their communities. This event was planned and run by volunteers including the MHTA board of directors and MHTA members. Planning has already begun for the next MHTA conference in Michigan in the spring of 2019! 🌱

Cathy Flinton is the president of MHTA and the conference coordinator. For the past 22 years she has worked with the Hope Network and provided horticultural therapy to persons with traumatic brain injuries and spinal cord injuries in the greenhouse and garden areas in a rehabilitation setting.

Photo Credit: Mary Machon



Teaching the Next Generation

By Betsy Brown, HTR

“At the end of the day people won’t remember what you said or did, they will remember how you made them feel.” I have seen this quote by Maya Angelou posted at work and other places over the years. It always speaks to me.

Let’s consider what we hope and expect our horticultural therapy clients feel as we engage with them over plant activities. Being valued? Cared about? Respected? Listened to? That they matter, each and every one of them? Many students on the journey to becoming horticultural therapists would agree that these are the important outcomes.

Through classes and trainings we learn about plants, nature and how to teach skills such as propagating, transplanting, flower arranging and any number of other skills. This is the easy part. To affect a participant deeply and positively at the core, in the heart, deep in their being, is another thing. How is that taught?

We learn best by experience. I have had the honor and opportunity these past eight years to provide therapeutic recreation students at Grand Valley State University in Grand Rapids, Michigan to experience a typical horticultural therapy group session. Randy Wyble’s class, *Interventions in Therapeutic Recreation*, gives students a chance to experience art, music, water, equine and horticultural therapy sessions.

After my introductory lecture about the history, goals, populations where horticultural therapy is practiced, and a short Horticultural Therapy Institute film, we take a break. During the break tables are re-arranged so that half the class, 12 or so, can be seated around a large work space where soil bins, plants, scissors, hand tools and pots are gathered. Several seated students are given glasses with partially taped lenses or smudged with Vaseline. Others are required to use only their non-dominant hand to work. I give directions and answer questions once for both groups. Half the class works on the stem cutting propagation activity; the other half of the class stands around the table behind the participants and quietly observes.

During the first session I am very positive, helpful, encouraging, present, purposefully making eye contact and engaging with every student. The atmosphere is light, upbeat, fun, productive, and usually a bit noisy. Once all stem cuttings are planted and plant markers written and inserted in the pots, the groups are reversed so that observers become participants. Again, glasses are distributed, and non-dominant hands only can be used.

The second group begins but this time I talk less, encourage very little, however still smile and mingle with the students. I select one student to ignore, one who appears to be very popular, and avoid conversation and eye contact with that student. I don’t answer questions for anyone, but quietly say “you must not have been listening.” I will pick up a cutting and plant it in a pot for one student, saying “I will help you.” I will make comments like “my, you are messy” while brushing soil away from the edge of the table, or “this is taking a long time” under my breath, then finally suggesting it is time to clean up while the last student is still working.

I make these negative comments and actions very quietly and subtly but the students slowly become more quiet and cautious, becoming more serious. If you judge the success of the planting activity by the end product (a properly planted stem cutting) it can be considered successful. But consider how the participants feel?

A good discussion follows. What happened? Clearly the second group was not having as much fun. Sometimes students don’t understand what happened, but everyone felt that something was different. The student I ignored always admits to feeling left out, not being part of the group. Some of my comments caused students to feel they were making mistakes or taking too much time. It’s the subtle small things, like glancing at the clock, that can change a group.

When students remember how *they* feel after a positive/negative learning experience, they appreciate that subtleties can strongly impact the session’s effectiveness. 🌱



Connecting Community Gardens to Horticultural Therapy

By April Ellis

I am a student beginning my horticultural therapy coursework at the University of Tennessee. I currently work as the Community Garden Coordinator with the YMCA in Knoxville, TN. Three of our area YMCA's operate Community Giving

Gardens to fulfil the nonprofit's mission to engage in social responsibility. These gardens grow fruits and vegetables to donate to area food pantries and rely on volunteers for labor and special projects. At present, the gardens receive volunteers from college groups, recovery centers, adult day programs, church groups, and more. It's an effective system and last year the gardens donated over 5,000 pounds of fresh produce.

