

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



“It was a complete joy to take Mitchell’s Online Course in Horticulture As Therapy accredited by the Canadian Horticultural Therapy Association (CHTA). His direction, comments, and encouragement were always prompt, insightful, and professional. I truly felt that I was in the best care with Mitchell as my mentor. He generously shared his expertise and wisdom with me as well as many wonderful quotes and pictures!

My intention is to use horticultural therapy rooted in positive psychology, creativity, and connectedness with plants and art-making to help people better understand their loss and grief. I want to use horticultural therapy as a modality to support people of any age or ability on their grief journey and give them practical coping strategies so they can live joyful, purpose-filled, passionate lives. “

“I was always an avid plant lover and Gardner my whole life. While working with people who have everyday challenges and barriers, I have always tried to incorporate plants, plant activities, and gardening with my client’s life goals and road to recovery. By taking the Horticulture Therapy online course with Mitchell, I have learned a lot about myself, and my passion for Horticulture. Mitchell always gave me excellent feedback, was hands on, very encouraging, and was open to my ideas, and loved the fact that I incorporated passed on traditions and many things that were specific to my province. He has given me knowledge, skills, techniques, and a newfound sense of confidence to successfully apply what I learned with my clients. This course has also given me a boost of inspiration, and has confirmed that I was on the right track, I just need some help in tweaking it. I’m truly blessed by taking this course, it has gotten me to think outside of the box, be curious, be creative, and be open to trying new things. Mitchell provided me with the information and materials I needed to further benefit my clients and myself!! This is by far this is the most rewarding course I have taken. I was a journey, and I’m forever grateful that Mitchell was able to take this journey by me side with me all the way.”

“You have been a good guide and companion for me on a new path that I find so nourishing. I would never have thought that I could feel "close" and "heard" so well in a distance course and for that I want to say thank you. I enjoyed working with you!”

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“At first, I find information about your course through the CHTA web page. I contacted you with so many confusing questions and I was amazed at your response. Not only you were able to navigate in my confusing English but also through questions that I did not ask. Your answer gave me confidence and joy to start the course. I had been working with nature/plants and people relationships for over 15 years. I love both people and plants and it is thrilling to watch growing relationships through nature-based programmes. Your course gave my years of experience professional and working form, it helped me focus on specific areas of Horticultural Therapy with many professional articles, study materials and practical assignments, which I needed to complete on regular basis. I knew who is my working group (survivors of human trafficking) but I never put it together and this course helped me look at specific areas and develop them further.

I was absolutely shocked when I got your first marking of my assignment. I was expecting one sentence politely written but I got detailed and focused answers. With added information on every page with the newest articles in the study area, specific and thought-provoking questions and always and always with absolutely amazing encouragement on every stage of my work. I really enjoyed the assignments but I absolutely loved getting your feedback as I felt it moved me always forward and give me new ways of looking at my work. Thank you so much!

Now I am not only looking at new projects I can get involved in but also I am playing with the idea of doing my PhD in the field, which I believe is existing only because of people like Mr. Mitchell Hewson, people who love nature and people, are available to new students like they are their long-lasting friends, people who are not only professionals with so much wisdom but people who really care. Thank you very much and I am looking forward to continuing to learn from you.”

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“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*

