



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

*\*Plus a 100 hour Field Experience*

*In some cases, an alternate Special Project may be substituted with the approval of the Program Coordinator and the Director of Continuing Education.*

### Save the Dates!

#### Three-week Horticultural Therapy Intensive Program

Monday, July 10–Friday, July 28, 2006

#### Two-Week Horticultural Therapy Intensive Program

Monday, July 31–Friday, August 11, 2006

**For more information and to put your name on a list call 718. 817.8747.**

### American Horticultural Therapy Association

The Certificate Program is accredited and accounts for 1.5 points toward registration with the AHTA. Call 800.634.1603, E-mail [ahtaadmin@earthlink.net](mailto:ahtaadmin@earthlink.net) or visit [www.ahta.org](http://www.ahta.org) for details.

### 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](mailto:progcoor@nybg.org).

# Horticultural Therapy

## 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 meet 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, and an overview of the many clinical applications of horticultural therapy. Please bring lunch for classes meeting all day.

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

**Charles Sourby, HTR MS Ed. CTRS**

**FA** THR 301 Section A: 2 Saturdays,  
Oct. 1 & 8, 9 a.m.–3:30 p.m., Rm. 301

**Kate Desjardins, HTR**

**FA** THR 301 Section B: 2 Saturdays,  
Oct. 22 & Nov. 19 (no class Oct. 29 and Nov. 5  
& 12), 9 a.m.–3:30 p.m., New Canaan Nature  
Center, New Canaan, Conn.

**Katherine Sabatino & Phyllis D'Amico, HTR**

**WI** THR 301 Section C: 3 Wednesdays,  
Jan. 11–25, 10 a.m.–2:30 p.m., Rm. 312

## Raised Bed Gardening

Raised beds are used in combination with techniques to grow more vegetables, herbs, or ornamentals in a given area with less effort. They are also the best method for overcoming difficult situations (wet soil, limited space and sun). Raised beds are ideal in many therapeutic settings because they bring the plants up to the patients. Methods of creating raised beds and their aesthetic considerations are discussed.

\$25 non-members, \$23 members

**James Carr**

**FA** GAR 280 Saturday, Oct. 15,  
12:30–2:30 p.m., Rm. 230

## Indoor Tropical Plants

*Certificate Requirement, Classroom Hours: 12*

Indoor gardening is often the most important component of a year-round horticultural therapy program. Gain familiarity with the cultural requirements of tropical plants, discover new and unusual varieties, and learn about the old standbys too. Consideration is given to collecting plant materials appropriate for specific therapeutic environments. Each student takes home several plants.

\$260 non-members, \$235 members  
(Includes a \$14 materials fee)

**James D. Scharfenberger**

**WI** THR 302 4 Tuesdays, Feb. 21–March 14,  
6:15–9:15 p.m. Rm. 230

## Plants for Therapeutic Programs

*Certificate Elective, Classroom Hours: 12*

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 to achieve horticultural therapy goals. Explore how to use these plants through hands-on and disability-simulating activities.

\$261 non-members, \$237 members  
(Includes a \$15 materials fee)

**Phyllis D'Amico, HTR, & John Beirne**

**WI** THR 307 4 Wednesdays,  
March 15–April 5, 5:15–8:15 p.m., Rm. 102

## Research Models for Horticultural Therapy

*Certificate Elective, Classroom Hours: 12*

This introductory course explores methods and materials used in research. Using case studies and correlation studies, discover the historical background of research models, the rationale for research methods, formats for case studies, ethical considerations, methods of quantifying research, tools of the researcher, and evaluation techniques. Please bring lunch.