My experience in the garden has led me to believe that community centers are an underutilized location of practice for horticultural therapists. They often function as a resource to connect disenfranchised groups with the larger community. By including horticultural therapy and community gardens into their programming, centers would be better apt to address the emotional, social, and vocational gaps found in impoverished communities. Furthermore, employing a registered horticultural therapist would increase the possibilities for member and non-member programming exponentially. Horticultural therapy programs could be tailored to meet member needs and attract non-member groups to create a symbiotic relationship benefitting all. Groups receiving horticultural therapy would

increase the overall food production of the garden, benefiting the community by further legitimizing nonprofit fundraising and grant-writing efforts.



Bringing horticultural therapy to community centers removes it from the niche of the healthcare world, thus placing it in the hands of the public in an unexpected, yet highly accessible, environment. For community centers that utilize gyms and promote physical activity, horticultural therapy provides a complementary approach to wellness plans. This holistic approach serves the community center and horticultural therapist as well. The center may offer programming to appeal to a wider audience and the horticultural therapist benefits from the exposure of practicing in a public space with a diverse group of members. Much like the symbiosis achieved between volunteers and the food they produce for the community, the potential relationship between community center and therapist is brimming with opportunity.

As the profession continues to seek new areas of practice, perhaps we should consider how our skills can be used to serve the community at large. While many programs are tailored for specific demographics, widening our options to include the general public may bring greater awareness to the profession and broaden our scope of practice to include general preventative care to anyone. 🌱

Planting Seeds of Hope, Happiness, and Love: A Horticultural Therapy Seed Tape Activity

By Donna Soszynski

Photo Credits: Donna Soszynski

Thoughts of spring, it's time to think and get excited about what seeds to plant! This horticultural therapy session was at Ann's Place in Danbury, CT, where I am an intern. Ann's Place provides comfort, support, and resources to people living with cancer and their loved ones. The class was about how to make planting tiny seeds easier. It further explored how we can also "plant" seeds of positive thoughts. Each person was given a quote to read aloud. Many of the participants have had difficult times coping with their illness or treatment. This activity integrated elements that promoted positive and uplifting feelings and is a nice, low-cost activity with the added benefit that it continued outside the class.

Materials Needed:

- Toilet paper
- Scissors
- Colored paper
- Brightly colored tablecloth
- Small cup
- Stick (i.e., popsicle stick) for mixing
- Small artist brush
- Water
- Markers
- Seeds (consider seeds that can grow easily together – lettuce, carrots, arugula, marigolds)
- Seed packet template (download from internet)
- Handout
- Plant labels (for when they plant the tapes)

Method:

1. Placed a colored piece of paper so the seeds could be easily seen, on a back drop of colorful tablecloths to brighten up the table.
2. Give each participant the following:
 - a. 1½ ft of toilet paper
 - b. small cup to make the flour glue and a stick for mixing
 - c. flower and vegetable seeds.
3. Using a small amount of flour, add water, stirring until have a glue-like consistency
4. Instruct the participants to fold their paper in half lengthwise, then open for placing seeds
5. Place a dot of glue every inch and half
6. Using the brush, pick up and place an alternate marigold

seed with a carrot seed. (The flowers are very pretty mixed in between the carrots!)

7. Next instruct participants to cut out and assembled their own seed packet from a template design. These were labeled with either the seed name or inspirational thoughts like love, happiness, or hope.

Horticultural therapy aspects applied to this activity:

Physical: fine motor skills, hand/eye coordination, writing, cutting out seed packet template

Cognitive: concentration, following instructions, sequencing

Emotional/Affective: probably the most important aspect for this population. I created a bright cheery atmosphere. Some participants are currently in treatment and this may be the only time they are out doing something other than going to a doctor's appointment.

Social: I often pose questions to help participants engage in a conversation, and I encourage people to help and assist each other. This creates a supportive and comfortable space, where they can be themselves. In some cases that means being able to not have to cover their heads with a scarf or wig, a no judgement zone. One of the best comments I heard was "That was a great distraction...it put a smile on everyone's faces."

Precautions: This was during flu season. I made available masks and gloves to wear as it is important to be aware of the heightened risk of infection for those in treatment. For people who developed lymphedema, they need to be careful to not get a cut or abrasion. I observed the stamina of participants and provided assistance if needed. 🌱

Donna Soszynski is a graduate of the New York Botanical Garden's horticultural therapy program and is currently completing her internship at Ann's Place. She is currently studying The Art and Science of Herbalism, as well as Plant Based Nutrition. Donna is also a breast cancer thriver having been diagnosed in 2015, just prior to completing the horticultural therapy program.



