Course Outline – HORT 421 *Horticultural Therapy Techniques*

**Credits:** 2

**Terms to be offered:** Spring

**Prerequisites:** HORT170 or HORT270

**Course Description:**
This course explores how and why horticultural therapy is effective across a spectrum of programs and populations, with an emphasis on physical, cognitive, and psychosocial development. It describes and demonstrates techniques to communicate effectively, lead groups, and encourage constructive change in HT program participants. Students practice methods for adapting tools, environments and tasks to enable clients in horticultural therapy programs to fully participate in gardening tasks or activities.

**Instructor:** Rebecca Haller, HTM

**Texts:**

**Course Objectives:**
Students will gain the skills to:
- Identify ecological and psychological considerations for HT program participants.
- Define the relationship of the HT and the client in various program models.
- Practice effective communication with clients in HT programs.
- Practice techniques to build therapeutic relationships for HT practice.
- Describe safety concerns for client populations served in HT programs.
- Utilize the principles of group process and leadership for HT sessions.
- Select and adapt gardening tools and tasks to enable full participation.
- Use task analysis as a tool for adaptation, training, evaluation, and documentation.
- Practice professionalism and ethics in simulated situations.
- Utilize behavioral terminology to describe observations and treatment goals.

**Course Topics:**

**Pre-Class Assignment:** (to be completed prior to class meeting days)
- Read *Horticulture as Therapy* - assigned sections of Chapters 4-10.
- Read *Horticultural Therapy Methods* - Chapters 1 and 4.
- Read *Accessible Gardening for People with Physical Disabilities* – Chapters 4 and 7.
- Describe HT client populations assigned, including physical, cognitive, and psychosocial issues – written report due on Day 1.

**Day 1:**
- Horticultural Therapy Treatment Models and Process
- Characteristics, Considerations and Precautions for Special Populations in HT Programs
- Effective Communication with HT Clients
- Personal Attitudes Regarding Client Disabilities
- Task Analysis – Uses and Methods for Modification/Adaptation
Day 2:
- Horticultural Therapy as Self Journey
- The Psychology of Horticultural Therapy
- Ecological and Psychological Variables in the Populations/Communities we Serve
- Attributes of Effective Therapists, Therapeutic Relationships
- Psychological Implications for HT Practice
- Professional Needs, Assets, Techniques
- Counseling: Working with Self, Others, and Nature

Day 3:
- Choreography of the Therapeutic Relationship
- Application of Therapy Techniques and Interactions
- Ethics and Professionalism
- Training Techniques
- Gardening Tools for HT Programs – Considerations, Selection and Modifications

Day 4:
- Methods to Accommodate and Enable HT Participation
- Using Adaptations to Reach Treatment Goals
- HT Groups – Theory
- Group Types and Group Dynamics
- Group Dynamics and Leadership
- Group Leadership in HT Situations

Instructional Methodology:
This class meets for four full days and combines lecture, demonstration and discussion. In addition, students are given pre-class assignments two-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)
- Describe HT client populations assigned, including physical, cognitive, and psychosocial issues (Due on Day 1, 50 points).
- Describe precautions and communications tips for using HT with specific populations served (Due after class, 50 points).
- Use behavioral terminology and task analysis to modify or adapt an assigned horticulture task to accommodate the individual and conditions given. (Due after class, 50 points)
- Complete a short answer essay on adaptive tools and gardening methods. (Due after class, 50 points)
- Choose appropriate leadership styles for a specified HT group. (Due after class, 50 points)
- Write a paper addressing the psychological, social and ecological needs of a specific population, techniques to meet them and personal strengths and challenges to do this work. (Due after class, 100 points)
- Write an essay addressing an ethical or professional issue as assigned. (Due after class, 50 points)
- Grading:
  - A = 92% -100% (of total possible score)
- B = 84% - 91%
- C = 76% - 85%
- D = 70% - 75%