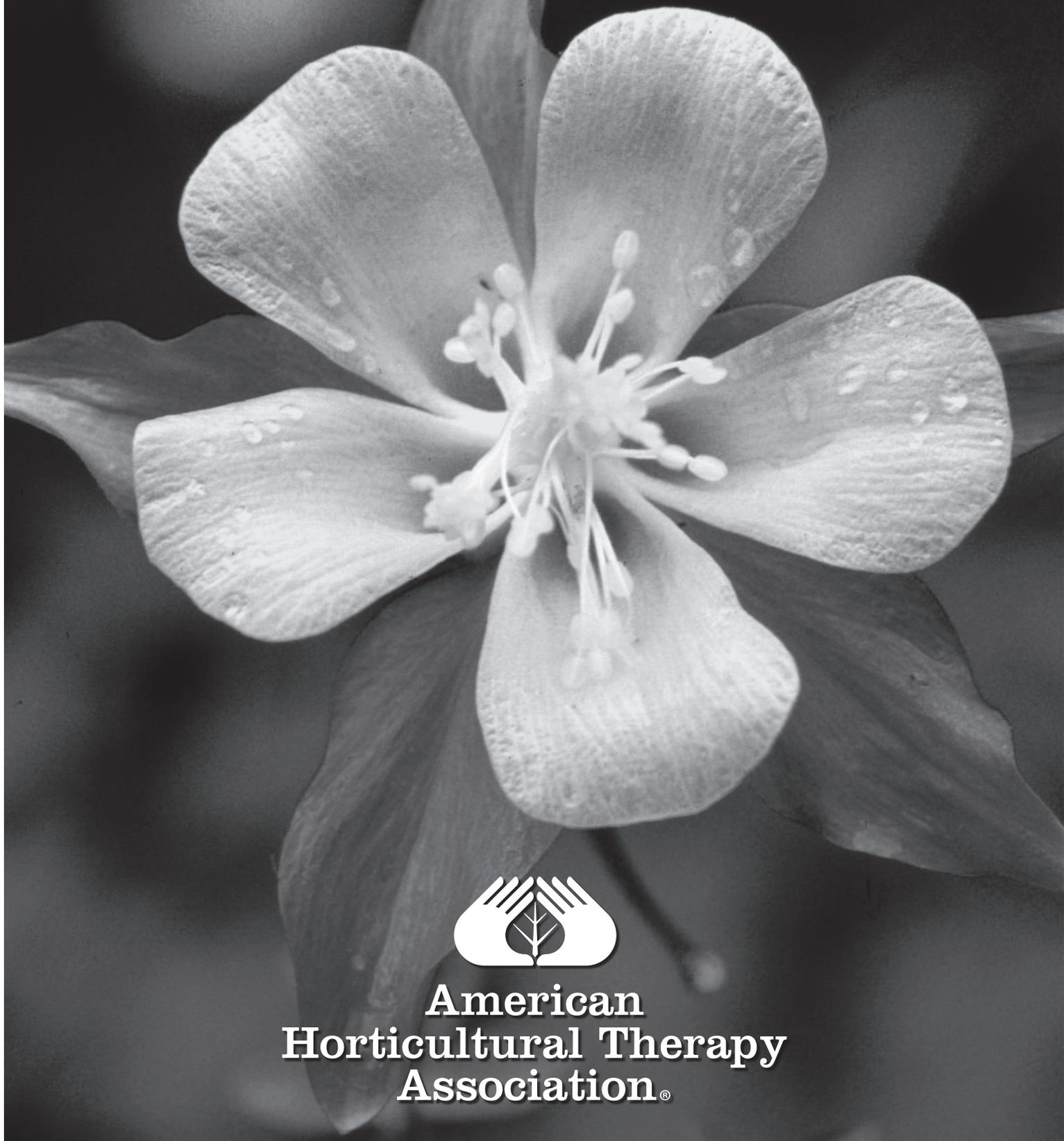


AHTA Annual Conference

**Planting with a Purpose:
Engaging in Horticultural Therapy**

October 5–6, 2018 | Lakewood, Colorado



**American
Horticultural Therapy
Association®**

Welcome

Dear Conference Attendees,

As president of the American Horticultural Therapy Association, it gives me great pleasure to welcome you to the 2018 AHTA Annual Conference in the beautiful city of Denver, Colorado. This year's theme "Planting with a Purpose: Engaging in Horticultural Therapy" brings us together to collaborate and connect with a shared sense of purpose and to engage in professional development during the next two days.

This conference was made possible through the hard work and coordination of many local volunteers who graciously dedicated their time to developing the conference pre-tours and hosting the silent auction. Special thanks to Carol LaRocque who served as the liaison between the AHTA Conference Work Team and the Colorado volunteers. I hope that you will take a moment to express your gratitude to the local team for hosting AHTA this year.

Much appreciation goes to Jennifer Smith for her leadership and hard work coordinating communication between the AHTA Conference Work Team, the local team, and AHTA's management company.

There are several presentations and workshops this year offering new information and exciting opportunities. It is our hope that you will have an enriching experience that leaves you with a renewed sense of purpose. We are fortunate to be in the mile-high city of Denver and to take part in this annual event. Enjoy the conference!

