

**In Our Nature**  
**October 14 – 16, 2010**  
**A Collaboration**  
**between the**  
**American Horticultural Therapy Association**  
**and the**  
**Chicago Botanic Garden**

**Presentation Summaries**

**Thursday, October 14**

**Emi Kiyota: Therapeutic Role of Nature on Elderly Residents**

The eight week intervention study, conducted in a long term care setting in Canada with 29 elderly residents, examined the effects of people-nature interactions on residents' perceived sense of restoration and helplessness. The study also explored factors associated with introducing nature into long term care settings to facilitate the well-being of elderly residents.

**Lesley Fleming, HTR, MA: Fertile Soil for HT at Botanical Gardens**

Innovative and interesting programs for delivering horticultural therapy, therapeutic horticulture, social and vocational horticulture at botanical gardens. A sampling of current programs reveals ideas that can be replicated by educators, HTR's, horticulturists which can expand both horticulture therapy and botanical gardens.

**Pamela Catlin, HTR: Naturally Able, Success Through Use of Outcome Based HT Activities**

This session will provide an overview of successful outcome based activities implemented by HT professionals internationally. Identifying outcomes and adapting activities will also be addressed in an interactive format.

**Lorraine M. Fish, PhD: Digging the Dirt as Applied Ecopsychology**

Using the field of Ecopsychology, this workshop session will provide HT practitioners and other participants with a variety of information about the human/nature relationship: it's history, the issues and the potential for applying Ecopsychology and horticulture therapy to heal the alienation between humans and nature in the West. In this workshop, Lorraine will present Ecopsychology theory through Theodore Roszak's 8 principles of Ecopsychology. She will also explain how Ecopsychology can be applied, paying particular attention to horticulture therapy.

**Jack Carmen, FASLA, RLA and Amy Wagenfeld, PhD, HTR, OTR/L, CAPS: The History and Integration of Water in Horticulture Therapy Programs**

Water, water features and their implications for improving one's sense of well being within the realm of horticulture therapy and garden design will be explored in this session. Through a combination of lecture, interactive discussion, and participatory work, participants will engage in a learning experience that explores the potential for including water and water features in therapeutic and health care garden design as well as an integral part of a horticulture therapy program.

**Leslie Leith: The Way to Appropriate Independence™**

Shepherds College is a post-secondary education program designed specifically for students with intellectual disabilities. The combination of classroom education and hands on experience creates an optimal learning environment for transitioning from school to work.

**Andy Howard and Maria Segal: Nature-Based Play Design Solutions that Connect Children with Nature**

Learn about design that supports nature-based play from a landscape architect and an architect through case studies that illustrate a variety of approaches to connecting children to nature.

**Patricia Cassidy: Seeds of Hope: A Healing Garden for Abused Children**

This session will describe how the garden program at a therapeutic day treatment center for young and abused and neglected children helps to support and enhance their social and emotional recovery and development.

**Yuan-Yu Chang, Wan-You Chou, Tsai-Wei Lee, Chun-Yen Chang, Tsu-Liang Chang: The Benefits of Horticulture Activities and Green Environment for Different Patients: Children with Autism, Adults with Psychiatric Disease and Elder with Dementia**

This session will focus on exploring the benefits of horticulture activities and green environment for three types of patients, including children with Autism, adults with psychiatric disease and elders with Dementia. Participants will be able to learn what methods can be used in evaluating the benefits of horticulture activities and a green environment and different ways to take patients to contact with nature.

**Elizabeth Messer Diehl, ASLA, HTM: Horticulture Therapy: State of the Union**

Horticulture and gardening may be one of the oldest healing arts, but as a science, horticulture therapy is still young among the therapeutic disciplines. In recent years the interest in the therapeutic benefits of people-plant interactions has exploded and the many benefits have been touted across the globe through popular media. While this has certainly brought positive attention to and awareness of the horticulture therapy profession, it has also created much confusion about the many facets of people-plant interactions. Case reports and research are beginning to illuminate these facets but much more research is needed to pinpoint the positive health outcomes resulting from horticultural therapy as a treatment intervention. With that in mind, this presentation will briefly explore the past, present and future of horticulture therapy, looking at its evolution as a profession and the challenges that it faces as it moves toward full recognition as a therapeutic treatment modality.

