



Phyllis D'Amico,
Program Coordinator

HORTICULTURAL THERAPY is the use of live plants and the growing environment to heal and rehabilitate people. Greenhouse and gardening programs use the relationship between people and the natural environment to affect human wellness. Horticulture is used as a therapeutic tool with many different populations, young and old.

Programs are currently operating in hospitals, skilled nursing facilities, schools, and social service agencies. In these programs, plants are used to help individuals meet physical, social, psychological, vocational, and educational goals.

Pursue a **Certificate in Horticultural Therapy** or enroll in individual courses. The objective of the Horticultural Therapy Certificate program is to offer healthcare professionals, horticulture specialists, and students (new to the field) the technical knowledge and practical experience necessary to plan, implement, and evaluate horticulture programs for special populations.

The Program Coordinator, **Phyllis D'Amico HTR** is a registered Horticultural Therapist with the American Horticultural Therapy Association. She is also a multi-certified teacher who has worked with developmentally disabled children and adults for over 25 years. She is the Lead Science Teacher at the New Jersey Regional Day School at Newark where she has created an award-winning horticultural therapy program that uses gardening, nature studies and environmental education with special needs students of all ages and abilities. Ms. D'Amico specializes in children's garden design, organic gardening, nutrition education, service-learning projects and inclusion programs. She earned a certificate in Horticultural Therapy from the Garden where she has also been an instructor, helping to prepare horticultural therapists for the last 15 years. Ms. D'Amico is the past president of the Mid-Atlantic Chapter of the American Horticultural Therapy Association.

Horticultural Therapy Certificate Requirements

Code	Course / Quarter(s) offered	Hours
BOT 300	Introduction to Plant Science /Fall, Winter	16
GAR 301	Fundamentals of Gardening /Fall, Winter	12
THR 301	Introduction to Horticultural Therapy/ Spring, Fall	12
THR 302	Indoor Tropical Plants/Winter	12
GAR 311	Introduction to Plant Propagation and Grafting/ Fall, Spring	18
THR 325	Greenhouse Operation for Horticultural Therapists/Winter	15
THR 330	Activities Analysis for the Horticultural Therapist/Spring	18
THR 402	Horticultural Therapy for Exceptional Children/Spring, Fall	12
THR 403	Horticultural Therapy for Patients with Physical and Neurological Disabilities/Spring, Fall	12
THR 404	Horticultural Therapy in Behavioral Health Settings/Spring, Fall	12
THR 405	Horticultural Therapy: Program Development, Design, and Process/Summer, Winter	12
	Horticultural Therapy Site Visits /all quarters	8
	Elective THR Certificate Courses /all quarters	24
	Total	183*

*Plus three 100-hour internships.

American Horticultural Therapy Association

The Certificate Program is accredited and accounts for 1.5 points toward professional registration with the AHTA Call 800.634.1603 for details. Send E-mail to: ahtadmin@earthlink.net or visit their web site: www.ahta.org.

Questions about selecting Horticultural Therapy Courses?

Call Phyllis D'Amico, the Horticultural Therapy Program Coordinator, at 718.817.8594 or E-mail: progcoor@nybg.org.

Work Study Opportunities in the Continuing Education Department

A limited number of work study opportunities are available. Computer skills are required. Call 718.817.8610 to speak with the Registrar for details.

Choose your own way to earn a Horticultural Therapy Certificate!

- Take courses in the suggested sequence throughout the year.
- Start with Intensive I and continue with regularly scheduled courses, or
- Start with Intensive I and finish the remaining classes for your Certificate in Intensive II.
- Start with courses throughout the year and continue your studies with Intensive II.

Summer Horticultural Therapy Intensives

Horticultural Therapy Intensive I: 3 Weeks, Mon., July 11–Fri., July 29, 9 a.m.–6 p.m.

Horticultural Therapy Intensive II: 2 Weeks, Mon., Aug. 1–Fri., Aug. 12, 9 a.m.–6 p.m.

