

HT Techniques and Specialized Populations – HTC4

INSTRUCTOR

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CLASS LOCATION

Stedman Community
Hospice
445 Grey St.
Brantford, ON

FORMAT

In-person, Virtual
Classroom and
Supported Experiential
Group Study

COURSE OVERVIEW

This course is the fourth of five that comprise the complete Bird's Foot Horticultural Therapy Education Series and is worth 0.4 points (32 Contact Hours) toward professional registration with the CHTA. A Certificate of Attendance will be provided to students when all course requirements have been met.

*Please visit the CHTA website for current information about voluntary professional registration

COURSE FEES AND MATERIALS

The course fee is \$600 and includes instruction, evidence-based research and reference materials, plant material and supplies required for hands-on activities. Course fees are non-refundable and must be paid in full at the time of registration. Required textbooks are not included in the course fees.

REQUIRED TEXTBOOKS

The Profession and Practice of Horticultural Therapy, 1st edition, 2019 CRC Press, ed. Rebecca L. Haller, Karen L. Kennedy, Christine L. Capra. 384 pages.

Designing, Planting and Using a Therapeutic Garden, Sue Jeffries, The Crowood Press, 2023. 224 pages.

COURSE DESCRIPTION

This course allows students to practise HT programming and to explore specialized techniques and settings. Students will learn various adaptations to programming, based on the diverse needs of specific populations within the healthcare and human services realms. Discussion will include how best to tailor activities and materials to deliver effective, patient-centered programming as part of an interdisciplinary team. Students will learn how to deliver this specialized programming while considering the broader positive therapeutic impact on the community by involving volunteers and/or creating programming opportunities that have mutually beneficial impact on several populations.

COURSE SCHEDULE

DATES:	TIMES:	FORMAT	LOCATION
January 10, 2026	8:30-4:30	In-person	Stedman Community Hospice
January 11, 2026	8:30-4:30	In-person	St. Joseph's Lifecare, Brantford
January 12-16, 2026	TBD	Scenario-Based Activity*	Virtual Classroom
January 17, 2026	8:30-12:30	Synchronous	Virtual Classroom
January 18 – 23, 2026	TBD	Experiential Activity*	Virtual Classroom
January 24, 2026	8:30-12:30	Synchronous	Virtual Classroom

*Each of the instructor-led course activities will consist of a minimum of 4 contact hours.

EXIT COMPETENCIES – CORE SKILLS AND KNOWLEDGE

At successful completion of this course, students will have an understanding of:

- select appropriate interventions and activities relevant to stated goals and objectives and construct treatment plans which acknowledge culture, heritage, socio-economic background, skills, and capabilities of individuals and groups
- how to develop person-centered interventions appropriate to the individual's well-being
- basic concepts, theories, and principles related to people of diverse abilities
- risks and benefits of HT/TH services and barriers for individuals to access HT/TH
- adhere to ethical and professional standards of practice, incorporate safety and risk management procedures, accommodate individual strengths, skills, and preferences of the client group
- procedures for scheduling and making decisions with interdisciplinary and community support teams
- using compassionate, effective, intentional communication (cuing, gendered language, etc.) and cultural awareness
- awareness of learning styles, knowledge of prevention and resolution of conflict
- complementary therapies that support the practice of HT/TH
- using social media and other tools in an ethical manner
- basic human anatomy and physiology, gross and fine motor skills relevant to designing appropriate interventions
- health, safety, security, and privacy protocols relating to Physical and Mental First Aid, Safe Food Handling Practices
- prepare and/or comply with a stated budget as pertinent to the facility, client population, and seasonal programming
- responsibilities with respect to training, managing, and supporting volunteers financial management of HT/TH budget

At successful completion of this course, students will have awareness of:

- professional and general liability insurance
- safety and risk management protocols (including, but not limited to: infectious disease control, fire safety, WHMIS, criminal record check)
- strategies to acquire funding for HT/TH programming
- relationships to management and responsibilities as member of a department or team effective communication skills with interdisciplinary team, management, and caregivers
- ongoing professional development in HT/TH and related fields
- opportunities to promote and advocate for HT/TH principles and practice

PROGRAM OUTCOMES

The Bird's Foot Horticultural Therapy Education Series offers a comprehensive look at the principles and practices for the professional use of horticulture as therapy. This five-module education series includes 160 hours of immersive study along with authentic experiential learning that focuses on the 'Core Skills and Knowledge' recommended for professional registration with the Canadian Horticultural Therapy Association (CHTA).

This challenging interdisciplinary program will focus on providing practical knowledge to support those wishing to pursue career opportunities in horticultural therapy (HT) and therapeutic horticulture (TH). Courses will also appeal to professionals currently working in healthcare, recreation, education, landscape design and horticulture who wish to broaden their skills and knowledge pertaining to the many therapeutic benefits of connecting people and plants. Students will have the opportunity to learn and practice HT skills in real-world settings, under the guidance of experienced HT professionals.

ADDITIONAL INFORMATION

To provide students with a richer understanding of HT techniques and authentic HT experiences, classes are held in-person and via virtual classroom. Attendance and collaborative engagement are mandatory to earn a Certificate of Attendance. Students can expect additional study and coursework outside of specified contact/class hours. All course work must be completed and submitted within the parameters outlined by the course instructor.