**Brian Slovacek, ASLA: Designing Smarter: Lessons from Healing Garden Post Occupancy Evaluations**

A landscape architecture firm engaged an outside consultant to audit six healing garden spaces. Learn the results of the audit and hear how the design practice has been influenced by the data.

**Friday, October 15**

**Matthew Wichrowski, MSW, HTR: Effects of Plants on Pain and Anxiety in Orthopedic Rehabilitation Patients**

This session reports on the results of a pilot project assessing the passive influences of plants on anxiety and pain in orthopedic rehabilitation patients during physical therapy sessions, including background, experimental design, and exploration of future research potential in this area.

**Kenshi Nishino, M.D., PhD: Recovery from Cognitive Disturbance by Horticulture Activity in Two Years**

Decreased cognitive function can recover, especially memory, attention and speech using horticultural methods. Intellectual activity with horticultural methods stimulates concentration and motivation. 70% of participants recover in 2 years.

**Mary Lewis: School Gardens at Anne Carlsen Center: A Holistic Educational Approach**

This session reviews a school-based horticultural therapy program for children and youth requiring specialized services. A holistic, individualized approach encourages development of cognitive skills and overall wellness.

**Johanna Leos, MAg, MBA, HTM: HT – A Life Changing Approach for Mental Illness and Addiction**

Utilizing horticultural therapy in the context of mental health treatment provides high levels of session engagement, compliance with treatment, and life changes that support recovery from a broad range of problems, including substance abuse and other maladaptive behaviors.

**Eliza Fournier: Creating Safe Space in the Garden**

Just as designing the physical garden space can help make gardening comfortable for people of all abilities, creating a safe emotional and relational environment is just as essential. Learn techniques to help your garden space be a place where all participants feel safe and free to learn and grow.

**Rachel Pringle, Arden Bucklin-Sporer, Sharon Danks: Designing and Sustaining Green Schoolyards: naturalized play yards and their benefits**

Ecological schoolyards are outdoor learning environments that teach ecological principles through the design of the schoolyard landscape. This session will address designing and building natural schoolyard environments that enhance childhood learning and play, and foster a connection with the natural world for all students.

**MaryAnne McMillan, HTR and Jean D'Amore: Garden Ideas and Projects for your Population *"The perfect time to sow the seed is now"***

Children, as well as other populations we serve, are always intrigued by new things and gardening offers a full array of interesting activities. The perfect time is now to "sow the seed" with the projects and ideas offered in this presentation.

**Richard Mattson, PhD, HTR and JeeEun Kang, MS: Past, Present and Future Advancement of the Horticulture Therapy Profession**

Data will be presented on demographics, registration level, employment and specialization areas of 271 AHTA registration applicants and 338 KSU HT alumni. A future national test will be discussed.

**Barbara Kreski, MHS, OTR/L: Plant-Based Activities for All**

This workshop will engage participants in three plant based activities that can be adapted and applied to help clients reach psychosocial, cognitive or physical goals.

**Davorin Brdanovic, Bill Pierce: Challenging Environments Breed Brilliant Results in Bosnia & Herzegovina**

CGA session focuses on the findings acquired during a decade of the work experience in the natural environment with people severely affected by the BH war and post-war traumas emphasizing the challenges and difficulties in the social environment unaccustomed to the use of nature in therapeutic purposes.

**Elizabeth Messer Diehl, ASLA, HTM: Accessing the Garden: It's Not Just About the Mobility**

This session will discuss physical and psychological accessibility of gardens, including design details and materials that enhance a garden's ability to be inviting and enjoyed by all users. The concept of landscape preference also will be presented, and how elements of preference can be incorporated into a garden to increase its success.

**Tracy Chamberlin, HTR: School Gardens Aren't Just for Summer Anymore**

Explore how to use various methods to extend the growing season of your school garden and bring healthy, nutritious food to your school's Life Skills class or dining hall.