EDUCATION & TRAINING

Cultivating Your Career

By Janet Henderson Schoniger



Jonathan Irish is the horticultural therapy coordinator at Rogers Memorial Hospital in Wisconsin.
Photo Credit: Stacey Basile Courtesy of Rogers Memorial Hospital

Are you planting the seeds for your future? A bountiful garden isn't created overnight, and neither is a successful career.

"I look for cracks and crevices where seeds can grow. I adapt to the landscape," says Jonathan Irish, MA, LPC, and HTR at Rogers Memorial Hospital, a mental health center in Oconomowoc, Wisconsin. Irish works with adolescents and adults with eating disorders. Prior to that, he served as the horticulture educator and therapist at Pueblo's Health

Solutions and Learning Center in Colorado.

"I'm blessed to have had two jobs created for me," adds Irish, a 2015 graduate of the Horticultural Therapy Institute (HTI) and AHTA board member. He qualifies that. "I was willing to ask for what I wanted. I'm passionate about it because I understand the importance of horticultural therapy. It takes someone willing to ask for change to make it happen."

Rebecca Haller agrees: "You have to be creative and resourceful when it comes to landing a job in the horticultural therapy profession," says Haller, HTM, co-founder, director and lead instructor at the Denver-based HTI.

"A growing number of students find themselves in mental health settings, human services and other employment sectors receptive to horticultural therapy as a treatment modality, but they must be the ones to develop the horticultural therapy program, and that often also includes creating an horticultural therapy position," Haller notes.

According to a 2016 HTI employment survey, 75 percent of the graduates who responded said they were working or volunteering in the field. Of those working or volunteering in horticultural therapy, 45 percent had helped secure funding for a horticultural therapy program or job position and 64 percent had prepared a proposal to create or expand a program. The survey question about proposal writing is important for future curriculum evaluation, Haller explains, because the final project for students in the certificate program is to write a program proposal. The survey results indicate that this is useful to students and positively affects their employment.



Photo Credit: Janet Henderson Schoniger

HTI students tour the urban farm, therapeutic gardens and greenhouse complex at the Mental Health Center of Denver's Dahlia Campus for Health and Well-Being.

Haller says some professionals focus solely on horticultural therapy; others incorporate horticultural therapy with therapeutic recreation, social work, vocational rehabilitation, counseling, occupational, art or physical therapy. In community horticulture, they're leaders in community gardens, school gardens, and independent living or wellness programs.

Horticultural therapy has always been an interdisciplinary field, but a few new promising trends are emerging, such as a greater number of young students entering the field, says Christine Capra, program manager for HTI for the past 15 years. That was the case with the group of 32 students who took the 2017 Fall Fundamental Class in Denver. "Young students take a longer view of horticultural therapy as a career and demonstrate a strong commitment to complete their certificates and AHTA registration," Capra says.

Regardless of your age, education or background, your aspirations, actions and attitude will ultimately determine how you cultivate your career. Or in Irish's words, "Don't let others determine if it's a fit for you. Make it what you want it to be." 🌱

AUTHOR CREDIT:

Janet Henderson Schoniger is a Colorado-based freelance writer and communications consultant.

The Horticultural Therapy Institute (HTI) offers horticultural therapy training, which includes a certificate program that is accredited by AHTA. For more information visit <http://www.htiinstitute.org/>

EDUCATION & TRAINING

New York Botanical Garden Offers HT Certificate Program

By Lisa Whitmer, Director of Adult Education

This summer—for the first time ever—The New York Botanical Garden will offer its comprehensive Horticultural Therapy Certificate Program in a compressed format to allow students to complete the nine required horticultural therapy courses in two and a half months.



NYBG's summer intensive classes provide an immersive opportunity for students to learn best practices from working horticultural therapists, including how to develop activities to engage a wide range of clients from exceptional youth to those in need of physical rehabilitation. Participants gain the necessary botanical knowledge and skills in assessing and managing programs so they can utilize plants to heal and rehabilitate people from all walks of life.

The grounds at NYBG serve as a sprawling, beautiful outdoor classroom to augment each student's learning experience. While the necessary skills for a therapeutic practice are taught in the classroom, there is no greater educational tool than a journey through the Garden itself.

