

## Registration Form

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

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

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

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

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

Enrol me in the following workshops:

- \*Working with specialized populations  
January 14, 2012
- Innovative Projects in Horticultural Therapy  
February 11, 2012
- Creating a Therapeutic Environment and Assessment  
March 17, 2012
- Creative Arts and Guided Imagery  
April 14, 2012
- Horticultural Therapy Programming for Psychological and Physical Rehabilitation  
May 12, 2012
- On-Site Training

Cost of registration:

**Early Bird Rate: \$175** (30 days prior to course)

**Regular Rate: \$200** (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."*

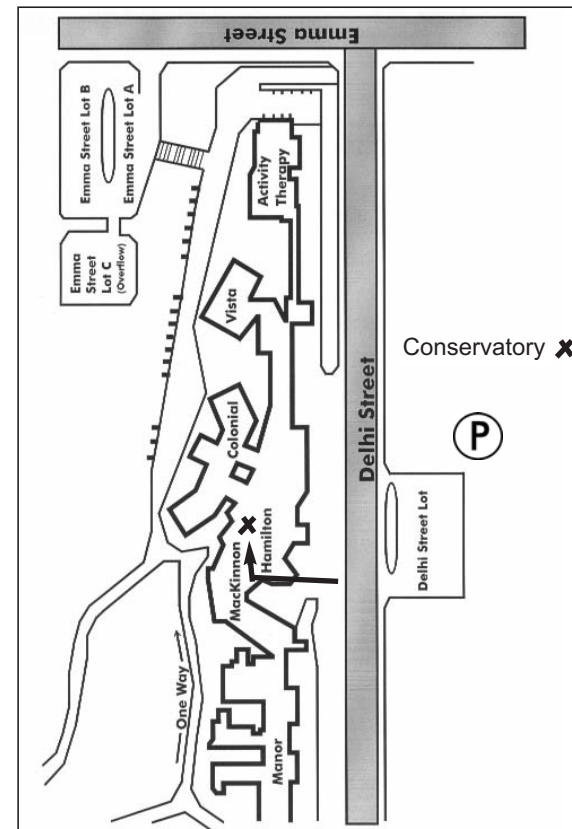
Send your completed registration form, along with payment to:

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

For more information, please contact Mitchell Hewson 519-824-1010, ext. 2180, or by email at hewsmic@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)



# 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 120 hours of study, including a new component of 70 hours of direct training and skill-building on site at the prestigious Homewood Health Centre. Students will work with the Horticultural Therapy treatment team learning the core competencies, programming, and treatment process in a world class psychiatric hospital. The 15 days of in-depth study at Homewood Health Centre will also include 60 to 70 hours of independent study, including assessment, projects, exams and continuous quality improvement. Students will attend five days of classroom work and 10 days working directly with the treatment team.

Gain valuable skills and training in Mitchell Hewson's 2011 elite Workshop series. This curriculum will help you gain knowledge and best practices in the field of Horticultural Therapy. Response to these courses has been overwhelming with more than 300 students having already attended previous sessions.

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, sub-

- stance abuse, mental health issues, Attention Deficit Disorder or Post-traumatic Stress Disorder
- Horticulturalists 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. Jan. 14, 2012, 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. Feb. 11, 2012 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.*

**Sat. Mar. 17, 2012, 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. April 14, 2012 8:30 a.m. - 4:30 p.m.**

### Course 5

#### Horticultural Therapy Programming for Psychological and Physical Rehabilitation

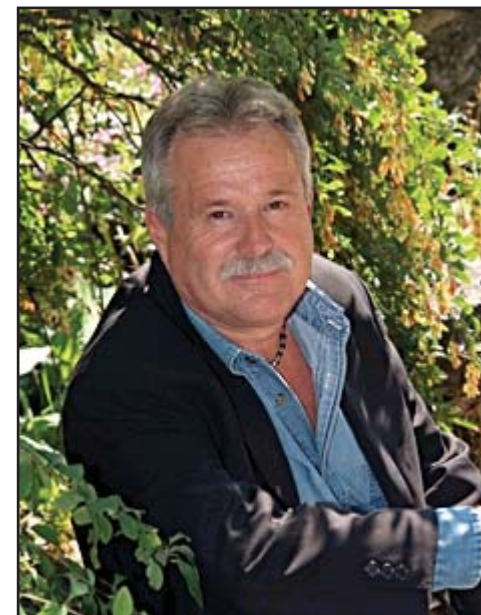
*Participants will learn the therapeutic dynamics of Pharmacology and natural medicine (CAM - Complimentary Alternative Medicine). The content of this session will include working with people with Eating Disorders (ED), Creative Arts and professional registration through the Canadian Horticultural Therapy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

**Sat. May 12, 2012 8:30 a.m. - 4:30 p.m.**

#### On-site Training and Skill-building

*Students will be actively involved in 70 hours of training with the multi-disciplinary treatment team. A team of horticultural therapists will provide direction in best practices (Canadian Horticultural Therapy Educational competencies,) Course instruction includes: learning objectives and evaluation process; program set-up and delivery; understanding the DSMIV in a clinical setting; and functioning as part of an interdisciplinary team. Students will become part of the horticultural therapy team assisting in all activities. All students will be required to do a major paper on their learning objectives for working in a private psychiatric hospital, using horticulture as a treatment tool.*

**Please Note:** Students are required to meet qualifications for on-site eligibility.



**Mitchell Hewson, HTM**

Mitchell Hewson, Horticultural Therapy, Masters status, developed the first and largest Horticultural Therapy Program in Canada. With 36 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.