Sincerely,
Leigh Anne Starling
President

Board of Directors

Leigh Anne Starling, LCPC, CRC, HTR | *President*
Patricia Cassidy, HTR | *Vice President*
MaryAnne McMillan, HTR | *Immediate Past President*
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Nancy A. Minich, RLA, ASLA, HTR | *Board Member*
Derrick Stowell, CTRS, HTR | *Board Member*
Debra Edwards, HTR | *Board Member*
Alicia Green, HTR | *Board Member*



American Horticultural Therapy Association®

AHTA Work Teams, Review Boards, and Committees

October 2017 – October 2018

Note: The President serves as ex-officio member of all work team; The Board Liaison serves as a work team member

1) CAPACITY BUILDING

MARKETING WT

Leader: Vacant position

Members: Patty Cassidy, MaryAnne McMillan, Lana Dreyfuss, Christine Capra

FUNDRAISING WT

Leader: Nancy Minich (nancymnich6575@gmail.com)

Members: Derrick Stowell, Lana Dreyfuss, Patty Cassidy, Mary Anne McMillan, Jan Lane

NOMINATIONS and ELECTIONS RB

Chair: Mary Anne McMillan (mamht01@gmail.com)

Reviewers: Rebecca Haller, Pam Young, Jonathan Irish, Derrick Stowell

2) INFORMATION AND EDUCATION

RESEARCH WT

Leader: Matt Wichrowski (matthew.wichrowski@nyumc.org)

Board liaison: Leigh Anne Starling

Members: Leah Diehl, Tina Cade, Jane Saiers, Rene Malone, Paula Vollmar-Heywood, John O. Hara, Alena Coons, Jonathan Irish, Raymond Odeh

MAGAZINE WT

Leader: René Malone (thetherapeuticvine@gmail.com)

Members: Ranita Keener, Karen Kennedy, MaryAnne McMillian, Laura DePrado, Patty Cassidy, Jonathan Irish, Marion Mhyre, Jennifer Kryzak

JOURNAL OF THERAPEUTIC HORTICULTURE RB

Editor: Matt Wichrowski (matthew.wichrowski@nyumc.org)

Board Liaison: Leigh Anne Starling (lastarling@peoplepc.com)

Reviewers: Jane Saiers, Sin-Ae Park, Leah Kieffer, Vito Silecchia, Anthony Pesce, Lynn Filipski, Lesley Fleming, Tina Cade

CONFERENCE WT

Leader: Jennifer Smith (jennifer.smith@mobot.org)

Members: Patty Cassidy, Jean D'Amore, MaryAnne McMillan, Ciri Malamud, Carol Larocque, Althea MacDonald, René Malone

3) MEMBERSHIP

MEMBERSHIP WT

Leader: Patty Cassidy (cassidyypg@comcast.net), Jonathan Irish

Members: Barbara Kreski, John Murphy, Christine Capra, Jenny Bush, Derrick Stowell, Jennifer Smith, Debra Edwards

AWARDS RB

Chair: Ranita Keener (ksuhtr1987@outlook.com)

Reviewers: Pat Owen-Keltner, Pam Caitlin, Genevieve Layman, Koral Sienknecht, MaryAnne McMillan

CHARLES A. LEWIS RESEARCH AWARD COMMITTEE

Chair: Gary Altman (altman_g@yahoo.com)

Reviewers: Susan Rodiek, Joel Flagler, Nrupali Patel

4) PROFESSIONAL STANDARDS

PROFESSIONAL REGISTRATION RB

Chair: Leigh Anne Starling (lastarling@peoplepc.com)

Reviewers: Hilda Krus, Rebecca Haller, Pam Young, Lana Dreyfuss, Debra Edwards, Ciri Malamud

CREDENTIALING WT

Leader: Leigh Anne Starling (lastarling@peoplepc.com)

Members: Rebecca Haller, Lana Dreyfuss, Derrick Stowell, Ciri Malamud, Erin Backus

PROFESSIONAL EDUCATION WT

Leader: Derrick Stowell (dstowell@utk.edu)

