



## **The Horticulture as Therapy Workbook: An Online Independent Study Using Horticulture as a Therapeutic Tool**

I am pleased to present this course as a groundbreaking endeavor to increase accessibility to our esteemed profession of Horticultural Therapy. The focus of this independent study is to provide an all-inclusive guide to assist you in developing and understanding horticulture as a therapy. This workbook can be used in many ways. It can be used as a guide to start a Horticultural Therapy program or as a tool to enrich your lifestyle through Horticultural Therapy. The course is based on the work done at Homewood Health Centre the first and longest running horticultural therapy program in Canada. At present this is the only on-line course in HT in Canada.

The independent study guide will explain the use of the workbook including the syllabus, time management, suggested readings, course content, and assignments. Please see the pages following the "Order form" for a sneak peak at this section of the Workbook.

The cost of the online study, entitled Horticulture as Therapy, is \$500 plus \$38 for the course text, which is non-refundable. Upon successful completion of the course, you will receive a certificate. You can begin and end this course at your own pace.

When you're ready to begin, please fill out the following attached registration form and send it to the address enclosed.

**Horticulture as Therapy Workbook  
Electronic / Distance Course  
Online Independent Study**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Title/Position: \_\_\_\_\_  
Organization: \_\_\_\_\_

Mailing address:

street: \_\_\_\_\_  
City: \_\_\_\_\_  
Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Contact Phone numbers:

Home: \_\_\_\_\_ Business: \_\_\_\_\_  
Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Total Cost: \$538.00**

<b>Course</b>	<b>(\$500)</b>	Includes CD with Workbook pdf One-on-one interaction with Mitchell Hewson
<b>Text</b>	<b>(\$38)</b>	A soft-cover copy of the renowned HT resource

The *Horticulture as Therapy* book is required for the course.

The course fee is non-refundable.

Please ensure that each of your three mail-in assignments are formatted according to the syllabus instructions.

Upon completion of this course, you will receive a certificate and confirmation of the number of hours participated.

Make cheque or money order payable to: **Mitchell Hewson**

**Mail to:** Mitchell Hewson, HTM LT RAHP  
71855 Sunview Ave  
Dashwood, Ontario  
NOM 1N0

**Email:** [horticultureastherapy@gmail.com](mailto:horticultureastherapy@gmail.com)

## *Workbook “Sneak Peek”*

### *Suggested use of the Workbook*

This workbook can be used in many ways. It can be used as a guide to start a horticultural therapy program, or as a tool to enrich your lifestyle through horticulture, as therapy. If you wish to follow the online and distance format course that Mitchell provides, please read the following information and then continue by following the course syllabus.

#### ***Time management:***

There are many ways in which you can organize your time for this course. In any case, the most important part of your time management plan is that you have one. Set up a grid and assign specific times to work. Make deadlines for yourself and inform Mitchell or his team of the expected due dates for your assignments. This is an opportunity to participate in self directed learning.

#### ***Focus:***

For each chapter, read the workbook pages corresponding so that you can gain an idea of the focus of that chapter and the questions that will follow.

#### ***Time dedication & Suggested reading schedule:***

The time it takes you to read each chapter and complete the exercises is entirely up to you. Chapters vary in length and content and can take anywhere from a few minutes to almost two hours to read. The final reading schedule for this course is up to you. For completing each chapter with its accompanying work, there is detailed information in the workbook. It is important to read the workbook chapter before you begin.

In all, the reading of *Horticulture As Therapy* the book, and the articles included in this course should take approximately 20 hours. Completion of self evaluation questions and activities should take about 20-30 hours. Assignment time commitments vary the most and are listed before you begin each assignment. By the end of the course you may spend anywhere between 30-40 hours on each of your assignments.

## *Workbook “Sneak Peek”*

# *The Horticulture as Therapy Work Book: “Course Syllabus”*

### ***Instructor:***

Mr. Mitchell Hewson, HTR, HTM, LT RHAP

### ***Contact:***

Mitchell Hewson, HTM  
71855 Sunview Ave  
Dashwood, Ontario  
NOM 1N0

Email: [HorticultureAsTherapy@gmail.com](mailto:HorticultureAsTherapy@gmail.com)

### ***Course resources:***

Required Texts:

*Horticulture As Therapy*  
by Mitchell Hewson  
ISBN: 0-9698061-0-8

Optional Texts:

*Horticulture As Therapy: Principles and Practice*  
by Sharon Pastor Simson  
ISBN: 1560222794

Horticultural Therapy Methods  
By (editors) Rebecca L. Haller, Christine L. Kramer  
ISBN: 1-56022-325-1

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. There will also be supplemental reading as provided in the form of articles included within the workbook.

## *Workbook “Sneak Peek”*

### ***Evaluation:***

There will be no formal exam for this course, however, in order to receive credit a certificate evaluation is necessary. Mitchell chooses three open ended assignments where excellence can come at one's own pace. Start early if you need more time, and use all the resources available to you so that you get the most out of your Workbook experience. The 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 as follows:

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

### **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. If you do not have access to a computer, please notify Mitchell in advance and arrange submission of hand written documents. 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...”.

As an alternative, there will be other reading assignments available on Mitchell's website that will provide you with assignment 'forms' which will be formatted appropriately. If you wish, you may download these forms and fill them out electronically so that you can both print and mail them to Mitchell OR you can submit via email.

### ***Prerequisites:***

An interest in the humanities and horticulture will be an asset in working through this Workbook.