Summer 2005 is your opportunity to begin a new career in the field of Horticultural Therapy. Learn about populations which can benefit from horticultural therapy programming, and participate in hands-on activities designed to demonstrate the principles of Horticultural Therapy.

In Intensive I you will earn 104 hours of credit and in Intensive II earn 79 hours toward the 183 hours required for the Garden's Horticultural Therapy Certificate. You will be equipped to pursue internship opportunities in horticultural therapy and begin to incorporate a horticulture component into your own school, social service, or health care setting.

The curriculum is designed to cover three areas of the Horticultural Therapy Program:

People/Plant Relationships

Professional Horticultural Therapists provide an overview of many different special needs populations and how Horticultural Therapy can help them attain their goals.

Plant Science and Gardening

Gain a basic understanding of plant science and gardening on the grounds of the Garden. Knowledge of the plant world will become an effective tool for therapy.

Tours and Site Visits

The curriculum includes tours of therapeutic gardens. Students visit existing Horticultural Therapy programs and observe professional therapists in action.

Questions about the Intensive? Call 718.817.8747, or E-mail: conted@nybg.org.

Courses in Horticultural Therapy Intensive I:

Introduction to Horticultural Therapy
Introduction to Plant Science
Activities Analysis
Horticultural Therapy for Patients with Neurological–Muscular Impairments and Disabilities
Horticultural Therapy in Behavioral Health Settings
Indoor Tropical Plants
Horticultural Therapy Site Visits

SU THR 950 Three weeks, five days a week, 9 a.m.–6 p.m., Monday–Friday, July 11–29, Rm. 302

Tuition and refunds

\$2,290 non-members, \$2,260 members. \$765 is non-refundable. As an option, a payment schedule is available if requested: April 11, May 9, and the final payment on June 13. No refunds will be processed on or after Monday, June 13.

Courses in Horticultural Therapy Intensive II:

Fundamentals of Gardening
Introduction to Plant Propagation and Grafting
Greenhouse Operations for Horticultural Therapists
Horticultural Therapy for Children
Horticultural Therapy: Program, Development, Design and Process
Horticultural Therapy Site Visits
Prerequisite: Introduction to Horticultural Therapy–THR 301.

SU THR 960 Two weeks, five days a week, 9 a.m.–6 p.m., Monday–Friday, Aug. 1–Aug. 12, Rm. 302

Tuition and refunds

\$1,650 non-members, \$1,620 members. \$550 is non-refundable. As an option, a payment schedule is available if requested: May 9, June 13, and the final payment on July 11. No refunds will be processed on or after Monday, July 11.

Introduction to Horticultural Therapy

Certificate Requirement, Classroom Hours: 12
Explore the field of horticultural therapy and learn about the use of plants as a way to reach physical, psycho/social, and educational goals with a variety of populations. This course covers an introduction to the field and certificate requirements, a history of horticultural therapy, an overview of the many clinical applications of horticultural therapy, and information on professional registration and employment potential. Please bring lunch for classes meeting all day.

\$256 non-members, \$231 members (Includes a \$10 materials fee)

Charles Sourby, MS Ed. CTRS & Phyllis D'Amico, HTR

SP THR 301 Section A: 2 Saturdays, April 2 & 9, 9 a.m.–3:30 p.m., Rm. 301

Kathleen Silberstein, HTR

SP THR 301 Section B: 4 Thursdays, April 7–28, 6:15–9:15 p.m., Rm. 301

Kathleen Silberstein, HTR

SP THR 301 Section C: 2 Tuesdays, June 21 & 28, 2 Thursdays, June 23 & 30, 6:15–9:15 p.m., Rm. 301

Plants for Therapeutic Programs

Certificate Elective, Classroom Hours: 6
Expand your selection of plant material to include proven and exciting herbs, flowers, vegetables, fruits, grasses, trees, shrubs and unusual tropicals that have specific applications for horticultural therapy goals. Explore how to use these plants through hands-on and disability-simulating activities.

