

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

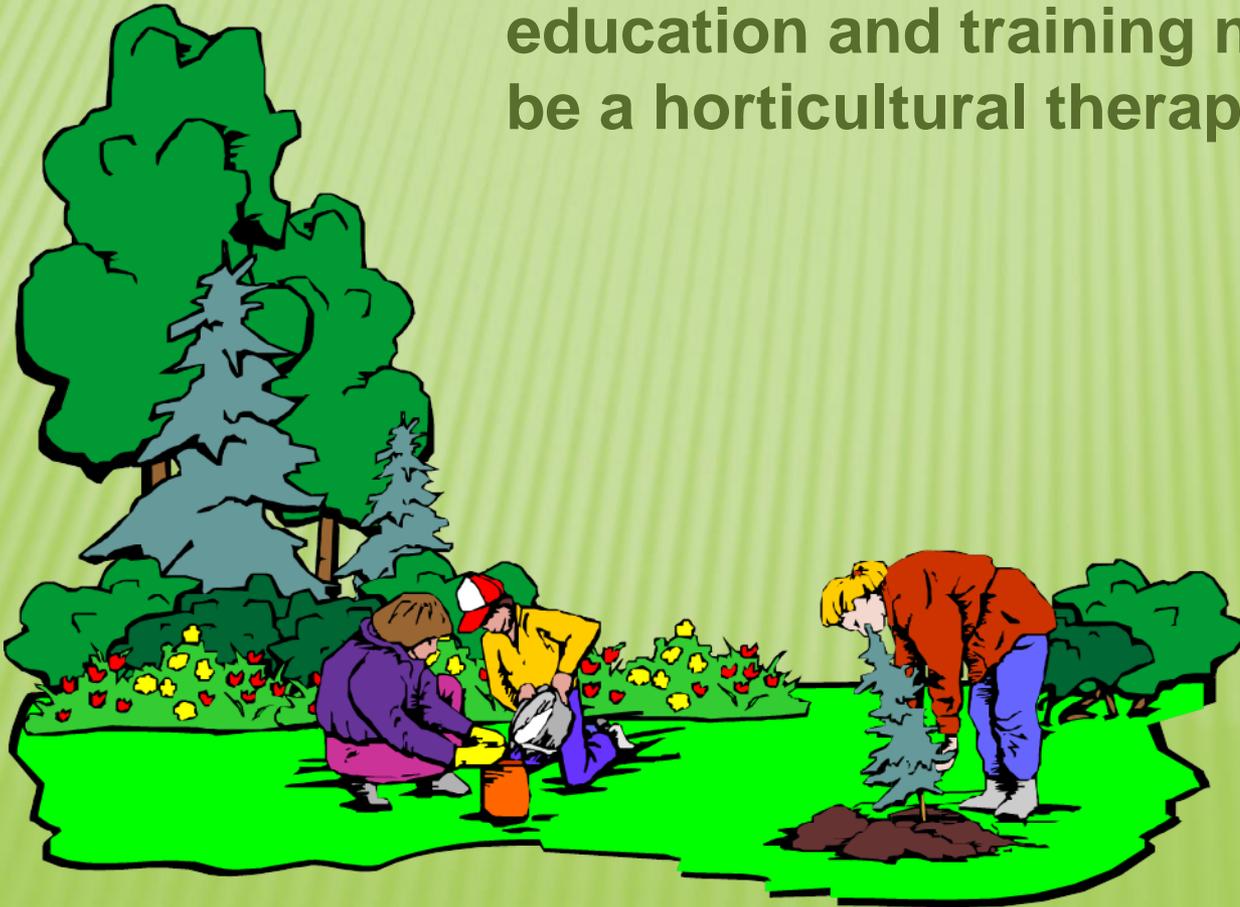
Professional registration is:

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

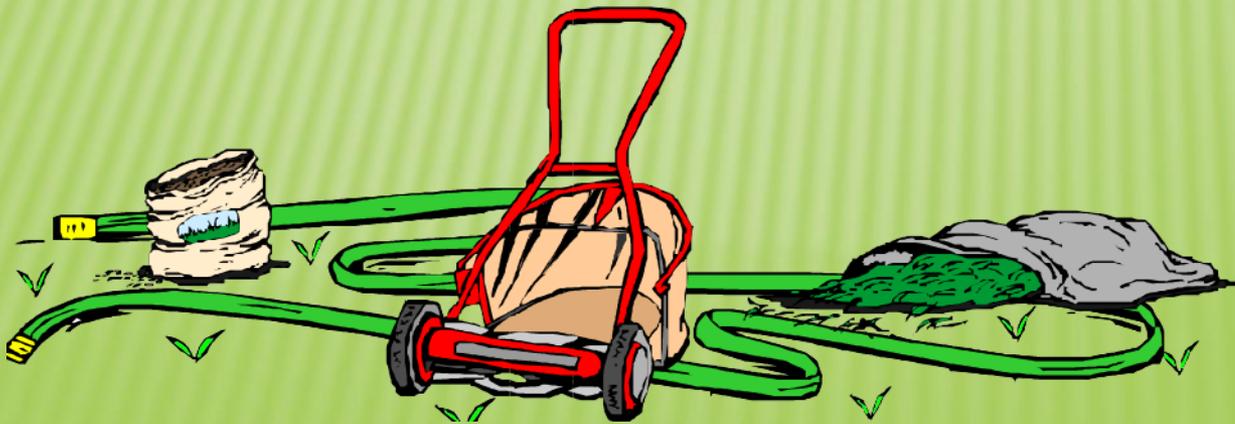


Is Professional Registration important?

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