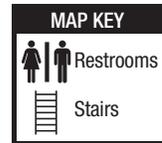
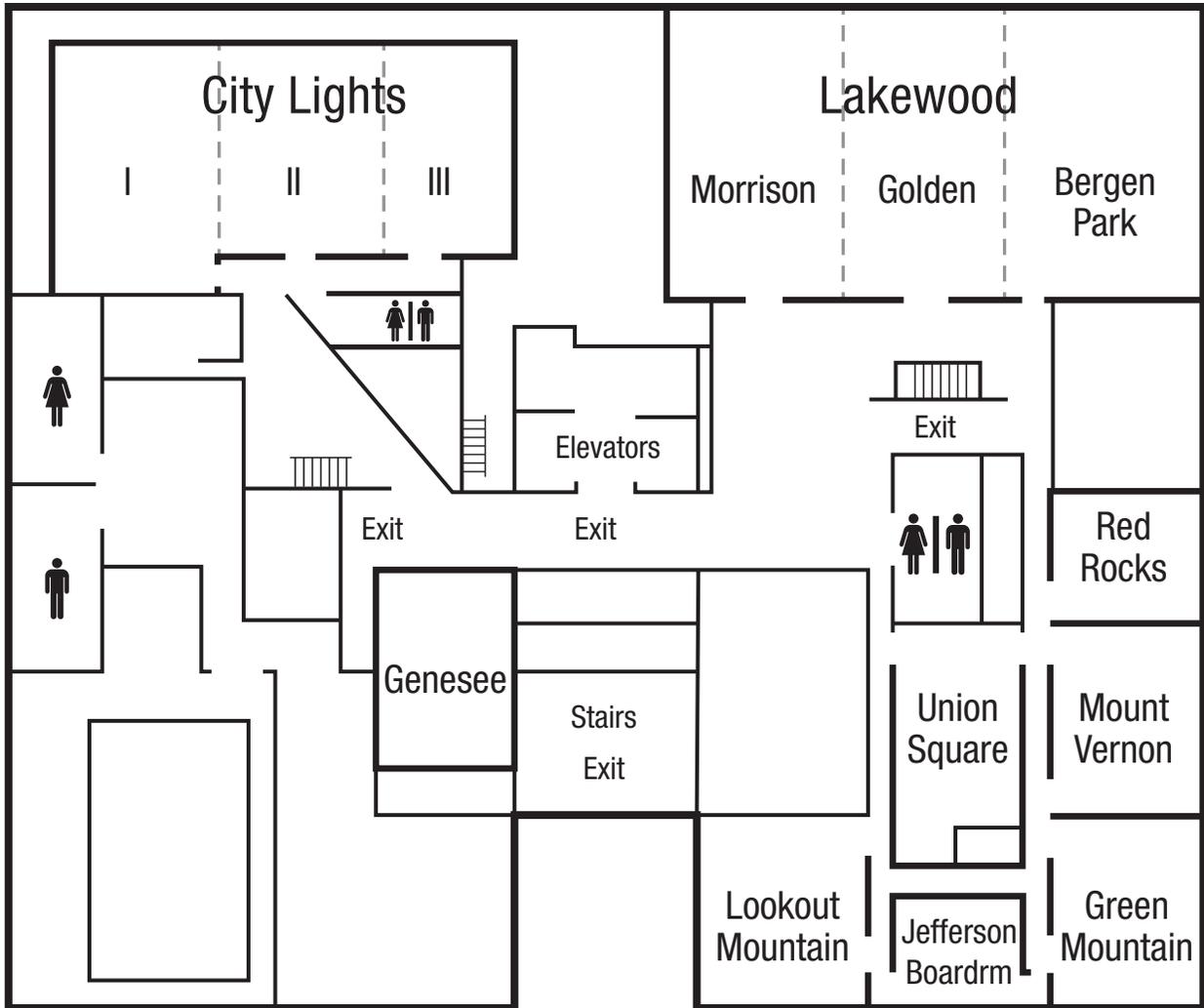
Work Team Members: Leah Diehl, Nancy Minich, Rebecca Haller, Raymond Odeh, Leigh Anne Starling, Gary Altman, Lynn Zeltman

HT CERTIFICATE ACCREDITATION RB

Chair: Patty Cassidy (cassidyypg@comcast.net)

Reviewers: René Malone, Ranita Keener, Betsy Brown, Debra Edwards, Gary Altman

Venue Floorplan



Schedule at a Glance

Wednesday, October 3		
8:30AM–4:00PM	AHTA Board of Directors Meeting	Jefferson Board Room

Thursday, October 4		
8:30AM–4:30PM	Offsite Pre-tours Pre-tour #1: Craig Hospital Mental Health Center of Denver Denver Botanic Garden [▶ via Charter Bus] Pre-tour #2: Sprout City Farms at Mountain Park EarthLinks Denver Botanic Garden [▶ via Public Transportation Tour with Local Guides]	
9:00AM–3:00PM	Intern Supervisor Workshop	Gennesee
9:00AM–5:00PM	Silent Auction	Lookout Mountain
5:30PM–6:30PM	Join our NEW Birds of a Feather session , an informal gathering of like-minded individuals who wish to discuss topics of common interest without a pre-planned agenda. This session is a great way to connect with your peers, from across the country and abroad, early on in the conference and will allow you to maximize the value of the conference. Attendees will enjoy a unique way to be grouped together according to their mutual interests. Our goals of this session are to: <ul style="list-style-type: none"> • Make meaningful connections • Offer a space to exchange ideas and experiences • Increase insight and resource sharing on topics crucial to Horticultural Therapy Facilitated by Jennifer Smith, HTR, Manager of Public Programs at Missouri Botanical Garden, AHTA Board Member, and Conference Work Team Chairman Green Mountain	

Friday, October 5			
7:30–8:30AM	Breakfast	Golden/Bergen Park	
7:45AM–8:30AM	Silent Auction	Lookout Mountain	
8:30–8:45AM	Opening Welcome & Remarks		Golden/Bergen Park
	Leigh Anne Starling, HTR, AHTA President		
8:45–10:00AM	Keynote Presentation –Ruthless Gardening		Golden/Bergen Park
	Shane Smith		
10:00–10:15AM	Break	Lakewood Ballroom Foyer	
10:00–10:15AM	Silent Auction	Lookout Mountain	
10:15–11:15AM	Horticultural Therapy: Helping People with Intellectual Disabilities	Spreading the Word: Explaining Horticultural Therapy to Our Communities	Horticultural and Art Activities: Assessing Health Outcomes in a Randomized, Controlled Trial
	Chung Fu-Wah, BA (Hon), RSW, RHT (HKATH)	Sheila Taft, HTR	Raymond Odeh, BS, MS
	City Lights I	City Lights II/III	Morrison
10:00–10:15AM	Break	Lakewood Ballroom Foyer	
11:15–11:30AM	Silent Auction	Lookout Mountain	

