



**Horticultural Therapy Methods: Connecting
People and Plants in Health Care, Human
Services, and Therapeutic Programs (Haworth
Series in Therapy & Human Development
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Widely accepted treatment methods using horticulture as a therapeutic modality

Through the years, horticultural therapy (HT) has evolved from its use only by volunteer gardeners to become a recognized and respected therapeutic modality conducted by trained, registered professionals. *Horticultural Therapy Methods: Making Connections in Health Care, Human Service, and Community Programs* details the basics of the growing, time-proven practice of therapy through gardening. Experienced practitioners and educators discuss horticultural therapy theory, application, and the impressive positive impact it has on clients. Beginners are educated on key issues and given the tools needed to effectively treat clients.

Horticultural therapy uses widely accepted treatment methods in a calming, creative program framework. *Horticultural Therapy Methods* challenges pre-conceived notions of the value of this treatment by describing the processes, techniques for practice, and the rationale for their use. This manual not only can be used as a reference and a guide for students but can also be used by educators and those conducting horticultural therapy to help construct effective treatment programs. Health care and human service professionals will find this resource a powerful ally in the therapy, treatment, and education of inmates, residents, patients, trainees, and students.

Horticultural Therapy Methods is a clear helpful manual that explains:

- the types of programs, settings, and goals
- the process of treatment planning
- developing sessions—including activity or task selections to meet treatment objectives
- motivation and behavior management techniques
- documentation guidelines
- three types of HT programs
- resources for HT activity ideas
- practical approaches for mental health

Horticultural Therapy Methods is a valuable addition to the literature and is crucial for all levels of horticultural therapists, occupational therapists, therapeutic recreational specialists, social workers, special educators, community horticulture leaders, horticulturists, mental health professionals of all types, and students.

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