



Mitchell L. Hewson HTM LT RAHP

Administrator Horticultural Therapy in Practice

Registered Horticultural Therapist Master

Registered Aroma Therapist

Landscape Technician

“Nurturing the Mind, Body and Soul Through Horticulture Therapy and Creative Arts”

These presentations will cover the therapeutic dynamics of horticulture and complementary therapy. Mr. Hewson’s 40 years of experience working in the field of psychiatry provide real-life examples that are carefully intertwined with the therapeutic environment. Through special exercises, projects and activities, his presentations are infused with the voice of a humanist and naturalist.

Choose any workshops that are ideal for activity professionals, health care personnel, recreation therapists, nurses, volunteers and those working with specialized populations who would benefit from using horticulture and creative arts as a therapeutic tool to nurture the mind, body and soul.

Two-hour, half-day and full-day workshops are available.

All workshops are modified for specialized client populations

Brought to you by

Mitchell Hewson, HTM LT RAHP

Feature Workshops

Horticulture as Therapy Specialty Workshops

Mitchell Hewson has developed a variety of workshops using the principles of horticultural therapy that are ideal for a variety of interested groups and specialized populations. He is now offering them to groups of 10 or more.

Workshops will include all handouts, materials and projects and a break period will be provided. In addition, Mitchell will travel to your workplace to bring these experiences to you. If you're interested, please email Mitchell to request more information at horticultureastherapy@gmail.com (Phone: 519 236 7890)

- *Herbal Teas and Tea Garden* Each participant will come away with knowledge to grow and maintain an herbal tea garden. Session includes: tea pot, porcelain cup and all recipes.
- *Infused Waters* Participants will learn how to infuse water with fruits, vegetables, herbs and flowers for healthy hydration and proper nutrition. Participants will receive a drinking bottle and all recipes.
- *Psycho aromatherapy*
 - *First Hour* - Each person will make their own cream. Participants will come away with resources, recipes and contraindications to begin their own safe holistic approach to health care.
 - *Second Hour (SPA HOUR)* - Nurturing the client... a wonderful holistic approach to wellness, where the class will learn about "Balance Naturally". This session will demonstrate the healing power of natural mediums. Meditation, infused waters will be introduced. Eucalyptus neck wraps and hand massage are shared as wellness tools.
- *Miniature Japanese Gardens* Participants will make their own miniature garden. All plants, crystal container, supplies, resources and information on therapeutic benefits are provided. A beautiful easy garden to grow, ideal for limited spaces for client's room.
- *Herbal Vinegars* Participants will make and design herbal vinegar, and receive 10 different recipes. All materials and resources included.
- *Chocolate Therapy* Each participant will come away with more than 1 pound of chocolate and their own individually designed container. Recipes and resources, including therapeutic and scientific benefits of chocolate therapy.
- *Creative Arts - Botanical Prints* Participants will press, mat and frame their own botanical print, a beautiful finished piece for any décor setting. All flowers, herbs, mat and frame are included.

📁 *New - Wellness Workshop*

Best foods and vegetables to eat for nutrition, health and warding off disease. Plants to grow for clean air, design, interesting shape and colour, new exotics plants on the market, including scientific benefits and resources

📁 *New - Mediterranean Experience*

Healthy eating –Experience the foods of the Mediterranean. This workshop will stimulate all of the senses (taste, touch, visual and hearing). Participants will experience how to grow, dry and use herbs culminating in a feast of herbed Salmon, Greek Salad and fresh cheese and herbed scones. All participants will also make their own Mediterranean herb vinegar.

📁 *Mr. Hewson also provides a full-day Horticultural Therapy certificate course on starting a Horticultural Therapy Program and an e-distance learning certificate course studying directly with Mitchell*

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Mitchell's role in Horticultural Therapy in Canada is often referred to as pioneering. He was the first to develop a Horticultural Therapy program for eating disorders, another one for people with trauma and addiction (SATS program) and specializing in the Humanistic Approach to Alzheimer's disease.

Mitchell's book *Horticulture as Therapy: A Practical Guide to Using Horticultural Therapy as a Therapeutic Tool* is currently used as the textbook on Horticultural Therapy in his own courses as well as in Japan. It has been translated into Japanese and Traditional Chinese.

Mitchell's contributions to the professional field of Horticultural Therapy include many innovations. His technique for aromatherapy was groundbreaking, presenting *Incorporating Psychoaromatherapy into your HT Program* at the '96 MHTA conference. So was his presentation on *Guided Imagery and HT* in 2003. Mitchell's practice, dating back thirty-five years, of utilizing volunteers to support Horticultural Therapy programs, especially with mental health clients, demonstrated the value of a volunteer base and at the same time began to break the stigma of mental illness. The practice of using volunteers to support Horticultural Therapy programs is now a standard that most programs employ. Mitchell has had over 75 articles published on a wide range of topics including;

- *Horticultural Therapy and Post Traumatic Stress Recovery*, Volume XII AHTA Journal of Therapeutic Horticulture (2001)
- *Horticultural Therapy: A Humanistic Approach for Residents with Dementia*, Long Term Care (2001)
- *Using Horticultural Therapy to Improve Quality of Life for People with Alzheimer's disease*, *Journal (the Official Publication of the Ontario Occupational Health Nurses Association)* (2002)
- *Using Horticultural Therapy to Improve Quality of Life for People with Alzheimer's disease*, Health and Gardens (2003)
- *Taking Nature's Path to Recovery: Horticultural Therapy*, Moods: Healing Through Understanding (2004)
- *Recovering with Nature's Help*, Canadian Chiropractor, (2006).
- *Designing a Horticultural Therapy Program for People with Dementia* (2007)
- *Horticultural Therapy and Post-Traumatic Stress Recovery* (2008); Growth Point, the Journal of Social and Therapeutic Horticulture (UK).