Schedule at a Glance [continued]

Friday, October 5 <small>(continued)</small>			
11:30AM–12:30PM	The Benefits of the Parent-Child Horticultural Therapy Programs at a Local Primary School in Hong Kong Emily Tin Yuk Shum, RHT (HKATH) Fion Yu Ling Chau, RHT (HKATH) City Lights I	Quantifying the Effects of a Therapeutic Horticulture Program on Veterans in Central New York Daniel Collins, PhD Candidate City Lights II/III	Planting Seeds of Hope: Therapeutic Gardening in a Crisis Stabilization Program Kathleen K. Wellington, M.Ed LPC Morrison
12:30–1:15PM	Lunch		Golden/Bergen Park
12:30–2:00PM	Silent Auction		Lookout Mountain
1:15–1:45PM	AHTA Annual Membership Business Meeting		Golden/Bergen Park
1:45–2:00PM	Break Lakewood Ballroom Foyer		
2:00–3:00PM	Shall We Overcome Plant Blindness? Professor James H. Capshew City Lights I	Roots: From Passion to Practice Rebecca L. Haller, HTM Karen L. Kennedy, HTR Pam Catlin, HTR Jay Stone Rice, PhD, LMFT City Lights II/III	<i>Charles Lewis Award:</i> Gardening May Repeatedly Activate the Frontal Pole Masahiro Toyoda, PhD, HTR Yuko Yokota, HTR Susan Rodiek, PhD Morrison
3:15–3:30PM	Break Lakewood Ballroom Foyer		
3:15–3:30PM	Silent Auction Lookout Mountain		
3:30–5:00PM	The Family Horticultpulture: Where Family Therapy and Horticultural Therapy Meet to Give a New Perspective on Family Dynamics Jonathan Irish, MA, LPC, HTR City Lights I	Horticultural Therapy Interventions for Mental Health and Addictions Recovery Carol LaRocque, LPC, HTR Kristen Greenwald, LSW, AASW City Lights II/III	Seeding Transformation, Harvesting Autonomy Maria Victoria De la Cruz James Jiler Magi Pons Anita Franchetti Morrison
6:00–7:00PM	Social: Reception		Lakewood Ballroom Foyer
7:00–9:00PM	Dinner and AHTA Annual Awards		Golden/Bergen Park

Saturday, October 6			
7:30–8:30AM	Breakfast		Golden/Bergen Park
7:45AM–8:30PM	Silent Auction		Lookout Mountain
8:15–8:30AM	Introductions and Announcements		Golden/Bergen Park
8:30–9:30AM	Plenary Session –Beverly Grant Golden/Bergen Park		
9:30–9:45AM	Break Lakewood Ballroom Foyer		
9:30–9:45AM	Silent Auction Lookout Mountain		

Schedule at a Glance [continued]

Saturday, October 6 <i>(continued)</i>			
9:45–10:45AM	The Development of Evidence-based Practice of Horticultural Therapy in Hong Kong: Intellectual Disability and Autism Nicolson Yat-Fan SIU, BS SC, PHD, RHT (HKATH) Connie Yuen-Yee FUNG, HTR (AHTA, HKATH), RSW	Guidelines for Conducting Research on Horticultural Therapy with Psychiatric Populations Jaime M. Ascencio, MS	Consideration on Existence of a Key Plant in Horticultural Therapy Intervention in a Rehabilitation Hospital Yuko Yokota, HTR Masahiro Toyoda, PhD, HTR
	City Lights I	City Lights II/III	Morrison
10:45–11:00AM	Break Lakewood Ballroom Foyer		
10:45–11:00AM	Silent Auction Lookout Mountain		
11:00AM–12:00PM	The Effects of Nature Imagery on Patient Perceptions of their Hospital Room Matthew J. Wichrowski, MSW, HTR	Grow Your Entrepreneurial Spirit Jan Lane, HTR <i>Panelists:</i> Laura Rumpf, HTR Anne M. Meore, HTR Robbi Hursthouse, HTR Catherine Crowder, HTR	Horticulture and People with Psychotic Disorders: Approaches for a Horticultural Therapist Erin Lynn Backus MS, CRC, HTR
	City Lights I	City Lights II/III	Morrison
12:00–1:00PM	Lunch Golden/Bergen Park		
12:00–1:00PM	Silent Auction Lookout Mountain		
1:00–2:00PM	New Theoretical Support for the Power of Horticultural Therapy Beverly J. Brown, PhD, HTR	Cognitive Deficits: What Brain Injury can Teach Us about Working with a Wide Variety of Cognitive Impairments Susie Hall, HTR, CTRS	Trauma Informed Horticultural Therapy Programming and Assessments for Adults and Adolescents in Behavioral Health Melissa Bierman, MS, HTR
	City Lights I	City Lights II/III	Morrison
1:00–3:00PM	AHTA Board of Directors Meeting		Jefferson Board Room
2:00–2:15PM	Break Lakewood Ballroom Foyer		
2:15–3:45PM	Cultivating the Moment Kathryn E. Grimes, MAT, HTR Jay Stone Rice, PhD, LMFT	Fractured but not Broken: Using the Garden for Communities Healing Kelvin Antonio Ramirez, PhD, ATR-BC, LCAT Anne M. Meore, LMSW, HTR	Growing Gardens, Growing Youth Sarah E. Macovitz, BSW, LSW
	City Lights I	City Lights II/III	Morrison
3:45–4:00PM	Break Lakewood Ballroom Foyer		
3:45–4:00PM	Silent Auction Last Chance Lookout Mountain		
4:00–4:30PM	Networking & Conference Drawing Golden/Bergen Park		

