

Transcending International Borders

Horticultural Therapy as an effective treatment modality for specialized populations

E-distance courses

Through e-distance courses, international students from around the world are studying and sharing valuable insights and perspectives on the field of Horticultural Therapy. This pool of talent is shaping and transforming the lives of others through their understanding of nature as a therapeutic tool.

Students from India, South Africa, Holland, US, Scandinavia, Switzerland, Australia, New Zealand, China, Japan, and Cuba are selecting an innovative and exciting curriculum of 120 hours of study, in order to earn a certificate in horticultural therapy.

This groundbreaking curriculum has increased accessibility to our esteemed profession of Horticultural Therapy. It is the most popular way for students to study Horticultural Therapy when they cannot attend a regular class room setting. Students can access this course at any time-- it provides flexibility for busy life styles, individual feedback and coaching in addition to time for absorbing the course's technical and thoughtful material.

The independent study format provides an all-inclusive guide to assist students in developing and understanding the field of horticulture as a therapy. The workbook and text with its additional articles, can be used in many ways: as a guide to start a Horticultural Therapy program; as training to enrich lifestyle; or as a pathway to a new career. Students can select to receive a hard copy or electronic file of all course materials to best suit individual method of study, learning and retention.

The course is based on Mitchell's extensive clinical experience at the Homewood Health Centre, where he was part of the first and longest running Horticultural Therapy program in Canada. *Course content includes: designing for specialized populations, therapeutic plants, understanding psychiatric diagnosis, creative arts, therapeutic design and a new component --clinical assessments.*

At present this is the only on-line Psychiatric course in Horticultural Therapy in Canada.

The textbook and workbook (totaling 20 chapters) is written for the student's understanding of the role of horticulture as a treatment modality for specialized populations: dementia, eating disorders, depression, trauma, substance abuse and schizophrenia.

This educational pathway is now a combination of an e-distance course and Mitchell's classroom content, which encompasses a number of learning objectives using horticulture as a therapeutic tool for specialized populations. Students will be required to work through the following study matrix:

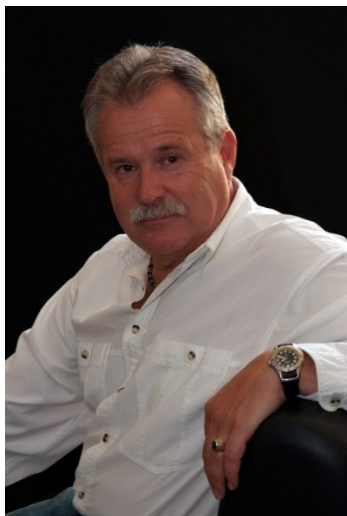
- Key concepts in each chapter, including an introduction, objectives and self-evaluation.
- Three major papers that will be marked and assessed for knowledge and understanding of course material.
- Completion of a clinical assessment and documentation.

Upon successful completion of the e-distance course "Using Horticulture as a Therapeutic Tool" students will receive a Certificate in Horticultural Therapy with a mental health specialty stipulating total hours of study. Please see syllabus for schedule.

A key element of the course is interaction with instructor and registered horticultural therapist Mitchell Hewson, HTM. Mr. Hewson provides on-line contact and individual review of assignments. This includes additional information (i.e. articles, documents and assessments) personalized for further research, reading and knowledge base.

For further information please contact:

Mitchell L. Hewson HTM LT RAHP
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Mitchell has been at the forefront of the horticultural therapy profession for forty years. Influencing the thinking and practice of horticultural therapy as it has developed in the U.S. and Canada, he has contributed to the professional practice in many other countries including Japan, Taiwan and China. His writing, his programs and his willingness to train others sets him apart. It is his effectiveness as a therapist that is the foundation for all of his professional work and it is his compassion with clients who have mental health issues that is often mentioned by his peers with admiration and inspiration. Lesley Fleming, HTR

Nature exercises the body and nurtures the soul....

M. Hewson