

**HORTICULTURAL THERAPY IN PRACTICE  
E-Distance Course 2023©  
Using the Horticulture as Therapy Workbook  
Administrator: Mitchell L. Hewson HTM LT RAHP**

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 didactic 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 hard copy or electronic file of all course materials to best suit individual method of study, learning and retention.

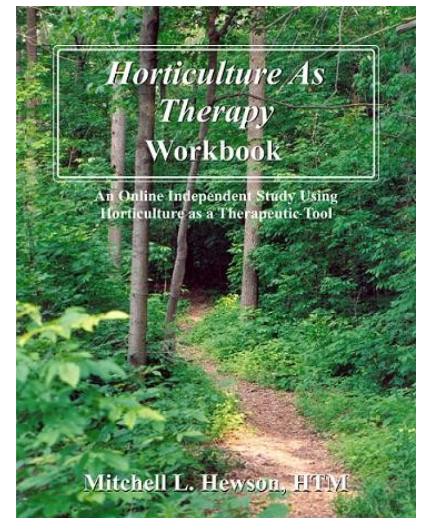
The course is based on Mitchell's extensive clinical experience at Homewood Health Centre, the first and longest running Horticultural Therapy program in Canada. Course content includes: designing for specialized populations, therapeutic plants, understanding psychiatric diagnosis, creative arts, therapeutic design and a new component - clinical assessments. At present this is the only on-line Psychiatric course in HT in Canada.

# HORTICULTURAL THERAPY IN PRACTICE E-Distance Course 2023©



The textbook and workbook (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, schizophrenia, and others.

This e-distance course educational pathway was developed based on Mitchell's foundational classroom content which encompasses a number of learning objectives using Horticulture as a Therapeutic Tool for Specialized Populations.



Throughout the course of study, students will be required to work through the following:

- Key concepts—each chapter includes an introduction, objectives and self-evaluation.
- Three major papers that will be marked and assessed for knowledge and understanding of course material.
- Completion of two 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, accredited by the Canadian Horticultural Therapy Association (CHTA).

Instructor and registered horticultural therapist Mitchell Hewson, HTM provides on-line contact and individual review of assignments. This includes additional information (i.e. articles, documents, newsletters, recently published books and assessments) personalized for further research, reading and knowledge base.

The cost of the online study, entitled Horticulture as Therapy, is **\$725.00 CAD** including the course text, manual and all documents (course fee is non-refundable).

**Best of all, you can begin and end this course at your own pace; working in an environment that is most conducive to your success.**

When you are ready to enroll, please fill out the following attached registration form and send it to the address enclosed.

*Registration Form*  
**HORTICULTURAL THERAPY IN PRACTICE**  
*E-Distance Course 2023©*

**Registration Information**

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

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

Title/Position: \_\_\_\_\_

Organization: \_\_\_\_\_

\_\_\_\_\_

**Mailing address:**

Street: \_\_\_\_\_

City: \_\_\_\_\_

Province/State: \_\_\_\_\_

Country: \_\_\_\_\_

Postal /Zip Code: \_\_\_\_\_

**Contacts:**

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

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

Fax: \_\_\_\_\_

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

**\*Cost: \$725.00 CAD** (including *Horticulture as Therapy* text book PDF, workbook PDF, three mail-in assignments, assessments, documentation and additional clinical material). **This course fee is non-refundable.**

Please ensure that each of your three mail-in assignments are formatted according to the syllabus instructions. Upon successful completion of this course, you will receive an official signed certificate in Horticultural Therapy including specialty of study and number of hours, letter of completion, highlights of your work and final marks.

**Please provided your complete name for the certificate.**

Payment choice: cheque, postal money order, e-transfer through on line banking, (horticultureastherapy@gmail.com) or make cheque or money order payable to: Mitchell Hewson

**Mail to: Mitchell Hewson, HTM LT RAHP**

**Administrator Horticultural Therapy in Practice**

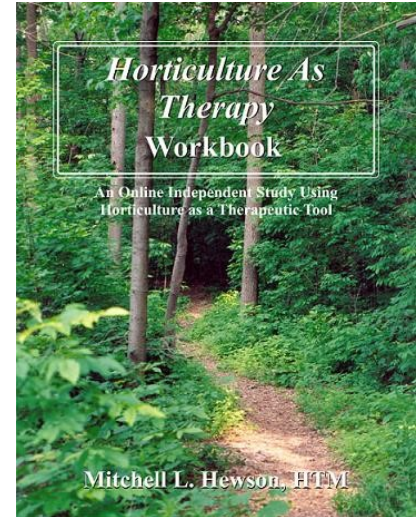
**PO Box 241**

**Chatsworth, Ontario, Canada**

**N0H 1G0**

**E-mail: [horticultureastherapy@gmail.com](mailto:horticultureastherapy@gmail.com)**

# HORTICULTURAL THERAPY IN PRACTICE E-Distance Course 2023© “Course Syllabus” 2023



## **Instructor:**

Mr. Mitchell Hewson, HTR, HTM, LT RHCP

## **Course resources:**

Required Texts:

*Horticulture As Therapy*

by Mitchell Hewson

ISBN: 0-9698061-0-8

## **Optional Texts:**

- Therapeutic Horticulture A Practitioner's Perspective by Lesley Fleming, HTR (available online at Smashwords <https://www.smashwords.com/books/view/656448>)
- Horticulture As Therapy: Principles and Practice by Sharon Pastor Simson
- Horticultural Therapy Methods By (editors) Rebecca L. Haller, Christine L. Kramer

**PLUS** Mitchell Hewson's Website: [www.HorticultureAsTherapy.com](http://www.HorticultureAsTherapy.com)

## **Course Content:**

All chapters of *Horticulture As Therapy* and The Workbook will be covered;

Chapters one through twenty. In addition, The Workbook includes articles

“Horticultural Therapy and Post traumatic Stress Recovery”

“Horticultural Therapy Design Principles of a Therapeutic Space”

“Horticultural Therapy A Humanistic Approach for Residents with Dementia”

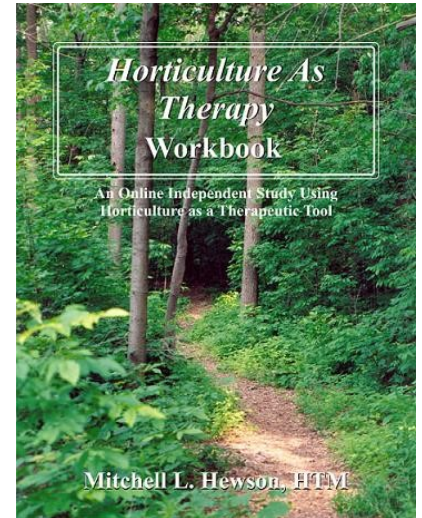
“Published projects and HT activities”

A number of other current articles, research and a guide sheets for each assignment.

## **Study, research, clinical assessments and assignments**

- The course will cover two (2) Clinical Assessments with quantifiable feedback and data to provide you with guidelines for future documentation.
- The course requires the completion of three (3) graded assignments including research, data and feedback (total effort of 120 hours).
- The course includes CQI Documents, information on Designing Therapeutic Environments, Published articles, Bibliographies and research.

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## **Evaluation:**

There will be no formal exam for this course, however, in order to receive credit, an evaluation is necessary. Mitchell chooses three open ended assignments and two major clinical assessments where excellence can come at one's own pace. Marks will be awarded based on comprehension and application of the material covered. Going over and above what is required is not necessary, but will be rewarded with both gained knowledge on your part – and by discussion and percentage marks from Mitchell.

Grades will come from three mail-in assignments in this weighting:

- Assignment 1 30%
- Assignment 2 30%
- Assignment 3 40%

## **Assignments:**

As stated above, the three mail-in assignments will be used to summarize and apply the course. The assignments will be focused on the guide sheets and text as follows:

- Assignment 1 covers Chapters 1-6,
- Assignment 2 covers Chapters 7-15,
- Assignment 3 covers Chapters 16-20.

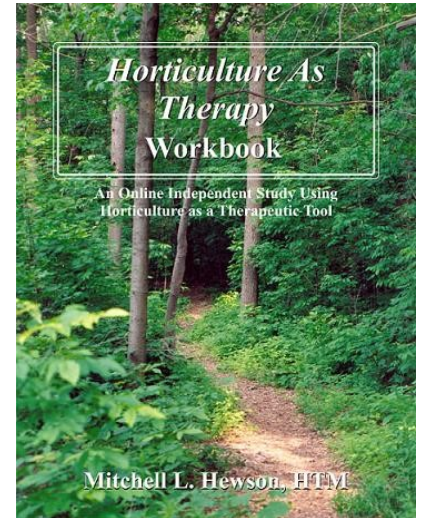
**New 2023 - Clinical Assessments will be sent in separate files with psychiatric noting and nomenclature. (To assist students in clinical report writing.)**

## **Assignment requirements:**

*Please make sure that the assignments are type written in 12 point or larger font with standard one inch margins. Clearly label the answers with the question that pertain to them. For all assignments, ensure that your name, email and/or post contact(s) are listed on a cover page, along with the title of the assignment "Assignment 1...etc..."*

**Please send all work in Word not PDF to allow for marking and embedding all data and clinical information into your work!**

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## Index of Horticulture Study

- What is Horticultural Therapy-CHTA, AHTA
- Starting a Horticultural Therapy Program
- Volunteer Involvement
- Populations and Diagnostic Categories
- Addiction
- Medication
- The Work Area-Universal Design principles
- General Plant Criteria-Culture and care
- Plant Propagation
- Resource Material
- Useful Plants for starting a Horticultural Therapy Program
- Raised Bed Gardening
- Poisonous Plants
- Grow Lights
- Adapting Special Tools
- Projects for Cognitive Impairment
- Year Round Calendar of Activities
- Projects
- Training
- Resources
- Bibliography

Additional items with the online course:

- **New guide sheets and biography for each assignment**
- **New clinical assessment forms**
- **Time frame for each submitted paper**
- **Personal feedback including data and embedded information on all clinical work**
- **Projects and activities**
- **Completion letter with highlights, Accredited Certificate, Letter of attained marks**