AHTA Annual Membership Meeting

Friday, October 5, 2018 • 1:15PM–1:45PM
Golden/Bergen Park Room • Sheraton Denver West Hotel

- I. Call to Order.....Ranita Keener
- II. Welcome and Introductions.....Leigh Anne Starling
- III. President’s Report.....Leigh Anne Starling
- IV. Treasurer’s Report.....Lana Dreyfuss
- V. Membership Report.....Patty Cassidy
- VI. Move to AdjournLeigh Anne Starling



Therapeutic Garden Program

1991–2018 eight hospitals and twelve gardens celebrating healing, hope, and health.



Rehabilitation Institute of Oregon 70th anniversary celebration in the Stenzel Garden.
www.legacyhealth.org/gardens



COMING IN 2019 New Certificate Program in Horticultural Therapy at the University of Florida

Classes will be available online and will be open to students both within and outside of the University of Florida system. Courses will align with AHTA curriculum requirements and internship opportunities will be available at UF’s Therapeutic Horticulture Program at Wilmot Gardens.

For more information, contact Leah Diehl, Director of Therapeutic Horticulture 352-294-5003 or by email at Elizabeth.Diehl@medicine.ufl.edu <https://wilmotgardens.med.ufl.edu/>

Detailed Schedule

Friday, October 5

8:45 – 10:00 am

► **Keynote Presentation: *Ruthless Gardening***

Gardeners often become their own best enemy in the garden. In the end, gardeners become the victim of indecisiveness while losing sight of priorities. Much of what happens in the garden is a metaphor for living life. This talk will tell you how to take charge of your garden and maybe even some of your life. There are times when a bit of tough love nourishes both gardens and people. To set the mood, look around your house or office. . . if you own an old poinsettia or sickly houseplant, throw it in the compost before coming to this talk.

Whether you grow plants for food, flowers, houseplants, trees, shrubs or simply for fun and therapy, a little bit of ruthlessness just might take your horticultural skills to a new level.

Shane Smith, HTR

Shane Smith is the founding director of the Cheyenne Botanic Garden, established in 1977, and served as the director for over 40 years. Shane retired in 2018 and now serves as the Director of the Cheyenne Botanic Garden's non-profit arm (the Friends of the Cheyenne Botanic Gardens). Under his direction, the project has received awards from Presidents Reagan, Bush (senior), and Clinton.

Shane has a degree in Horticultural Science from Colorado State University. He served as a Loeb Fellow in 1989-1990 at the Harvard University Graduate School of Design. Shane is professionally registered as a Horticultural Therapist with the American Horticultural Therapy Association.

10:15 – 11:15 AM

► ***Horticultural Therapy: Helping People with Intellectual Disabilities***

A successful horticultural therapy program will be present to demonstrate that people with intellectual disabilities are able to achieve social inclusion within their living community.

Connie Fu-Wah, BA (Hon), RSW, RHT (HKATH)

Chung Fu-Wah is a Service Manager of Fu Hong Society's Yau Chong Home at Hong Kong and a Registered Horticulture Therapist at Hong Kong Association of Therapeutic Horticulture.

► ***Spreading the Word: Explaining Horticultural Therapy to our Communities***

Community groups rarely understand the breadth of work done by horticultural therapists, or the importance of a lifelong connection to nature. Hear one HTR's efforts to educate her community.

Sheila Taft, HTR

Sheila Taft, HTR teaches at Cancer Lifeline in Seattle. She has worked with a variety of populations. She is an author; and has served on the AHTA Board of Directors.

► ***Horticultural and Art Activities: Assessing Health Outcomes in a Randomized, Controlled Trial***

Learn about an interdisciplinary study conducted at the University of Florida with a cohort of women assessing cardiovascular, psychological, and social effects of hands-on gardening compared with hands-on art activities.

Raymond Odeh, BS, MS

Raymond Odeh is study coordinator and graduate research associate in the Environmental Horticulture Department at the University of Florida. His research projects have applications in horticultural therapy and consumer preferences.

11:30 AM – 12:30 PM

► ***The Benefits of the Parent-Child Horticultural Therapy Programs at a Local Primary School in Hong Kong***

Parent-child horticultural therapy program conducted for Primary 1-3 students at a local school in Hong Kong shows how horticultural therapy could enhance well-being and improve communication between parent and child.

Emily Tin Yuk Shum, Registered Horticultural Therapist (Supervisor) (Hong Kong Association of Therapeutic Horticulture)

Emily Shum is an RHT with the HKATH in Hong Kong. She graduated from the Graduate Certificate in Horticultural Therapy Program with Kansas State University.

