Course Outline - HORT377 Horticulture Methods for Therapy Programs

Credits: 2

Terms to be offered: Fall

Prerequisites: HORT170 and HORT371 or HORT373

Course Description:
This course will teach students methods for adapting tools, environments and tasks to enable clients in horticultural therapy programs to fully participate in gardening activities. Considerations and solutions for indoor and outdoor garden design will be presented, as well as management of the horticulture site. The applied use of tools, raised beds, and other modifications is stressed.

Instructor: Rebecca Haller, HTM


Course Objectives:
Students will gain the skills to:
• Plan indoor and outdoor horticultural therapy settings appropriate to the physical site, the population served, the program goals and the organization or institution.
• Select appropriate plants to support the goals of a horticultural therapy program
• Plan for implementation of design and seasonal plantings.
• Plan for management of structures and plant maintenance.
• Design raised beds for accessibility and program use.
• Select and adapt gardening tools to enable full participation by those served in therapy programs.
• Adapt tasks and gardening methods to enable full participation by, and to accomplish treatment goals of, those served in horticultural therapy programs.
• Use task analysis as a tool for adaptation, training, evaluation, and documentation.
• Use horticulture techniques that are appropriate and successful in the horticultural therapy setting.

Course Topics:
Pre-Class Assignment (to be completed prior to class meetings):
• Read Chapters 11 and 12 in Horticulture as Therapy: Principles and Practice.
• Gather site and program information for a specific organization to use for class assignments, including:
  o Mission and demographics of people served by the organization
  o Indoor and outdoor site information including: dimensions, structures, sun exposure, existing plants, water sources, building access, view from building
  o Regional growing information such as USDA zone, frost-free dates
• Prepare to briefly describe the organization and site to the class.

Day 1:
• The Horticultural Therapy (HT) Site
• The Horticultural Therapy Site
• Balancing the Needs of People, Plants and Organizations
• Designing HT Settings - Indoors
• Considerations for Using a Greenhouse in Your HT Program
• Growing Indoors without a Greenhouse
• Garden Models
Day 2:
- Spaces for Activities and Programming
- Healing Gardens, Therapeutic Landscapes – Benefits and Design
- Designing HT Settings - Outdoors
- Identifying Population and Program Needs
- Site Selection
- Accessibility
- Scope and Maintenance Considerations
- Character and Aesthetics
- Gardening Tools for HT Programs – Considerations, Selection and Modifications

Day 3:
- Choosing Plants for HT Programs - Outdoors
- Uses and Benefits of Raised Beds
- Raised Bed Placement and Dimensions
- Raised Bed Building Materials and Construction
- Raised Beds – Soils, Watering and Plant Cultivation in Raised Beds
- Raised Beds – Applications for Indoors
- Designing HT Settings – Outdoors (continued)

Day 4:
- Choosing Plants for HT Programs – Indoors
- Methods to Accommodate and Enable HT Participation
- Using Adaptations to Reach Treatment Goals
- Specialty and Theme Gardens to Motivate and Delight
- Task Analysis – Uses and Methods for Modification/Adaptation

Instructional Methodology:
This class meets for four full eight-hour days and combines lecture, demonstration and discussion. In addition, students are given pre-class assignments three weeks prior to Day 1 of classroom instruction, as well as take-home assignments that are due four weeks following the class. Take-home assignments are mailed to the instructor and returned to students with written comments. The instructor is available to meet with students by phone, email, or appointment before or after class meeting dates.

Mode of Delivery: Classroom instruction

Performance Measures/Grading: (400 points total)
- Complete a short answer essay on raised bed design and use. (Due on Day 3, 75 points)
- Complete a short answer essay on adaptive tools and gardening methods. (Due on Day 4, 75 points)
- Modify or adapt an assigned horticulture task to accommodate an individual and conditions given. (Due on Day 4, 50 points)
- Final project:
  - Create a graphic site plan for a specific horticultural therapy setting. Include indoor and outdoor horticulture and work/activity spaces. (Due after class, 100 points)
- Grading:
  - A = 92% -100% (of total possible score)
  - B = 84% - 91%
  - C = 76% - 85%
  - D = 70% - 75%