

Horticultural Therapy Programming – HTC3

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 third of five that comprise the 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 provides students with practical experience in developing and delivering innovative programming throughout the year. Indoor and outdoor programming will be explored as well as group versus individual program preparation. Discussion will include how to fully plan and budget for effective therapeutic programs, how to collect materials sustainably and best practices for program delivery. Students will explore 4-season program plans that include botanical crafts, nature activities and other HT related activities. Students will practise developing assessments and evaluations to ensure the effectiveness of a program and how to appropriately document program outcomes.

COURSE SCHEDULE

DATES:	TIMES:	FORMAT	LOCATION
November 29, 2025	8:30-4:30	In-person	Stedman Community Hospice
November 30, 2025	8:30-4:30	In-person	St. Joseph's Lifecare, Brantford
December 1 - 5, 2025	TBD	Scenario-Based Activity*	Virtual Classroom
December 6, 2025	8:30-12:30	Synchronous	Virtual Classroom
December 8 -12, 2025	TBD	Experiential Activity*	Virtual Classroom
December 13, 2025	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:

- assessment, treatment planning, implementation, and evaluation methods pertinent to HT/TH
- conduct assessment processes and document assessment findings using basic medical vocabulary and acronyms
- 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
- adhering to ethical and professional standards of practice, incorporate safety and risk management procedures, accommodate individual strengths, skills, and preferences of the client group
- functional outcome measures that include goals, objectives, progress notes
- documenting a therapeutic session and client's response to an intervention in a professional, ethical manner
- ensure adequate work time is provided to grow, cultivate, harvest, or forage for plant material and/or purchase supplies
- methods for evaluating HT/TH programs, and the professional's effectiveness through reflective practice
- procedures for scheduling and making decisions with interdisciplinary and community support teams
- creating a safe and welcoming environment, understanding individual/group dynamics, using adaptive facilitation styles
- using compassionate, effective, intentional communication (cuing, gendered language, etc.) and cultural awareness
- knowledge of plants and programs for each season and the value and application of other related activities
- awareness of learning styles, knowledge of prevention and resolution of conflict

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

- 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
- complementary therapies that support the practice of HT/TH
- basic human anatomy and physiology, gross and fine motor skills relevant to designing appropriate interventions
- health, safety, security, and privacy protocols relating to infectious disease control, Physical First Aid, Mental Health First Aid, and Safe Food Handling Practices
- preparation/compliance with budget as pertinent to the facility, client population, and seasonal programming
- responsibilities with respect to training, managing, and supporting volunteers

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.