\$138 non-members, \$126 members (Includes a \$15 materials fee)

Phyllis D'Amico, HTR, & John Beirne

WI THR 307 2 Wednesdays, March 23 & 30, 5:15–8:15 p.m., Rm. 102

NEW!

Aromatherapy for Horticultural Therapy

Certificate Elective, Classroom Hours: 6
Discover the aromatic world of essential oils and how they can be safely and effectively used in a variety of horticultural therapy programming. Learn the history of aromatherapy and how and why it works. Experience activities for affecting mood, blend oils and create products that can be used for therapeutic activities. Add a whole new dimension of sensory stimulation to your horticultural therapy program.

\$133 non-members, \$121 members (includes a \$10 materials fee)

Gwenn Fried

SP THR 309 2 Wednesdays, April 27 & May 4, 5:15–8:15 p.m., Rm. 301

Core Sequence in Horticultural Therapy—THR 402, 403, 404, and 405.

These classes were formerly known as the People/Plant Relationships Series. THR 402, 403, and 404 can be taken in any order, provided you have completed Introduction to Horticultural Therapy—THR 301. Upon completion of THR 402, 403, and 404, you can take Horticultural Therapy: Program Development, Design, and Process—THR 405, which ties together all you have learned in the prior courses and gives you the tools to apply your education to practical development and execution of horticultural therapy groups and programs.

Horticultural Therapy for Exceptional Children

Certificate Requirement, Classroom Hours: 12
Gain an understanding of the practice of horticultural therapy as it relates to children and adolescents with developmental, sensory, physical, behavioral and learning challenges. Explore a variety of methods and programs to meet the goals of pre-school through high-school aged special needs students. Engage in active, cooperative activities to develop lessons and curricula that can be used in settings for youth of all abilities.

\$261 non-members, \$236 members
(Includes a \$15 materials fee)

Phyllis D'Amico, HTR

SP THR 402 2 Saturdays, May 7 & 14,
9 a.m.–3:30 p.m., Rm. 301

Horticultural Therapy for Patients with Neurological–Muscular Impairments and Disabilities

Certificate Requirement, Classroom Hours: 12
Students explore the effects that left or right-sided stroke, Alzheimer's disease, multiple sclerosis, cerebral palsy, spinal cord injuries, and automobile accidents have on patients. Case studies are presented and students will develop their clinical skills regarding assessment, treatment, and individualized horticultural therapy goals. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

\$261 non-members, \$236 members
(Includes a \$15 materials fee)

Matthew Wichrowski, HTR

SP THR 403 4 Wednesdays, June 1–22,
6:15–9:15 p.m., Rm. 301

Horticultural Therapy in Behavioral Health Settings

Certificate Requirement, Classroom Hours: 12
The foundations of horticultural therapy date back to the middle ages when psychiatric patients were encouraged to participate in gardening activities. Today, horticultural therapy is practiced in a multitude of behavioral health settings including hospitals, day treatment programs, group homes and with individuals. Learn the diagnostic criteria for common mental disorders and review actual case studies. Create treatment plans utilizing horticulture activities for specific client needs. Please bring lunch. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

\$261 non-members, \$236 members
(Includes a \$15 materials fee)

Maxine Kaplan, HTM & John Beirne

SP THR 404 2 Saturdays, April 16 & 30
(no class April 23), 9 a.m.–3:30 p.m., Rm. 301

Horticultural Therapy: Program Development, Design, and Process

Certificate Requirement, Classroom Hours: 12
This course is the culmination of three horticultural therapy courses—THR 402, 403, 404 (formerly the People/Plant Series). Learn how to implement and design a horticultural therapy program. Learn about the various activities, goals, budgeting concerns, and staffing issues. Program operations and organizational responsibilities are also included. The second half of this course explores group process, program planning, program scheduling, and clinical responsibilities. *Prerequisite: Horticultural Therapy for Children; Horticultural Therapy for Patients with Neurological–Muscular Impairments and Disabilities; & Horticultural Therapy in Behavioral Health Settings—THR 402, 403 and 404.*

