

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



“Mitchell Hewson’s online Horticulture as Therapy certificate program offers a distance learning opportunity for those interested in digging deeper into the field of Horticulture Therapy. It was a flexible and interesting way for me to gain the needed skills and information to work within a HT program and the course provides the framework necessary for beginning a HT program. I was able to develop a deep understanding of the therapeutic relationship between people and the natural world and learn garden design concepts with a focus on accessibility. Basic plant understanding and key evaluation techniques are covered and numerous program activity ideas are made available.

Mitchell’s extensive experience in HT allows for a comprehensive course that covers all aspects of working within a HT program. Mitchell makes himself readily available for guidance and will ensure any student feels supported throughout the course. I am now a program coordinator for a senior’s therapeutic horticulture program and utilize concepts from the course in my everyday work.”

“Mitchell’s course “Horticulture as Therapy” gave me insight into a subject I had been interested in for a long time and was wonderful in every aspect. The course was comprehensive, and the texts were easy and informative to read and understand. The assignments were interesting and practical and Mitchell was always available to chat, offer guidance, clarification and provide encouragement. I had a valuable learning experience and was sorry when the program was complete. I would recommend this course to anyone interested in Horticultural Therapy.”

“My experience in the Horticultural Therapy In Practice E-Distance Course was very positive, since it is a very complete course with constant and personalized feedback. Through this course, I was able to incorporate new knowledge of the practice of horticulture to be used with different groups of patients, with a great variety of ideas and alternatives to use, also considering the necessary precautions, since it analyzes the experience classifying the different clinical conditions. On the other hand, it incorporates knowledge to properly carry out horticultural practice, teaching what are the best techniques to properly maintain a crop, helping to select the best plants to work with each group. It provides solid foundations to understand the fundamentals of clinical practice, supported by the scientific evidence that exists, in a clear and simple way. I am very grateful for the shared material and the permanent accompaniment of Mitchell L. Hewson, whom I have always felt close and with a very committed attitude throughout the learning process.”

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“I discovered Mitch Hewson’s horticultural therapy course when I was looking for more information on horticultural therapy as a therapeutic practice. I was intrigued by the thought of using nature and gardening as a means of providing participants with new skills and potential healing and well-being. This course allowed me to discover what the principles of horticultural therapy and therapeutic horticultural entailed and how they were applied in practice with the participants. The expectation of developing a HT/TH program through the assignments and coursework really allowed me to apply my research, test my current skill set, and gain valuable knowledge and insight.

Mitch took the time to answer my questions and he provided excellent resources and feedback through my assignments. I felt that this feedback would be invaluable to any future HT/TH groups that I developed and I am currently applying some of these practices and activities in my volunteer work in a community garden. The looks of joy and satisfaction on their faces along with the feelings of accomplishment and pride that the participants display is incredibly rewarding and fulfilling. The positive effects on the mental health of the participants are evident.

This course gave me an excellent base of knowledge that will foster further growth and expertise. I recommend this course and I look forward to further pursuing HT/TH in the future. ”

“The association between diet and health is not new to me. As a registered dietitian with more than 20 years of clinical experience, the link intake of whole foods and wellness is well-established. What I didn't realize, until my own experience with depression, was the role that plants and nature, combined with nutrition and exercise, can have on wellness and recovery. Plants, like people, thrive with adequate food and water. However, other factors are also at play –most notably, the impact of attention, care, and compassion. The more I nurtured my plants, the more they nurtured my spirit. Intrigued, I began to explore more about the association between plants and gardening in improving mental and physical health. This search led me to the professional practice known as Horticultural Therapy (HT). It didn't take me long to encounter the work of Mitchell Hewson. Mitchell is a celebrated pioneer in the field and the first Registered Horticultural Therapist to practice in Canada. He has extensive experience using HT for the management of mental health. Through his online course: Horticulture as Therapy, I was able to explore theoretical strategies to incorporate HT into my clinical practice. I am convinced that gardening, and exposure to nature, provides substantial health benefits to the individual, equivalent to diet and exercise.”

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"I completed Mitchell's "Horticulture As Therapy" course in 2019. My timeline was 6 months. Throughout my careers and personal life, I have been a farmer, gardener, and I have hands-on experience in a therapeutic setting. It was in this setting that I met a Horticultural Therapist (HT) and knew that it was my next step in educating myself.

When I attended the annual conference by The Canadian Horticultural Therapy Association, I knew then that Horticultural Therapy had to be part of my life. The only course in Canada is with Mitchell. Lucky me... Any education outside Canada is expensive!! At this time with Covid-19, taking "Horticulture As Therapy" would be my recommendation. The work is challenging, rewarding, and opens one's eyes to the natural world. As one observes nature on a walk, paying attention to what is around us, it lifts one's spirit. Mitchell's course makes you acutely aware. HT brings plants, seasons, trees, wildlife, birds and bugs together, everything above the earth, everything on the earth, everything below the earth.

Mitchell teaches that through therapy practices, we learn the power of growing to feed ourselves and others, to connect through plants and nature which improves our senses and the air we breathe. As a teacher, Mitchell was patient, kind, and provided insights into my course work. By the time I completed the course I became attuned to the knowledge and how to apply the practical aspects of HT in my work and life. When Covid-19 is behind us, I will connect with my community and continue Mitchell's "Horticulture As Therapy" and its "Healing Practices".

*The real voyage of discovery consists not in seeking new landscapes but in having new eyes!*

*~ Marcel Proust*

