

## Registration Form

Name: \_\_\_\_\_

Profession: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Enrol me in the following workshops:

- \*Working with specialized populations  
October 17, 2009
- Innovative Projects in Horticultural Therapy  
November 14, 2009
- Creating a Therapeutic Environment and Assessment  
January 16, 2010
- Creative Arts and Guided Imagery  
March 20, 2010
- Horticultural Therapy Programming for Psychological and Physical Rehabilitation  
April 24, 2010

Cost of registration:

**Early Bird Rate: \$150**  
(30 days prior to course)

**Regular Rate: \$175**  
(within 30 days of course)

\* The text "Horticulture as Therapy" is required.  
Cost: \$32. Cheques for course and text should be made payable to Mitchell Hewson when registering.

**Note:** There is no refund for cancellation.

## 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."*

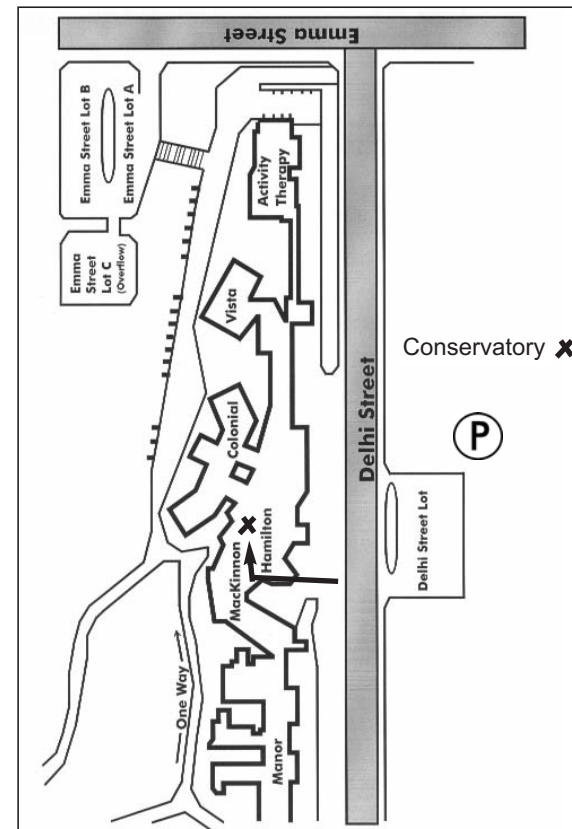
Send your completed registration form, along with payment to:

**Mitchell Hewson, HTM**  
**Homewood Health Centre**  
**150 Delhi Street**  
**Guelph, Ontario**  
**N1E 6K9**

For more information, please contact Mitchell Hewson or John Charles at 519-824-1010, ext. 2180, or by email at [hewsmi@c@homewood.org](mailto:hewsmi@c@homewood.org)

### Parking

Parking is limited. Please use the Delhi Street lot. The daily rate is \$6. Pay exact change upon entry.



# Horticultural Therapy in Practice



A workshop series by

**Mitchell Hewson**

**HTM, LT, RAHP**

*Horticultural Therapist*

*Homewood Health Centre*

*The guru of Horticultural Therapy in Canada*

[www.horticultureastherapy.com](http://www.horticultureastherapy.com)



**HOMEWOOD**  
*Health Centre*

*improving life*

## The Only Psychiatric HT Course in Canada

Gain valuable skills and earn 2.0 points towards official registration as a Horticultural Therapist in Mitchell Hewson's 2009-2010 Workshop series. These five courses will help you gain knowledge of the best practices in the field of Horticultural Therapy. Response to these courses has been overwhelming with more than 300 students having already attended the sessions.

## Horticultural Therapy in Practice

### Who would benefit?

Cutting-edge information for all health care personnel, this series would be of particular interest to:

*Horticultural Therapists  
Recreation Therapists  
Occupational Therapists  
Activation Therapists  
Nurses  
Landscape Architects  
Psychologists  
Teachers  
Volunteers*

*Anyone interested in using horticulture as a therapeutic tool.*

### Cost

\$175, or \$150 if registration is received 30 days prior to the course. Cheques should be made payable to Mitchell Hewson.

Fee includes all workshop materials, a delicious home-cooked lunch and nutrition breaks. (Text extra)

### Where?

Workshops will be held at Homewood in the Conservatory. (Hamilton Building)

N.B.: Arrangements can be made to provide these workshops off-site for your organization.

### Schedule and Description

*Courses include: Homework assignments, exam and reading material.*

#### Course 1

Working with specialized populations

*Learn how horticultural therapy can be used in treating dementia, post-traumatic stress disorders, eating disorders, addictions and schizophrenia. Introduction to creative arts, aromatherapy, plant selection and assessment.*

**Sat. Oct. 17, 2009 9 a.m. - 4 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. Nov. 14, 2009 9 a.m. - 4 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.*

**Sat. Jan. 16, 2010 9 a.m. - 4 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.*

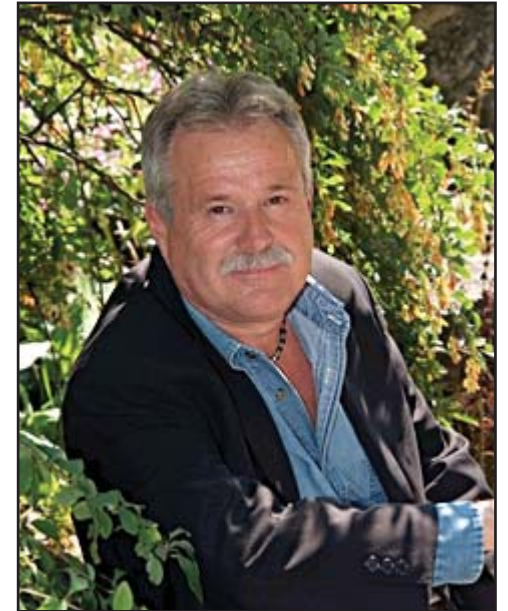
**Sat. March 20, 2010 9 a.m. - 4 p.m.**

#### 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. April 24, 2010 9 a.m. - 4 p.m.**



**Mitchell Hewson, HTM**

Mitchell Hewson, Horticultural Therapy, Masters status, developed the first and largest Horticultural Therapy Program in Canada. With 35 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.