**Barbara Hocking, M.A.: Signs of Nature**

Learn a new way to talk about Nature. A "hands-on" session for persons who work with children and adults who need extra input strategies. Manual signs for common objects and activities will be introduced. Learn a research based rationale for use of sign language as a way to bridge the gap created by a wide diversity of learning abilities.

**Saturday, October 16**

**JoAnn Yates: Developing a Horticultural Therapy Program for Young Children with Special Needs**

This "How To" presentation on developing a successful horticultural therapy program for both children with special needs and those that are typically developing will infuse the participants with useful information and fresh ideas that they can incorporate into their own programs.

**Raymond Coleman and Christopher Haruska: SEEDS Curriculum**

SEEDS (Student Environmental Education and Development Studies). We will explore how St. Monica Academy has integrated green practices into our curriculum, operations and values. Overall philosophy and examples of curriculum integration will be shared. Changes to our site, infrastructure, and renewable energy sources will be discussed with time for questions.

**John Murphy, M.S., HTR: BOOST: A Program for Special Needs High School Students**

BOOST is a pre-vocational program to teach basic job skills to special needs high school students on the grounds and gardens of the Bullington Center. Participants will be able to identify an effective strategy for working with high school students with special needs.

**Gwenn Fried, Kate Levy George, Jeanne Dougherty Simchick: The "Work" of Nature- Developing Pre-Vocational and Vocational Training Programs**

Bringing nature into a learning or clinical environment can have even more benefits if you incorporate pre-vocational and vocational training programs. See these programs at "Work" in the Rusk Institute and learn how to develop a program for your school, rehabilitation facility, or botanic garden.

**Lisa Schactman, MS, HTM: The Art of Motivation**

Motivation is a complex human trait, what motivates us does not motivate others. There is an art involved in helping others see the value in an activity. Learn about internal and external motivation and skills to inspire others.

**Kathy Johnson and Danette Jarzab: Nature Field Trips for All**

Field trips to public gardens and other green spaces are an essential part of every child's education. This session showcases CBG field trips for classes that serve students with special needs. Presenters will address the benefits of field trips, suggest places to bring students, provide strategies to plan those experiences to meet your needs, and offer ideas to connect field trip experiences with classroom learning.

**Margaret Barker Weiss, HTR, LCSW, Sue Suratt, M.S, Ginny Hut, M.S.: Growing Connections: A Preschool Horticultural Program in an Inclusion Setting**

Growing Connections: A Natural Science Program at Rivendell School which, in collaboration with Special Education Itinerant Teachers, adapts a preschool horticultural curriculum to engage atypical children in an inclusion setting.

**Patrice Hanlon: Journaling through the Seasons**

Learn how garden activities and journaling about a garden help cultivate success for students with Asperger's syndrome as they navigate the challenges of their daily lives. Journaling is not about "pretty pictures," but about observations in the garden. Gardening and journaling help with fine motor skills, attention to detail and social interaction with classmates and volunteers.

**Liza T. Thornton, HTA: From the Ground Up...Dirty Hands Create Happy Faces!**

Students at The Western Pennsylvania School for Blind Children are rarely exposed to nature due to their multiple disabilities. A horticulture therapy program has provided a hands-on experience with nature. Participants will learn some of the basics of starting an H.T. program from the ground up, how to bring horticultural and environmentally related subjects to the classroom, greenhouse or outdoor garden, and how to incorporate other therapies into a class.

**Jennifer Rosinia, PhD, OTR/L: Digging a Little Deeper**

When considering the sensory aspects of horticultural therapy, the senses of sight, smell, touch and sometimes taste are highlighted. In this workshop participants will *dig a little deeper* and learn about the "lesser known" senses of vestibular and proprioception. We will discuss the rich multisensory experiences the natural world and plant environments have to offer and ways in which to harness these sensory experiences in a therapeutic fashion. The workshop will include an interactive discussion of the practical ways in which this information can be utilized to modify and adapt environments (which includes interpersonal relationships), curriculum and intervention strategies in the service of fostering optimal development and health. All participants will leave this workshop with a new gardening tool that will help them to dig a little deeper.