*Prerequisite: Introduction to Horticultural Therapy—THR 301.*

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

**Keith Phillips, MS Ed.**

**WI** THR 310 2 Saturdays, Jan. 7 & 14,  
9 a.m.–3:30 p.m., Rm. 102

## NEW! The AHTA Registration Process

*Certificate Elective, Classroom Hours: 2.5*

This workshop provides an in-depth examination of the registration process for horticultural therapists through the American Horticultural Therapy Association. Both current students and certificate recipients benefit from this step-by-step review of the registration requirements and process. Time is allotted for working on your application. A list of documents and other information to bring to the workshop is mailed with your confirmation letter. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

\$51 non-members, \$46 members

**Phyllis D'Amico, HTR**

**WI** THR 317 Thursday, March 23, 5:30–8 p.m.,  
Rm. 301

## Greenhouse Operation for Horticultural Therapists

*Certificate Requirement, Classroom Hours: 15*

This class is an introduction to all aspects of greenhouse operation including initial design, sighting, zoning, and applicable ADA regulations. It includes the practical aspects of greenhouse mechanics: glazing, solar alternatives, greenhouse soils, fertilizers, HVAC systems, potting, pest control, and watering. Learn how to select plant materials, and how to handle greenhouse emergencies.

\$308 non-members, \$278 members

**Andrew Messinger; Nancy Chambers, HTR; and Gwenn Fried**

**WI** THR 325 5 Tuesdays, Jan. 10–Feb. 7,  
5:15–8:15 p.m., Rm. 230

## Adaptive Tools and Accessible Gardening

*Certificate Elective, Classroom Hours: 3*

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.

\$82 non-members, \$76 members  
(Includes a \$20 materials fee)

**Phyllis D'Amico, HTR**

**FA** THR 327 Thursday, Nov. 17,  
5:15–8:15 p.m., Rm. 301

## Activities Analysis for the Horticultural Therapist

*Certificate Requirement, Classroom Hours: 18*

A diverse array of horticultural projects and botanical craft ideas are a key to maintaining a successful horticultural therapy program. Analyze projects that can be used by the therapist. See what physical, cognitive, and social skills are necessary for performance of these tasks. Learn how to adapt these projects to meet the goals and measurable outcomes required for program participants. Grading of activities for special needs is also covered. Please bring lunch. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

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

**Sonia D'Andrea, HTR, MSEd., CTRS & Phyllis D'Amico HTR**

**WI** THR 330 3 Saturdays, Feb. 25–March 11,  
9 a.m.–3:30 p.m., Rm. 312

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

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.

### 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. Please bring lunch. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

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

#### Phyllis D'Amico, HTR

**FA** THR 402 2 Saturdays, Oct. 22 & 29,  
9 a.m.–3:30 p.m., Rm. 301

### Horticultural Therapy for Patients with Neurological—Muscular Impairments and Disabilities

*Certificate Requirement, Classroom Hours: 12*  
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 you develop clinical skills regarding assessment, treatment, and individualized horticultural therapy goals. Please bring lunch. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

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

#### Matthew Wichrowski, HTR

**FA** THR 403 2 Saturdays, Nov. 5 & 12,  
9 a.m.–3:30 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 needs. Please bring lunch. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

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

#### Maxine Kaplan, HTM and John Beirne

**FA** THR 404 2 Saturdays,  
Nov. 19 & Dec. 3 (no class Nov. 26),  
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, and issues. *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 Section A: 4 Thursdays,  
Sept. 8–29, 5:15–8:15 p.m., Rm. 230  
**WI** THR 405 Section B: 4 Thursdays,  
Feb. 16–March 9, 5:15–8:15 p.m., Rm. 301

### 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

### Therapeutic 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. Please bring lunch.

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

#### Cheryl Wilks

**WI** THR 350 Sun, Jan. 22,  
9:30 a.m.–4 p.m., Rm. 101

### Therapeutic Landscape Design

*Certificate Elective, Classroom Hours: 12*

Hospitals and extended care facilities incorporate gardens for contemplation, rehabilitation, and therapy. Learn about the history and design of therapeutic gardens through case studies and sketch problems.

\$246 non-members, \$221 members

#### Nancy Gerlach-Spriggs, RLA

**WI** LAN 430 3 Fridays, Jan. 27–Feb. 10,  
10 a.m.–2:30 p.m., Rm. 320

### Counseling Skills

*Certificate Elective, Classroom Hours: 6*

Learn basic counseling techniques useful in conducting HT groups, interviews, and improving general interpersonal skills using lectures, handouts, and role playing. Skills such as empathy, attending skills, information gathering, and problem solving are addressed using a humanistic model based on Rogerian Theory. Please bring lunch.

