What do participants think of these courses?

“Relaxed, friendly atmosphere made for excellent learning environment.”

“Clear concise information presented in a manner that not only educates me, but also inspires me.”

“Your passion inspires me to be the best horticultural therapist.”

“Enthusiasm for the field, caring and concern for clients is motivating; fantastic knowledge-sharing.”

“Exceeded my expectations in knowledge and rejuvenated my enthusiasm for work.”

“What a wonderful, educational and inspiring experience.”

“Lots of information, hands-on activities that will translate to the workplace.”

“The workshop has a great combination of lecture topics, group activities and outdoor activities.”

“Well-organized, moved session along, lots of energy, passionate about subject, able to create sense of community in the group, generous with knowledge.”
Mitchell Hewson, HTM

Horticultural Therapy in Practice

The Only Psychiatric HT Course in Canada - A workshop series by Mitchell Hewson, HTM LT, RAHP Homewood Health Centre

An innovative and exciting curriculum of 40 hours of in-house study held at Homewood Health Centre. This course will also include 30 hours of independent learning, including assessments, projects, exams and continuous quality improvement. Classes are held in a beautiful Conservatory and classroom environment to inspire and motivate you into the professional world of horticultural therapy training for specialized populations.

Cutting-edge information for all health care personnel, this series would be of particular interest to:
- Teachers
- Health Care Professionals
- People working in health care or human services who deal with disabilities, mental health issues, Attention Deficit Disorder or Post-traumatic Stress Disorder
- Horticulturists and anyone interested in using horticulture as a therapeutic tool
- Recreational and Occupational Therapists

Schedule and Description
Courses include homework assignment, exam and reading material.

Course 1
Working with specialized populations
Learn how horticultural therapy can be used in treating people with: dementia, post-traumatic stress disorders, eating disorders, addictions, schizophrenia, creative arts, aromatherapy, plant selection, assessment. Introduction to creative arts, aromatherapy, plant selection and assessment.

Sat. Sept. 14, 2013, 8:30 a.m. - 4:30 p.m.

Course 2
Innovative Projects in Horticultural Therapy
Participants will learn how to program for 12 months a year using seasonal materials for plant and plant-related projects. Learn to assess needs and create individualized projects to stimulate your clients.

Sat. Oct. 19, 2013, 8:30 a.m. - 4:30 p.m.

Course 3
Creating a Therapeutic Environment and Assessment
Learn how to design therapeutic environments for specialized groups. Participants will also learn how to design raised beds and other therapeutic techniques. Quality outcome indicators as validation tools for Horticultural Therapy programs will also be examined. Participants will learn how to assess and document their client’s response to treatment.

Sat. Nov. 16, 2013, 8:30 a.m. - 4:30 p.m.

Course 4
Creative Arts and Guided Imagery
Participants will learn the techniques of using natural mediums and guided imagery for therapeutic content in Horticultural Therapy programs. Mitchell will use Rogerian techniques to teach program facilitators how to encourage clients’ creativity and imagination.

Sat. Nov. 30, 2013, 8:30 a.m. - 4:30 p.m.

Course 5
Horticultural Therapy Programming for Psychological and Physical Rehabilitation
Participants will learn the therapeutic dynamics of Pharmacology and natural medicine (CAM - Complimentary Alternative Medicine). The content of this session will include working with people with Eating Disorders (ED), Creative Arts and professional registration through the Canadian Horticultural Therapy Association (CHTA).

Sat. Jan. 11, 2014 8:30 a.m. - 4:30 p.m.

Mitchell Hewson, HTM

Mitchell Hewson, Horticultural Therapy, Masters status, developed the first and largest Horticultural Therapy Program in Canada. With 40 years’ experience at Homewood Health Centre, Mitchell brings a humanistic approach to the world of Horticultural Therapy.

Mitchell Hewson is the author of Horticulture as Therapy, which received the 1996 American Horticultural Therapy Publication Award.

He has published work in Macleans, Reader’s Digest, The Toronto Star, and Harrowsmith, among other publications.

As a keynote speaker, Mitchell has travelled in Canada, the United States, Cuba, the Caribbean, Japan and China.