\$271 non-members, \$246 members
(Includes a \$25 materials fee)

Nancy Chambers, HTR; and Gwenn Fried

SU THR 405 4 Thursdays, Sept. 8–29,
5:15–8:15 p.m., Rm. 230

Spirituality in Gardening

Certificate Elective, Classroom Hours: 12
Horticultural therapy dovetails perfectly with the current emphasis on mind/body healing. Explore the healing of the soul that gardening and gardens offer. Palliative care, biblical gardens, labyrinths, and the garden archetype are discussed. Explore the use of horticultural therapy for stress reduction. Please bring lunch.
\$246 non-members, \$222 members

Matthew Wichrowski, HTR & Charles Sourby, M.S, Ed. CTRS

SP THR 320 2 Saturdays, June 4 & 11,
9 a.m.–3:30 p.m., Rm. 301

NEW! Adaptive Tools and Accessible Gardening

Certificate Elective, Classroom Hours: 3.5
Horticultural therapists must be creative in designing both tools and spaces for a variety of special needs. In this class, students design and construct adaptive tools and assistive devices through problem-solving activities. Also, learn how to make both indoor and outdoor areas accessible.

\$92 non-members, \$85 members
(includes a \$20 materials fee)

Phyllis D'Amico HTR

SP THR 327 Saturday, June 25,
9 a.m.–12:30 p.m., Rm. 301

Activities Analysis for the Horticultural Therapist

Certificate Requirement, Classroom Hours: 18
Keep clients and patients engaged with a variety of horticultural projects and botanical craft ideas. Analyze projects that can be used by the therapist. See what physical, cognitive, and social skills are necessary for performance of these tasks. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

\$394 non-members, \$364 non-members
(Includes a \$25 materials fee)

Sonia D'Andrea, M.S. Ed. & Kim Yaffe, HTR

SP THR 330 6 Thursdays, May 5–June 9,
6:15–9:15 p.m., Rm. P201

Students who expect to complete their Certificate requirements by June 1, 2005, must inform the Registration Office in writing of their candidacy by March 1, 2005. Students will be contacted by April 15. See Page 2 for more information.

Horticultural Therapy

NEW! Horticultural Therapy and the Aging Population

Certificate Elective, Classroom Hours: 3

Older adults, the fastest growing segment of the population, present an increasing need for therapeutic services. Learn about the physical, sensory, cognitive, psychological and social aspects of aging and their implications for horticultural therapy programming. Explore how horticulture can be an important component in the various levels of geriatric care.

\$62 non-members, \$56 members

Kathleen Silberstein HTR

SU THR 340 Tuesday, September 20, 6:15–9:15 p.m., Rm. 301

Recreational Floral Therapy

Certificate Elective, Classroom Hours: 6

Working with flowers has been documented to improve emotional wellness, self-expression and self-esteem. Learn how flower arranging can be adapted to work in all therapeutic settings in this one-day seminar. Lecture and demonstration in the morning is followed by hands-on workshop in the afternoon. Discuss the floral industry and all that it has to offer the HT professional. Please bring lunch.

\$163 non-members, \$151 members
(Includes a \$40 materials fee)

Cheryl Wilks

SP THR 350 Sunday, May 15, 10 a.m.–4:30 p.m., Rm. 101

NEW!

