



## **HORTICULTURAL THERAPY CERTIFICATE – Vancouver Island, BC**

### **HT PROFESSIONAL DEVELOPMENT PROGRAM – 2024-25, Ann Kent HTM**

Explore therapeutic horticulture and horticultural therapy in an engaging and challenging interdisciplinary program. Courses will appeal to healthcare professionals, educators, horticulturists, landscape designers, and others wishing to learn about connecting people and plants; and to those considering career opportunities in horticultural therapy (HT) and therapeutic horticulture (TH).

Since 2006, this program led by registered horticultural therapist, Ann Kent HTM, has offered studies at facilities and gardens in Vancouver and on Vancouver Island. In 2020, Ann moved from Vancouver to a five-acre woodland farm near Qualicum Beach where the HT Certificate program is now based.

Four HT Certificate courses provide 160 hours of instruction comprising 120 classroom and tutorial hours plus supervised written assignments. This is a land-based study program with no on-line sessions.

The Canadian Horticultural Therapy Association recognizes this HT Certificate for 2.0 points toward professional registration as a horticultural therapist.

The fee for each of the courses in the 2024-25 series is \$650.00. This includes instruction, course materials, and plant and activity supplies for on-site study. There is no GST. Students purchase two textbooks separately.

**Covid-19 protocols** - Ann limits on-site sessions to 10-12 participants, each with an individual workstation. Wearing masks is optional but could change subject to public health orders.

#### **I. Horticultural Therapy – Programming for All Seasons – next offered April 2025**

Explore TH/HT and their year-round potential using four program streams: indoor and outdoor gardening, nature activities, floristry, and botanical crafts. This keystone course addresses skill sets required by the TH or HT activity leader, development of seasonal program plans, and adaptations for various populations.

*HT - Programming is a popular stand-alone course for those who work in community centres, complex care facilities, schools, and community gardens. It provides an excellent overview of the skill sets and resources required to deliver wellness-based plant and nature-focused activity programs.*

#### **II. Creating Therapeutic Gardens – offered in September 2024 and again in April/May 2025**

On site sessions: September 13, 14, 20, 21 (Fridays and Saturdays) 9:00am - 5:00pm

Explore attributes of accessible and healing garden spaces, plant choices suitable for therapeutic gardens and habitat gardens, and safe garden practices for TH and HT programs through land-based, hands-on activities. Students apply evidence-based audit tools to various garden sites.

*Ann is offering this popular course in a back-to-back Friday/Saturday format this September to accommodate requests from students on Vancouver Island and the lower mainland.*

#### **III. Horticultural Therapy Techniques – Session Planning – next offered September 2025**

Focus is on the use of horticulture and nature-based activities in the context of small group and one-to-one sessions. Students generate specific objectives and measurable outcomes for participants in various contexts and further explore the use of assessment tools. *Prerequisite: Programming for All Seasons*

#### **IV. The Practice of Horticultural Therapy – next offered September 2025**

Students consider special populations, elements of HT practice such as the horticultural therapist's role in a healthcare or educational team, professional ethics, cultural contexts, TH/HT program evaluation, and differences between self-employment and salaried work. *Prerequisite: III. HT Techniques.*

To request a detailed information package about this HT Certificate program, please contact Ann via her website at [www.catkinggardens.ca](http://www.catkinggardens.ca).