Course Outline – HORT 270 Fundamentals of Horticultural Therapy

Credits: 2
Terms to be offered: Fall
Prerequisites: none

Course Description:
This course introduces the profession and practice of horticultural therapy (HT), and its use in health care and human service. The course describes the types of HT programs, as well as the cognitive, social, emotional and physical goals for the varied people served. It outlines the processes of treatment, session and program planning in horticultural therapy.

Instructor: Rebecca Haller, HTM

Texts:
- *Journal of Therapeutic Horticulture* (Select from Vol. 1-23, American Horticultural Therapy Association)

Course Objectives:
Students will gain the skills to:
- Define horticultural therapy as a therapeutic modality and as a profession.
- Describe the human benefits of people-plant relationships.
- Describe the settings and populations utilizing horticultural therapy.
- Identify treatment models for horticultural therapy programs.
- Identify treatment and program goals of horticultural therapy programs.
- Outline the treatment planning process used in horticultural therapy.
- Describe the process of choosing horticultural therapy activities for treatment sessions.
- Identify key organizations and individuals that have influenced the development and practice of horticultural therapy.
- Review relevant research and literature on HT programs and effects.
- Assess personal attributes and experiences relevant to the practice of horticultural therapy.
- Identify the steps necessary to earn professional credentials in horticultural therapy.

Course Topics:

**Pre-Class Assignment:** (to be completed prior to class meeting days)
- Read Relf, D. and Sheri Dorn. Horticulture: Meeting the Needs of Special Populations. *HortTechnology* Vol. 5 (2) prior to Day 1. Prepare to discuss the elements of HT and it’s areas of practice.
- Read *Professional Registration Procedures*, American Horticultural Therapy Association, prior to Day 2. Be prepared to discuss and analyze personal experiences in relation to standards and career preparation.
- Read selected articles from the *Journal of Therapeutic Horticulture* and summarize as assigned. Students may choose from lists provided (see attached list) and/or read additional materials from professional journals in the assigned categories. Prepare to discuss on Day 3.

**Day 1:**
- Human-plant Relationships
- Historical Landmarks in Horticultural Therapy
- Defining Horticultural Therapy
- HT Treatment Models and Program Types: Vocational, Social and Therapeutic Programs
- Program Goals
H270 Course Outline

• Program Example – Overview of Regional Program
• Activity Planning for HT Sessions
• Horticulture Activity

Day 2:
• HT as a Profession and Professional Registration
• HT in Practice: Goals, Benefits, Techniques, Settings
• HT in Vocational Programs – Goals, Populations, Settings
• HT in Wellness – Goals, Populations, Settings
• HT with Older Adults – Goals, Settings
• Program Example – Overview of Regional Program
• Interviewing Techniques
• Personal Review – Characteristics of HT Practitioners

Day 3:
• Treatment Process
• Treatment Goals and Objectives of HT Programs
• HT in Therapy Settings – Goals, Populations, Settings
• Program Example – Overview of Regional Program
• Literature Review Presentations and Bibliography
• Benefits and Value to Program Participants

Day 4:
• Student Presentations on HT
• Horticultural Therapy Activity – Analysis and Revision
• Resources for HT Study and Professional Development
• HT in Corrections – Program Model

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. Assignments are either due in class or by mail two weeks after face-to-face class time. The instructor is available to meet with students via phone and/or email or by appointment before and/or after class meeting dates.

Mode of Delivery: Classroom instruction

Performance Measures/Grading: (300 points total)
• Deliver an oral presentation on HT to a simulated audience. (Due on Day 4, 100 points)
• Review literature on HT. Report on at least one article in each of these categories: research/documentation, programs, and profession/theories/history. Summarize each article orally during class discussion and report in writing as outlined. (Day 3, 75 points)
• List and categorize potential treatment goals of HT programs, emphasizing personal development of individuals served in HT programs. (Due two weeks after class, 100 points)
• Prepare a written plan for professional development, also reflecting personal skills and attributes (Due two weeks after class, 25 points)

Grading:
- A = 92% - 100% (of total possible score)
- B = 84% - 91%
- C = 76% - 85%
- D = 70% - 75%

It is our expectation that you will honor the following statement throughout this course: I pledge on my honor that I have not received or given any unauthorized assistance on this academic work.