Consulting for Horticultural Therapists

Certificate Elective, Classroom Hours: 6

Discuss the basics of launching your own consulting business in this full-day workshop. Explore legal and financial aspects involved in being an independent contractor. Learn how to develop a business plan and how to market your services. Gain an understanding of the operational components of running your own business. Benefit from the instructor's expertise and experience in creating her own company that provides horticultural therapy services for both the private and public sectors. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

\$123 non-members, \$111 members

Patricia Czarniecki

SP THR 360 Saturday, May 21, 9 a.m.–3:30 p.m., Rm. 301

Site Visit: The Enid A. Haupt Glass Garden at The Rusk Institute

Certificate Requirement and Elective, Classroom Hours: 4

This individualized intensive training offers an overview of horticultural therapy treatment in a physical rehabilitation setting. The focus is on physical medicine and rehabilitation—history, philosophy, and team functions. Participate in horticulture treatment sessions with a focus on patient functioning, treatment goals, and precautions. *Prerequisite: THR 301.*

\$96 non-members, \$86 members

Nancy Chambers, HTR and staff

SP THR 525 & SU THR 525
by appointment, call the Registration Office

Site Visit: Terence Cardinal Cooke Health Care Center

Certificate Requirement and Elective, Classroom Hours: 4

Visit a 720-bed chronic and long-term care facility that serves geriatric patients, patients with AIDS, Alzheimer's Disease, dementia, Huntington's Disease, and patients on short-term rehabilitation. Students accompany the horticultural therapist on rounds. Please bring lunch. Travel directions are mailed with your confirmation letter. *Prerequisite: THR 301.*

\$96 non-members, \$86 members

Donna Arabian

SP THR 528 Friday, May 20, 10 a.m.–3 p.m., offsite

Site Visit: Monsignor Murray Therapeutic Sensory Garden

Certificate Requirement and Elective, Classroom Hours: 3

This Garden, at the Schervier Nursing Care Center in Riverdale, N.Y., was designed for the Center's award-winning Alzheimer's program, Magic Moments, that combines music therapy, recreation therapy, art therapy, and horticultural therapy. Program goals include creative expression, use of gross motor skills, fine motor skills, and cognitive skills. Travel directions are mailed with your confirmation letter. Please bring lunch. *Prerequisite: THR 301.*

\$72 non-members, \$65 members

Charles Sourby, M.S. Ed.

SP THR 529 Friday, June 17, 1–4 p.m., offsite

New York State Recreation and Parks Society, Inc. has approved Continuing Education Units (CEUs) for all of the Garden's Horticultural Therapy courses. For more information, call 718.817.8594.

Site Visit:

The Children's Village, Dobbs Ferry, NY

Certificate Requirement and Elective, Classroom Hours: 3

Since 1851, this residential treatment facility has been serving at-risk youth with programs designed to give stability and nurturing. The WAY (Work Appreciation for Youth) is a multi-step program to help older boys gain skills necessary to become productive adults. Tour the campus and work with students at the Greenhouse. Please dress comfortably. *Prerequisite: THR 301.*

\$72 non-members, \$65 members

Barbara Fischer

SP THR 530 Wednesday, May 11, 2–5 p.m., offsite

NEW! Site Visit: Project FIND at the Hamilton Senior Center, NYC

Certificate Requirement and Elective, Classroom Hours: 4

Explore horticultural therapy in action with members of the Hamilton Senior Garden Club. Through Project FIND, seniors participate in activities designed to encourage recreation, physical fitness, nutrition education self-advocacy and inclusion in the community. Hear testimonials from the participants and tour the gardens. Travel directions are mailed with your confirmation letter. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

\$96 non-members, \$86 members

Gwenn Fried

SP THR 532 Tuesday, June 7, 12–4 p.m., offsite

NEW! Site Visit: NewBridge Services, Pompton Plains, N.J.

Certificate Requirement and Elective, Classroom Hours: 4

NewBridge Services Inc. is a community organization providing comprehensive behavioral health-related services and education to residents of all ages in Morris and Passaic counties since 1963. Experience the innovative horticultural therapy program Project ENRICH as you tour the tropical garden with the clients who created it. Travel directions are mailed with your confirmation letter. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

\$96 non-members, \$86 members

John Beirne

SU THR 533 Monday, Sept. 19, 10 a.m.–3 p.m., offsite