Students also have the opportunity to travel for on-site visits in order to see horticultural therapy programs in action, including those with NYU Langone Medical Center, the Hort Society of New York's Greenhouse Program on Rikers Island, and the Good Samaritan Regional Medical Center.

Joanne D'Auria, who completed the horticultural therapy program in 2017, explained how her studies at NYBG benefitted her work as the School Workshop Coordinator of Brooklyn Botanic Garden. She said, "Thanks to the expertise of the outstanding instructors—all active professionals—I've expanded my job to include working with teens with autism and designing a Memory Tour for visitors with dementia and their caregivers."

NYBG's Program is accredited by the American Horticultural Therapy Association (AHTA), and the National College Credit Recommendation Service (NCCRS) recognizes the nine Horticultural Therapy courses to be the equivalent of college-level instruction. Those who successfully complete the program and gain college credit can apply their coursework toward voluntary Professional Registration through AHTA.

For more information and a full list of courses, please visit The New York Botanical Garden online: nybg.org/adulted 🌿

Seminars in Japanese Garden Design

The Portland Japanese Garden's International Japanese Garden Training Center is now accepting applications for *Waza to Kokoro: Hands and Heart*, a hands-on training program in Japanese garden arts. The Japanese garden tradition offers a wealth of knowledge and techniques for creating spaces of



Photo Credit: Jonathan Ley

harmony, beauty, balance, and tranquility. The seminar is a rare opportunity to study an integrated curriculum of stonemasonry, design, aesthetics, pruning, history, and bamboo fence construction, all framed eloquently in the culture of tea. Faculty include Portland

Japanese Garden staff and visiting instructors from Japan.

- To apply: <https://japanese garden.org/the center/waza-kokoro-seminar/>
- To view a video about last year's seminar: <https://www.youtube.com/watch?v=t012eXZKXgA&t=49s>
- To ask questions: kfaurest@japanese garden.org

Dates: ▶ Intermediate level: July 19-30
▶ Beginner level: Sept. 20-27

There is no prerequisite for the seminar; applicants will be evaluated individually based on experience. Scholarships are available. 🌿

BOOK REVIEW

The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative

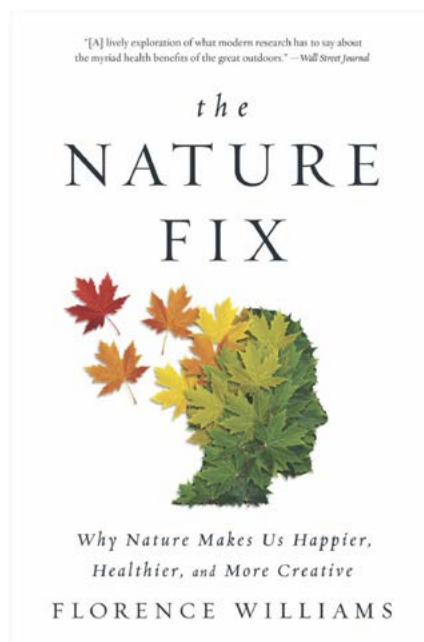
Author: Florence Williams
(W.W. Norton & Company, 2018)

Reviewed by Patty Cassidy, HTR

The *Nature Fix* is a richly textured, inspiring, and thoroughly enjoyable book that explores the importance of nature in our lives. In her robust quest, Florence Williams transports the reader around the modern world and back. Her difficult personal exodus includes leaving nature-rich Colorado for the urban chaos of Washington D.C., but ranges far beyond. Throughout each chapter of her journey she gives the reader reasons to stay tuned as she proves, for herself and humankind, the benefits we may derive from being connected to nature.

While Williams' journalistic writing style—she is a contributing editor at *Outside* magazine—is at times witty (and occasionally flippant), she knows how to look at a subject from many different angles. For example, her travels to Japan and Korea to experience their forest bathing techniques or her time in the forests of Finland “getting lost in beauty” demonstrate her earnestness in learning how being in specific natural surroundings restores the feelings of well-being both physically and emotionally.

Willingly (and always as a good sport), Williams participates in a myriad of tests—tolerating many portable EEG brains scanning devices and submitting to cortisol spit- and sweat-testing, as well as to stomach-turning virtual nature viewing. While she reports the results of her research proficiently, she has a healthy skepticism and, like all good researchers, knows there is always more testing to be done.