\$123 non-members, \$111 members

#### Matthew Wichrowski, HTR

**WI** THR 436 Saturday, Feb. 4,  
9 a.m.–3:30 p.m., Rm. 315

# Horticultural Therapy

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## 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 session includes a lecture 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: Introduction to Horticultural Therapy—THR 301.*

\$96 non-members, \$86 members

### Nancy Chambers, HRT and staff

**FA WI** THR 525 by appointment, call the Registration Office

## Site Visit:

### Bergen Regional Medical Center

*Certificate Requirement and Elective,  
Classroom Hours: 4*

Bergen Regional Medical Center, a 1200-bed, total care facility serving several different patient populations, employs an extensive horticultural therapy program. Tour the hospital, participate in horticultural therapy sessions, and visit the accessible sensory therapy gardens. Directions are mailed with your confirmation letter. Please bring lunch. *Prerequisite: Introduction to Horticultural Therapy—THR 301.*

\$96 non-members, \$86 members

### Katherine Sabatino

**FA** THR 531 Thursday, Nov. 3, 10 a.m.–2:30 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. Please bring lunch. 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.–2:30 p.m., offsite

## NEW! Site Visit: Green Chimneys, Brewster, N.Y.

*Certificate Requirement and Elective,  
Classroom Hours: 4*

Founded in 1947, Green Chimneys is a nationally renowned leader in creating opportunities for at-risk children through innovative programs utilizing horticulture, animals, and nature. Tour the organic garden and greenhouse tended by children, experience the animal-assisted therapy program, and participate in a like skills harvest activity. Please bring lunch. Travel directions are mailed with your confirmation letter.

*Prerequisites: Introduction to Horticultural Therapy—THR 301.*

\$82 non-members, \$74 members

### Tracy Chamberlin

**FA** THR 535 Friday, Oct. 7, 10 a.m.–2:30 p.m., offsite

## NEW! Site Visit: Department of Mental Retardation, Danielson, Conn.

*Certificate Requirement and Elective,  
Classroom Hours: 4*

Volunteer in hands on sessions focusing on developing therapeutic teaching techniques and adaptations specific to the total engagement of the person served. Lunch may be purchased on-site. Wear comfortable clothing—jeans and sneakers are fine. Participants are required to fill out a volunteer form and must have a picture I.D. the day of the training. Travel directions are mailed with your confirmation letter. *Prerequisites: Introduction to Horticultural Therapy—THR 301.*

\$96 non-members, \$86 members

### Kate Desjardins, HTR

**FA** THR 536 Thursday, Dec. 8, 9 a.m.–1:30 p.m., offsite

## NEW! Site Visit: The Horticultural Society of New York's GreenHouse on Rikers Island

*Certificate Requirement and Elective,  
Classroom Hours: 6*

Hands-on healing and learning through horticulture take place at HSNY's Green House on Rikers Island. The garden was designed and built by inmates and features a native forest, nursery, and wildlife area, including rabbits, chickens, quail, fish and turtles. HSNY's horticultural therapist presents an evening introduction to the program followed by a site visit to Rikers Island with the GreenHouse Program Director. Lunch is provided. Travel directions to a meeting location in Manhattan are mailed with your confirmation letter. *Prerequisites: Introduction to Horticultural Therapy—THR 301.*

\$123 non-members, \$111 members

### Kate Chura & James Jiler

**FA** THR 537 Wednesday, Oct. 5, 6:15–8:15 p.m., Rm. 301 and Wednesday, Oct. 19, 9:30 a.m.–1:30 p.m., offsite

## Courses of Related Interest:

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### Patterns of Nature

**FA** BOT 205, pg. 20

### The Aromatic Plants: Spices and Perfumes

**WI** BOT 229, pg. 21

### The World of Chinese Healing

**FA** BOT 329, pg. 23

### Herbal Spa Workshop

**FA** BOT 901, pg. 20

### Botany for Gardeners

**WI** GAR 109, pg. 38

### Basic Feng Shui Gardening

**FA** GAR 160, pg. 46

### Plants of the Bible

**WI** GAR 174, pg. 47

### Enjoying the Herb Harvest

**FA** GAR 933, pg. 51