



## **HORTICULTURAL THERAPY CERTIFICATE - VANCOUVER PROFESSIONAL DEVELOPMENT PROGRAM with Ann Kent HTM**

Explore the growing field of horticultural therapy (HT) in an exciting inter-disciplinary program. Courses will appeal to teachers, healthcare professionals, horticulturists, landscape designers and others wishing to learn more about creating therapeutic opportunities that connect people and plants; or to those who wish to explore career opportunities in horticultural therapy and therapeutic horticulture (TH).

Four courses, each of which can be taken independently, provide up to 160 hours of lively classroom study. Students are also encouraged to pursue independent study projects.

The program offers a well qualified team of instructors led by registered horticultural therapist, Ann Kent HTM; varied learning environments, including several facilities and gardens in the Vancouver area; and collaborations with schools, healthcare facilities, and other agencies for study and project work. The next course rotation starts in September, 2009.

The fee of \$598.50 for each week long course includes all instruction, textbooks, class supplies, and GST.

### **Horticultural Therapy - Programming for All Seasons**

This course explores HT programs and their potential for year-round activities, utilizing indoor and outdoor gardening, floristry, botanical crafts, and interactions with nature. Skill sets required by the HT activity leader as well as program adaptations for various populations are also considered.

2009: Mon. Sept. 14 to Fri. Sept. 18, 8:30 a.m. to 5:00 p.m.

### **Horticultural Therapy Techniques - Session Planning and Evaluation**

The use of HT activities in the context of small group and one-to-one therapy sessions for several populations and a variety of assessment and evaluation tools are studied.

2009: Mon. Nov. 2 to Fri. Nov. 6, 8:30 a.m. to 5:00 p.m.

### **Creating Enabling Gardens and Funding Programs for HT**

Hands-on horticulture and design projects focus on attributes of enabling and sensory garden spaces and safe practices for such gardens. A unit on how HT programs in BC are funded and how to research and write funding proposals is also included.

2010: Mon. Mar. 28 to Fri. April 1, 8:30 a.m. to 5:00 p.m.

### **The Practice of Horticultural Therapy**

This course takes a closer look at HT activities for special populations and the importance of one's personal background and skills in choosing a field of work. Professional ethics, employment opportunities, and important differences between salaried work and self employment are addressed.

2010: Mon. May 30 to Fri. June 3, 8:30 a.m. to 5:00 p.m.

For more information about the HT Professional Development Program, courses and workshops in therapeutic horticulture, or joining the Vancouver Area Therapeutic Horticulture Interest Group, please contact Ann Kent at [ann@catkinggardens.ca](mailto:ann@catkinggardens.ca)

An introduction to therapeutic horticulture and horticultural therapy, links to professional organizations, research on people-plant connections, and information on healing gardens and enabling garden design, can be found on Ann Kent's website at [www.catkinggardens.ca](http://www.catkinggardens.ca) or Dr. Aimee Taylor's website at [www.horticulturaltherapist.com](http://www.horticulturaltherapist.com)

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## Horticultural Therapy Certificate Professional Development Program - Vancouver BC

Lead Instructor: Ann Kent, BA DipEd HTM

### A. Program Objectives

The participant, after completing the four courses and related independent study projects shall have:

- an understanding of the practice of horticultural therapy (HT) and its application in therapeutic, vocational, social, and educational contexts
- foundation skills in horticulture, gardening, floristry, and related areas requisite to planning year round therapeutic horticulture (TH) programs
- an awareness of how therapeutic horticulture and gardening activities contribute to health and wellness in a variety of populations
- the ability to plan and initiate seasonal and year round HT/TH programs, to design and adapt plant-based HT activities for various contexts, and to apply evaluation and assessment protocols
- a knowledge of contemporary practice in HT/TH and opportunities for program development in such sectors as healthcare, education, and civic/community planning
- an appreciation of how his or her educational background, employment history, and personal skill set can be applied to volunteer and career opportunities in HT/TH

### B. Program Content and HT Competencies

The HT Certificate Professional Development Program includes but is not limited to units on the following topics. Each course includes a selection of units from the following areas as well as hands-on practice in a variety of therapeutic horticulture activities:

#### 1. Overview of the profession:

- a) History of HT, international
- b) History of HT in Canada and in British Columbia
- c) Definitions of horticultural therapy and therapeutic horticulture
- d) Review of research that supports the benefits of the people-plant connection in horticulture, gardening, and nature-related activities
- e) Program models: therapeutic, vocational, social
- f) Introduction to the CHTA, AHTA, and Thrive
- g) Review of published professional standards and competencies
- h) Discussion of professional practice and ethics
- i) Guidelines for professional registration
- j) Internship and employment opportunities

#### 2. HT Programming and Techniques:

- a) Setting goals and objectives for an HT program
- b) Developing timelines and budgets for HT programs
- c) Generating program streams (indoor and outdoor gardening, floristry, botanical crafts, and nature activities) to advance treatment goals
- d) Learning and practicing specific horticulture, floristry, and other skills from above streams
- e) Using assessment and evaluation tools for clients, programs, and sites

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- f) Adapting HT activities for specific populations
- g) Selecting plant materials that are safe and appropriate to program needs
- h) Considering design requirements for accessible indoor and outdoor HT activity spaces as well as adaptive furnishings, tools, and equipment
- i) Reviewing characteristics of therapeutic gardens such as those termed restorative, healing, enabling, therapeutic, and/or sensory gardens

### 3. HT Populations and Communities - Characteristics and Considerations:

- a) School children: inner city vs. suburban and rural programs
- b) Children and youth with developmental, physical, or behavioural challenges
- c) Children and Adults facing end-of-life situations
- d) Adults recovering from physical injuries or other trauma
- e) Older adults - living independently
- f) Older adults - diagnosed with dementia, living in long term care
- g) People in mental health programs or psychiatric facilities
- h) Individuals or Families at risk - substance abuse, addictions, offenders
- i) Caregivers - professionals and family members

### 4. Development and administration of HT programs:

- a) Preparing proposals for content, staffing, and funding of HT programs
- b) Developing budgets for HT programs
- c) Working as a member of an inter-disciplinary treatment team
- d) Engaging in or supporting fundraising programs
- e) Promoting and publicizing HT programs
- f) Recruiting and managing volunteers
- g) Assisting with or writing grant applications
- h) Providing HT services as an employee or as an independent contractor

Each course stands alone and many students, particularly those who are working full time, opt to complete the program over a longer period of time.

Venues for study offer access to a variety of different populations and to different horticultural and garden settings. Several local agencies actively support the program and offer volunteer or internship opportunities for those studying horticultural therapy.

Applications are now being accepted for the HT Certificate Professional Development Program starting in September of 2009. Class size is limited to 12.

The fee of \$570.00 for each week long course includes all instruction, textbooks, and class supplies. GST is \$28.50.

For more information about the HT Certificate Professional Development Program and to obtain a registration form, please contact Ann Kent at [ann@catkingardens.ca](mailto:ann@catkingardens.ca)