Fion Yu Ling Chau, Registered Horticultural Therapist (Hong Kong Association of Therapeutic Horticulture)

Fion Chau (RHT) is an active member of the HKATH in Hong Kong. She was trained in International Business Management (MA), and has completed a Post-graduate Diploma in Christian Counseling.

► ***Quantifying the Effects of a Therapeutic Horticulture Program on Veterans in Central New York***

This session presents preliminary data collected on a research project of a therapeutic horticulture program conducted through a partnership between SUNY ESF and the Syracuse VA Medical Center.

Daniel Collins, PhD Candidate, SUNY College of Environmental Science and Forestry, Syracuse, NY

Daniel Collins is a PhD candidate at SUNY College of Environmental Science and Forestry. He developed a therapeutic horticulture program at numerous sites, including the Syracuse Veterans Affairs Medical Center.

Friday, October 5 *(continued)*

► *Planting Seeds of Hope: Therapeutic Gardening in a Crisis Stabilization Program*

Master Gardener volunteers collaborate with clinical staff in implementing and sustaining a therapeutic gardening program in an adult crisis stabilization program.

Kathleen K. Wellington, M.Ed LPC

Prior to retirement in 2015, worked as VP of Clinical Services for a nonprofit and part time as a behavioral cognitive therapist. Currently a Master Gardener intern.

2:00 – 3:00 PM

► *Shall We Overcome Plant Blindness?*

To have a sustainable relationship with the plant world which makes life on Earth possible, humanity needs to foster ethical regard and a better appreciation for these non-human other beings.

James H. Capshew

James Capshew is professor of History and Philosophy of Science and Medicine, and University Historian, at Indiana University Bloomington. He studies sense of place and the ethics of human-plant relations.

► *Roots: From Passion to Practice*

What is the foundation for your involvement in horticultural therapy practice? This session will discuss some of the necessary components for success: passion, expertise, resources, and attitude.

Rebecca L. Haller, HTM

Rebecca L. Haller, HTM is the director and lead instructor at the Horticultural Therapy Institute, where she provides training that prepares professionals for real-life, successful and valued programs.

Karen L. Kennedy, HTR

Karen L. Kennedy, HTR is active in the field of horticultural therapy developing programs and providing HT services as well as serving as a faculty member of the HT Institute.

Pam Catlin, HTR

Pam Catlin, HTR has helped initiate over 50 HT programs since starting in the field. She recently retired and continues to serve as a faculty member of the HT Institute.

Jay Stone Rice, PhD, LMFT

Jay Stone Rice, Ph.D., LMFT interweaves psychology, earth-based wisdom traditions, and nature in his counseling, consulting, mentoring and writing. He is a faculty member of the HT Institute.

► **Charles Lewis Award Winner Presentation** *Gardening May Repeatedly Activate the Frontal Pole*

The objective of this NIRS study was to investigate the effects of repeated gardening tasks on activation of the frontal pole (FP). This session will present findings that suggest that certain gardening tasks are especially effective in activating specific parts of the brain and inducing sustained activation, thus providing a clue to how daily gardening activities could become a useful tool in the prevention of dementia.

Masahiro Toyoda, PhD, HTR

Ph.D. and Associate Professor at Graduate School of Landscape and Management, University of Hyogo and Awaji Landscape Planning and Horticulture Academy (ALPHA). HTR certified by Japan Horticultural Therapy Association (JHTA).

Yuko Yokota, HTR

HTR certified by Hyogo Prefectural Governor and by JHTA, practicing HT in day service for the elderly. Visiting researcher at Graduate School of Landscape and Management, University of Hyogo.

Susan Rodiek, PhD

Dr. Susan Rodiek is a nationally-registered architect focused on design for aging, doing research on access to nature for older adults (www.accesstonature.org). She teaches at Texas A&M University.

3:30 – 5:00 PM

► *Horticultural Therapy Interventions for Mental Health and Addictions Recovery*

The presenters will share two hands-on interventions for an individual, family, or group therapy; explore somatic, sensory, metaphorical, and emotional aspects; and brainstorm how to use these interventions to address treatment goals.

Carol LaRocque, LPC, HTR

Ms. LaRocque is the Horticultural Therapist at Mental Health Center of Denver. She provides individual, family, and group therapy to children, youth and adults recovering from mental illness and addiction.

Kristen Greenwald, LSW, AASW

Ms. Greenwald is a mental health therapist at Mind Springs Health in Frisco, CO. She utilizes horticultural therapy interventions with children, adolescents, and adults in individual and group therapy formats.

Friday, October 5 *(continued)*

3:30 – 5:00 PM

▶ ***The Family Hortisculpture: Where Family Therapy and Horticultural Therapy Meet to Give a New Perspective on Family Dynamics***

In this workshop participants will get to experience and practice combining family sculpting with horticultural therapy as a way to understand problematic relational patterns within the family.

Jonathan Irish, MA, LPC, HTR

Jonathan Irish; Horticultural Therapy Coordinator at Rogers Memorial Hospital in Oconomowoc, WI. Jonathan also has a small private practice working with individuals, couples, and families incorporating horticultural therapy whenever possible.

