Course Outline – HORT 423 Horticultural Therapy Programming

Credits: 2

Terms to be offered: Spring/Summer

Prerequisites: HORT 421

Course Description:
This course provides models of a wide array of horticultural therapy programming. The course includes the processes and techniques to plan, implement, document, and evaluate treatment programs for individuals and groups. The emphasis is on the process and practice of HT in various types of settings, as well as the skills to plan effective treatment sessions utilizing horticulture.

Instructor: Rebecca Haller, HTM

Texts:

Course Objectives:
Students will gain the skills to:
- Create, conduct and utilize assessments as part of the HT treatment process.
- Write goals and objectives that utilize HT for individuals and groups.
- Plan and conduct HT sessions that support treatment objectives for groups and individuals.
- Choose horticultural tasks and activities to accomplish treatment goals.
- Identify and use appropriate methods to document progress on goal and objectives.
- Evaluate treatment effectiveness.
- Plan vocational, therapeutic and wellness HT sessions for specific populations.
- Conduct process reviews of HT sessions.

Course Topics:

Pre-Class Assignment: (to be completed prior to class meetings)
- Read assigned sections of Chapters 3-7, 9 and 177 in *Horticulture as Therapy*.
- Read Chapters 2, 3 and 4 of *Horticultural Therapy Methods*.
- Read selected articles on HT program design from *Journal of Therapeutic Horticulture*.

Day 1:
- Assessment
- Horticulture Activity and Assessment in Practice
- Treatment Plans – Goals and Objectives
- Components of an HT Program
- Vocational Programs Models
- Horticulture Tasks: Work Demands and Assets
- Daily Programming and Task Assignment
Day 2:
- Therapy Program Models
- Horticultural Therapy in Physical Rehabilitation
- Horticultural Therapy in Mental Health
- Treatment Planning: Development of Individual Plans
- Writing Behavioral Objectives
- Documentation of Goals and Objectives

Day 3:
- Therapy Programs Models (cont.)
- Program Planning and Assessment
- Program Planning in Practice: Community Integration
- Program Development
- HT Session Planning
- HT Session in Practice
- Session Evaluation and Process Review
- Activity Selection to Meet Program and Individual Goals

Day 4:
- Multiple Program Models
- Horticultural Therapy Support Groups
- Social Programs: Wellness and Leisure Skills
- Treatment Planning in Social Programs: Development of Group Goals
- Plant and the Growing Process as Catalysts for Therapeutic Outcomes

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 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)
- Develop and utilize a situational assessment for use in HT sessions (Due after class, 100 points)
- Write individual treatment plans as assigned. Select activities to support them and documentation methods to evaluate progress. (Due after class, 100 points)
- Plan a Vocational, Wellness or Therapeutic HT program, including: concept, participants, group goals, assessment methods, sessions, and documentation. (Due after class, 150 points)
- Write a session review (Due after class, 50 points)
- Grading:
  o A = 92% -100% (of total possible score)
  o B = 84% - 91%
  o C = 76% - 85%
  o D = 70% - 75%