The Profession of Horticultural Therapy
Horticultural Therapy

The participation in horticultural activities that are facilitated by a registered horticultural therapist to achieve goals within a treatment, rehabilitation, or vocational plan.
A Brief History

1813 – Friends Hospital, the first psychiatric hospital, prescribed horticultural therapy for treatment.

1919 – Dr. Carl Menninger, the Menninger Clinic, established the first horticultural therapist position.

1930 – horticultural therapy programs were brought into hospitals as part of occupational therapy.

1950 – after WWII, horticulture therapy programs gained recognition in veteran’s hospitals.
1955 – Michigan State University awarded the first Master of Science degree in Horticultural Therapy.

1960 – the first textbook in horticultural therapy, *Therapy through Horticulture*, was published.

1973 – the National Council for Therapy and Rehabilitation through Horticulture (NCTRH) was created.

1975 – NCTRH began offering professional registration for horticultural therapists.

1987 – the organization changed its name to the American Horticultural Therapy Association (AHTA).
The American Horticultural Therapy Association

AHTA
AHTA

Purpose: to advance the practice of horticulture as therapy for improving human well-being.

Mission: to promote and advance the profession of Horticultural Therapy as a therapeutic intervention and rehabilitative modality.
AHTA advances the profession:

- By disseminating information
- Encouraging professional growth
- Establishing professional standards
- Promoting research
- Advocating for horticultural therapy
- Promoting educational opportunities
Who is a Horticultural Therapist?
A Horticultural Therapist:

- Has a minimum of a bachelor’s degree in horticultural therapy, or a bachelor’s degree with additional coursework in plant science, human science, and horticultural therapy.

- Has completed a 480-hour internship in horticultural therapy.

- Is professionally registered as a horticultural therapist with the AHTA as an HTR, Horticultural Therapist-Registered.
Where is Horticultural Therapy coursework offered?
Colleges and Universities

- Kansas State University
- Nazareth College of Rochester
- Rutgers, The State University of New Jersey
- Colorado State University
- Portland Community College
- Oregon State University
- Oklahoma State University
- University of Tennessee
AHTA Accredited Certificate Programs

- Horticultural Therapy Institute – Denver, CO
- Legacy Health Systems – Portland, OR
- New York Botanical Garden – New York, NY
- Rutgers University – New Brunswick, NJ
- Temple University – Ambler, PA
- Delaware Valley University – Doylestown, PA
What is Professional Registration?

HTR ★
Professional Registration

Professional registration is:

- A voluntary process
- Awarded after the completion of education and training requirements
- The professional designation of Horticultural Therapist – Registered, HTR
Is Professional Registration important?

Professional registration ensures that an individual has met the required education and training necessary to be a horticultural therapist.
What is a Horticultural Therapy Internship?
An internship is:

- Supervised by a Registered Horticultural Therapist, HTR or HTM.
- A combination of clinical and horticulture experience – 480 hours total.
- Designed to provide experience working with individuals of all abilities.
Where does a Horticultural Therapist work?
Horticultural Therapists work in:

- Hospitals and Medical Centers
- Rehabilitation Centers
- Vocational Programs
- Botanical Gardens
- Schools
- Residential Facilities
- Correctional Facilities
For more information, contact:
The American Horticultural Therapy Association
www.ahta.org