▶ ***Seeding Transformation, Harvesting Autonomy***

The session explores ways to build self-sufficient lives after incarceration through horticulture therapy and the creation of garden-related industries. At the same time, it illustrates the fragile steps individuals take in connecting to their community.

Maria Victoria De la Cruz

Toya works with Urban GreenWorks in business marketing and sales and is a co-founder of “Sustainable Magi.”

James Jiler

James serves as Executive-Director of Urban GreenWorks. He is a landscape designer and adjunct professor at Florida International University and the author of “Doing Time in the Garden.”

Magi Pons

Magi Pons is Director of Horticulture Therapy for Urban GreenWorks. She established the Mustard Seed Program – a therapy program for women coming out of prison. Her company – Sustainable Magi – is designed to hire women after their release.

Anita Franchetti

Anita is a graduate from our Mustard Seed Program where she learned gardening at Agape House. She is currently the farm manager for Urban GreenWork’s Cerasee Farm.

Saturday, October 6

9:45 – 10:45 AM

▶ ***The Development of Evidence-based Practice of Horticultural Therapy in Hong Kong: Intellectual Disability and Autism***

The Hong Kong Association of Therapeutic Horticulture has taken an active role in promoting the evidence-based practice of horticultural therapy in Hong Kong. The speakers will present two forms of research as an example to illustrate their works.

Nicolson Yat-Fan SIU, BS Sc, PhD, RHT(HKATH)

Siu Yat-Fan is an Assistant Professor of The Department of Counselling and Psychology at Hong Kong Shue Yan University and a Registered Horticulture Therapist at Hong Kong Association of Therapeutic Horticulture.

Connie Yuen-Yee FUNG, HTR (AHTA, HKATH), RSW, President (HKATH)

Connie Fung is a HTR with AHTA and the recipient of “Rhea McCandliss Professional Service Award”. She is also the president of Hong Kong Association of Therapeutic Horticulture.

▶ ***Guidelines for Conducting Research on Horticultural Therapy with Psychiatric Populations***

Methods of conducting and publishing research are explained, including practical suggestions for each step of the research process (e.g., how to design a study, select measures, write for publication).

Jaime M. Ascencio, MS

Jaime is a doctoral student in Colorado State University’s Counseling Psychology program. Her research and clinical work focus on horticultural therapy, and she incorporates eco-psychology when teaching psychology courses.

▶ ***Consideration on Existence of a Key Plant in Horticultural Therapy Intervention in a Rehabilitation Hospital***

A case report where a certain plant worked as a symbol for rapport and a visible temporal axis in the course of horticultural therapy intervention for a client with spinocerebellar degeneration.

Yuko Yokota, HTR

HTR certified by Hyogo Prefectural Governor and by JHTA, practicing HT in day service for the elderly. Visiting researcher at Graduate School of Landscape and Management, University of Hyogo.

Masahiro Toyoda, PhD, HTR, and Associate Professor at Graduate School of Landscape and Management, University of Hyogo and Awaji Landscape Planning and Horticulture Academy (ALPHA). HTR certified by Japan Horticultural Therapy

Saturday, October 6 *(continued)*

Association (JHTA).

11:00 AM – 12:00 PM

► *The Effects of Nature Imagery on Patient Perceptions of Their Hospital Room*

This presentation explores current research on nature imagery and health outcomes, then outlines a project assessing patient perceptions of nature imagery in their hospital rooms. Findings are generalized to other work/home environments.

Matthew J. Wichrowski, MSW, HTR

Matthew J. Wichrowski MSW, HTR has been a practicing horticultural therapy at Rusk Rehabilitation NYU-Langone Medical Center for 25 years and is currently Clinical Assistant Professor. He teaches in the Horticultural Therapy Certificate Program at New York Botanical Garden, presents regularly at national and international conferences, and has won many awards for his work.

► *Grow Your Entrepreneurial Spirit*

A panel of horticultural therapy practitioners will discuss what constitutes a successful independent contractor practice, challenges to establishing their practice, and strategies they implemented to overcome those challenges.

Jan Lane, HTR

As the owner of GardenLane LLC, Jan Lane, HTR, provides creative horticultural therapy programs in the Washington, DC area. She currently works with individuals with intellectual and developmental disabilities.

Panelists

Laura Rumpf, HTR

Laura Rumpf, HTR currently serves those with dementia. She is collaborating with the University of Washington Brain & Memory Clinic and the Seattle Parks & Recreation's Dementia-Friendly program. She served as Interim Director of the HT program at Melwood in 2015.

Anne Meore, HTR

Anne Meore LMSW, HTR, is an HT instructor at NYBG and Manhattanville College, leads the HT program in a NY health-care system and delivers HT services through Planthropy LLC.

Robbi Hursthouse, HTR

For the past thirty-six years, Roberta Hursthouse, HTR has been helping people of all ages and abilities discover the healing power of plants. Her business, Accessible Gardens is based in the Chicago area.

Catherine Crowder, HTR

Catherine Crowder, HTR brings a unique perspective in building her HT business. Drawing from years as a corporate marketer and her own gardening therapy, Catherine currently serves the elderly and cancer survivors through her company,

Seeds of Serenity.

