

Let fellow learners from many backgrounds share their experiences with you, and help you understand and prepare for the course



“The online Horticultural Therapy course facilitated by Mitchell Hewson was a great experience from beginning to end. I learned so much about the ‘basics’ of setting up a program with seniors, and found his responses to my assignments informative and encouraging. The course provided me with the framework for moving forward professionally and proactively...highly recommended!”

“Mitchell’s online course, Horticulture As Therapy, provides wonderful base learning of the principles of using plants, horticulture related activity and outdoor green spaces as a means of healing and well-being. The assignments challenge the student to understand and consider all aspects of human nature, disease and disorders, our innate connection to plant life, and approaches to utilize that knowledge through people-plant activities that promote good health of body, mind, and spirit. The online course helps answer questions of how to go about implementation, why it is beneficial, what is needed, and who may benefit from the programs/services. I found the course of great benefit and value.”

“The online course: Horticulture As Therapy, has been a very rewarding and insightful course. This course has changed my perception of what I perceived horticultural therapy to be, to what horticultural therapy actually is. The course has given me a new purpose and interest in developing my current gardening program here at work into a Horticultural Therapy program that we can offer to the whole mental health facility. I feel energized, renewed and knowledgeable about how to make this happen thanks to completing this online course. I know there is a lot more learning to be done, and I welcome that challenge. Thank you Mitchell for making this course such a positive, enriching, and enlightening experience. The sharing of your knowledge and the feedback you have provided has been invaluable. I hold you in the greatest of esteem. Thank you for what you do each day to make our lives better.”

“Distance learning is a useful option in that I do not have to travel from Asia to Canada in order to complete the coursework. Coupled with the fact that the course is one of the few listed in the Canadian Horticultural Therapy Association Education page, it was an easy decision for me to sign on. The course provided a comprehensive understanding of horticultural therapy, with detailed course materials. Mitchell was prompt in grading the assignments and gave helpful feedback. I enjoyed it totally.”

Let fellow learners from many backgrounds share their experiences with you, and help you understand and prepare for the course



### **An inspiring story ...**

“I am a high school teacher who works in a specialized setting with a population of male young offenders who range in age from 13 to 18 years. I started working with this population nine years ago and have been running a Horticultural/Green Industries program at the custody facility for over five years.

My students have a range of exceptionalities and mental health diagnoses including significant cognitive and behavioural problems. As an educator of students with complex learning needs who struggle with self-regulation and social emotional functioning, the practice of HT has been invaluable. It is a powerful tool to identify and work with an individual's strengths and needs.

Working on horticultural activities provides an opportunity to build self-esteem, gain a sense of purpose, take responsibility, nurture and care for something beyond themselves, as well as, get in touch with nature.

This population often needs to develop an awareness and appreciation of their external environment which can be done through horticultural activities and interacting with sensory stimuli impacting: vision, touch, taste, smell, and texture.

The practice of using horticulture to connect and work with my student population was developed and strengthened by the online course of study I completed, Horticulture Therapy in Practice, with Mitchell Hewson. It was a practical and comprehensive course in which I explored many aspects of designing a quality HT program. This involved examining the specific 'therapeutic' needs of my students, setting goals and objectives to address these needs, considering the design principles of physical space and program delivery, and designing quality indicators to assess the effectiveness of the program in reaching its intended goals.

Completion of the Horticulture Therapy in Practice course has allowed me to construct a solid framework through which I can confidently deliver a quality HT program to this unique population. Thanks Mitchell! I've enjoyed every minute of this journey.”