A particular strength in this book is William's ability to move beyond the scientific calculus of why nature is beneficial and aptly embrace the subjective and literary contributions of transcendentalist writers such as Thoreau and Emerson, poets such as Whitman and Wordsworth, as well as biophilia authors like Stephen Kellert and E. O. Wilson. Williams is a keen devotee of Frederick Law Olmsted, who she believes understood, “from the ancient Persians to the English gentry,” that well-planned city parks would be the nature salve for urban dwellers.

Williams does a good job assessing how nature may positively affect all ages and many human conditions—from kindergarteners through her aging father's rehabilitation and, most poignantly, to the wilderness experience of US military women challenged with post-traumatic stress disorder. Disappointingly, however, it isn't until three quarters into the book that she briefly mentions horticultural therapy. While horticultural therapy focuses on but one aspect of her theme—namely, the plant-person relationship—I feel that Williams missed opportunities to highlight this important healing strategy. My only other critique would be that the book doesn't include an index, which, given the numerous references to people and places, would have been helpful.

Despite these minor shortcomings, however, I would highly recommend this well-written and comprehensive analysis of why nature makes us “happier, healthier, and more creative.” 🌿

AUTHOR GUIDELINES

Journal of Therapeutic Horticulture Author Guidelines

You are invited to submit manuscripts for consideration for publication in the Journal of Therapeutic Horticulture. Manuscripts may include research projects, case studies, program and services descriptions, therapeutic practice descriptions, therapeutic horticulture philosophies, therapeutic design project descriptions, relevant book reviews, and other related topics.

Manuscripts should be submitted to one of the following sections:

Research

Includes manuscripts of research reports and case studies that contain research components such as a research question, objective, literature review, data collection, analysis, results, and conclusion.

Practice Forum

Includes manuscripts describing horticultural therapy and related programs, case reports, teaching techniques and tools, and other related items.

Therapeutic Landscape and Garden Design

Includes manuscripts on the design, history, and/or theory of gardens and other landscapes as they relate to the field of horticultural therapy.

Issues in the Profession

Includes manuscripts on such topics as education and training, professional or organizational issues, legislative issues, or other related areas.

Horticultural Therapy and the Community

Includes manuscripts on the interaction of horticultural therapy issues and the community at large.

Upon Reflection

Includes thoughts on the more philosophical, reflective, and/or spiritual aspects of therapeutic horticulture.

Book Reviews

Includes the review of books relevant to the profession of horticultural therapy.

Manuscript submissions to the JTH should be sent as an e-mail attachment to the editor-in-chief. Manuscripts must represent



original material that has not been previously published or that is not under consideration for publication elsewhere. In addition, authors are required to submit an abstract of the manuscript and a brief biography. If the author does not have mastery of the English language, the manuscript must be professionally translated before being submitted.

Authors are asked to follow AHTA's published definitions when describing horticultural therapy and related programs in their manuscripts (see below). References should follow the author-date format. The authority for style is the Publication Manual of the American Psychological Association. For more information on style and formatting, please contact the editor-in-chief.

Manuscripts must be accompanied by a cover letter indicating that the work is intended for publication and to which section it is being submitted. Please also submit the names and contact information of 2-3 individuals qualified to review the manuscript. Graphics and photographic images are acceptable and encouraged if relevant; please refer to the APA rules for formatting tables and figures. Authors whose manuscripts are accepted for publication in the JTH will be required to submit a rights assignment form. Manuscripts accepted for publication will undergo an editing process and be forwarded to the author for final clearance before publication.

The editorial board will consider quality, practicality, and relevance to the profession of horticultural therapy.

Send cover letter, manuscript, abstract, brief biography, and contact information for qualified reviewers to:

Matthew Wichrowski

Editor-in-Chief

journal@ahita.org • matthew.wichrowski@nyumc.org

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Planting with a Purpose: Engaging in Horticultural Therapy

October 5-6, 2018 🌿 Pre-tours October 4 🌿 Sheraton Denver West Hotel 🌿 Lakewood, Colorado

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the Suggested Readings page, under the "About Horticultural Therapy" tab. Click on most of the listed book titles or thumbnails, and it will take you directly to amazon.com for purchasing. 🌿



AHTA MAGAZINE

MAGAZINE SUBMISSION DATE:
June 15, 2018

We are always looking for fresh voices to be heard in the *AHTA Magazine* so send us your stories by submitting them [here](#).

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