► *Horticulture and People with Psychotic Disorders: Approaches for a Horticultural Therapist*

How working in the garden and with therapeutic horticulture activities could help people diagnosed with psychotic disorders, through structured activities, goal setting, accomplishing tasks, learning new skills and breaking social isolation.

Erin Lynn Backus, MS, CRC, HTR

Erin is a registered horticultural therapist and a certified rehabilitation counselor. She is the full-time horticultural therapist at Silver Hill Hospital in CT and owner of Plant Happiness, LLC.

1:00 – 2:00 PM

► *New Theoretical Support for the Power of Horticultural Therapy*

Recent research shows why horticultural therapy is so effective. Ground your grant proposals and program descriptions with insights from architectural design, landscape design, evolution, and human physiology and development

Dr. Beverly Brown, PhD, HTR

Beverly J. Brown, Ph.D., HTR teaches horticultural therapy and biology courses at Nazareth College in Rochester, New York. She also manages the Horticultural Therapy Clinic, the greenhouse and surrounding gardens.

► *Cognitive Deficits: What Brain Injury Can Teach Us about Working with a Wide Variety of Cognitive Impairments*

Your approach when working with individuals who have brain injuries or other cognitive impairments can either help or hinder their engagement and outcomes. Learning to be more effective in your planning and communication is a win-win for all involved. Tips and tools to use during horticultural therapy activities will be shared.

Susie Hall, HTR, CTRS

Susie Hall coordinates the Horticultural Therapy Program at Craig Hospital which provides rehabilitation for individuals with spinal cord and traumatic brain injuries.

► *Trauma-Informed Horticultural Therapy Programming and Assessments for Adults and Adolescents in Behavioral Health*

Learn trauma-informed care horticultural therapy interventions, assessments, and documentation in psychiatric emergency services; inpatient adult and adolescent behavioral health hospital setting. Recognize the prevalence of trauma and best practices.

Melissa Bierman, MS, HTR

Melissa Bierman is an HTR and Supervisor of Counseling and

Saturday, October 6 *(continued)*

Therapy at Unity Center for Behavioral Health. Melissa works in the psychiatric emergency services, and inpatient floors.

2:15 – 3:45 PM

► *Cultivating the Moment*

This session will engage the practitioner in an awareness process to access his or her own ecological identity in order to germinate seeds of individual, community, and organizational growth through horticultural therapy.

Jay Stone Rice, PhD, LMFT

Jay Stone Rice, Ph.D., LMFT interweaves psychology, earth-based wisdom traditions, and nature in his counseling, consulting, mentoring and writing. He is a faculty member of the HT Institute.

Kathryn E. Grimes, MAT, HTR

Kathryn E Grimes, MAT, HTR is a special educator from Dallas, Texas who has developed and guided nature-based educational and therapeutic programming for children and families for over 20 years.

► *Fractured but Not Broken; Using the Garden for Communities Healing*

Allied professionals emphasize collaboration. Commonalities between horticultural therapy and expressive therapies inspire new lenses, providing alternative perspectives of a garden as a place of healing, growth, and advocacy for our communities.

Kelvin Antonio Ramirez, PhD, ATR-BC, LCAT

Dr. Ramirez, a professor, artist, and therapist is passionate about sharing his expertise and collaborating with educators, community leaders, mental health professionals, and art therapist both domestically and internationally.

Anne M. Meore, LMSW, HTR

Anne Meore LMSW, HTR, is an HT instructor at NYBG and Manhattanville College, leads the HT program in a NY health-care system and delivers HT services through Planthropy LLC.

► *Growing Gardens, Growing Youth*

The “Therapeutic Garden Program” is specially designed to be implemented at a community non-profit mental health agency. The purpose is to impact mental health, promote social justice, and change in the community with the use of plant-based activities with youth.

Sarah E. Macovitz, BSW, LSW

Ms. Macovitz has over 15 years of experience in social work and is the creator of the therapeutic garden program curriculum for adolescents. She is a graduate of Youngstown State University with a Bachelors of Social Work and completes her Master of Applied Social Sciences from the Mandel School at Case Western Reserve University in August 2018.



Horticultural
Therapy Institute

For over 15 years The Horticultural Therapy Institute has enriched the lives of its students who go on to be leaders in the field of HT. By offering a series of AHTA accredited courses, the Institute teaches students to use gardening activities in a variety of settings. We offer:

- Full HT certificate program
- 9 academic credit hours through partner Colorado State University
- Customized workshops
- In-service training
- Program development

With its unique format students don't need to live where the classes are held. Classes are offered in a four and five-day intensive format to accommodate those who must travel to attend.

For more information or to get started today go to www.htinstitute.org

Hong Kong Association of Therapeutic Horticulture

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Let us connect with nature · Enjoy the beauty of greenery · Feel the power of plants

In Memoriam

We would like to honor the memory of those individuals who have passed away in the past several years and who contributed to the betterment and growth of the horticultural therapy profession and community:

Nancy Elizabeth (Ferree) Bamberger

Dr. Richard Mattson

Harriet L. Bellerjeau

Dr. Connie R. Pierce

Jean Gillooly

Nancy C. Stevenson

Terry Wayne Jackson

Kathryn Walbom

Gary Lincoff

Atsushi Yoshida

If you have info on the deceased individuals please send to Patty Cassidy



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