



## President's Message

Dear Colleagues in Horticultural Therapy,

Welcome to the December 2023 newsletter, a monthly publication sharing the news of the American Horticultural Therapy Association. The season of celebrating is upon us. We honor our connection to the natural world with the winter solstice. The traditions of this season, be it Hanukkah, Kwanzaa, Christmas, or the many other celebrations and remembrances, recall the celebrating and reflecting on our achievements in horticultural therapy and our connection to AHTA.

It is the season in which we practice the art of giving and the art of receiving. Thinking of how practitioners and programs have helped the populations we serve with horticultural therapy and therapeutic horticulture the past year by actively connecting them to mother earth sends joy to my heart. Thank you all for the work that you have done and continue to do and for your connection to AHTA. Wishing this holiday season brings comfort, compassion, peace, and connection for all!

Yours in horticultural therapy,

**Lana Dreyfuss LPCC, LCADC, SEP, HTR, President of AHTA**

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## News and Events

## Happy Holidays from AHTA!

The American Horticultural Therapy Association would like to wish everyone a wonderful holiday season. Enjoy this time with family and friends and cherish this season of gratitude as we enter the new year!

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## Upcoming Webinars

### [The Edgerton \(WI\) Hospital Healing Garden - A Case Study](#)

**January 9, 2024 | 7:00 PM ET**

Are you curious about how other healing gardens grow?

Designed and installed in 2010, this 3-acre garden is all-accessible and open to patients, visitors, staff and the general public. Allowing for both passive and active use, this garden includes a wide range of benches, structures, sculptures, raised beds, sensory plantings and seasonal highlights. The garden is used actively by physical, occupational and recreational therapists and hosts exercise classes, yoga, tai chi and many public events and programs. Over 90% of the garden budget is raised independently of the hospital and volunteers are instrumental in the care of this garden space. This garden will also be expanding in the coming years. We'll discuss the history, active use, features and future of this healing garden.

Mark Dwyer has been the garden manager for the healing garden for three years and was the original designer of this garden space. He has degrees in landscape architecture and urban forestry and prior to his current position, he was the Director of Horticulture for 21 years at Rotary Botanical Gardens (Janesville, WI).

Register Today

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### [Indoor Plant Programming: Turning the Winter Blues Green](#)

**January 11, 2024 | 7:00 PM ET**

*Co-hosted by Florida Horticulture for Health Network & AHTA*

Winter's short days and cold nights don't just impact our plants – it can make us feel a bit dormant as well. If you're in search of inspiration to boost your HT programming and help stave off the wintertime blues, FLHHN in collaboration with AHTA, has compiled an array of indoor activities in this engaging webinar. Get energized by pounding flowers into Hapa-zone prints, let your creative side go wild with a preserved moss frame, or calm your nerves while sewing lavender sachets. We will present an array of activities that can be modified to suit your HT programming needs.

Register Today

### **An Introduction to Motivational Interviewing (MI)**

**February 20, 2024 | 7:00 PM ET**

Do you want to better engage your clients in the garden? Do you feel something is missing with your conversations with them? There's a better way to do this.

Motivational Interviewing (MI) is a collaborative and client-centered counseling technique aimed at eliciting behavior change by exploring and resolving ambivalence. In the context of horticultural therapy programs, MI can be a powerful tool for engaging participants in a manner that respects their autonomy and facilitates a genuine commitment to therapeutic goals. MI may be used to assist individuals explore their vocational, social, and therapeutic goals while participating in your HT program.

Melody (Mel) Cole, MS, RDN, CD, is an experienced clinician and consultant who provides Motivational Interviewing for a variety of professionals in the medical community. In addition to clinical training, Melody integrates MI-enabled content into strategic initiatives and organizational change. Throughout her career, she has been instrumental in championing MI-informed leadership skills that support process improvement and lean management. Melody enjoys developing and coaching others in an MI-consistent communication style that builds trust and establishes person-centered relationships. Melody became a member of the Motivational Interviewing Network of Trainers (MINT) in Berlin, Germany, in 2015. She has a keen interest in MI in Leadership and MI in Medical Groups and is an active member of the Wisconsin MINT community

Register Today

### **Season of Giving**

AHTA would like to invite you to join one of our **work teams** to help in giving back to AHTA and receiving the benefits of being involved in helping AHTA move forward and connecting for the purpose of promoting horticultural therapy!

The AHTA Magazine Work Team, Conference Work Team, Credentialing Work Team, Marketing Work Team, Membership Work Team, Professional Education Work Team, Sponsorship Work Team, and Webinar Work Team invite you to share your expertise and support the growth of AHTA!

**Learn more** and send your interest to **[info@ahta.org](mailto:info@ahta.org)**!

Thank you and here's to a great 2024, another year of continued growth for all!

[Learn More](#)

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## AHTA 2023 Conference Survey & Recordings

We would like to remind the attendees of the AHTA 2023 Virtual Conference to take the conference survey. Attendees can find the conference survey link in your inbox under the subject line "Thank You Again for Attending AHTA 2023." We value your opinions and it will help inform future conferences. In that same email, you can also find the session recording folder link. These recordings will be available to attendees until **January 9, 2024**. Please [contact us](#) if you have any trouble finding the survey link or recording link.

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## Plan Now for National Horticultural Therapy Week 2024

Let's celebrate! [National Horticultural Therapy Week](#) is **March 17–23, 2024**. Each year, the American Horticultural Therapy Association coordinates the efforts of regional networking groups, affiliated horticultural therapy programs, and AHTA members to collaborate in celebrating the profession on a national and local level. Take time to connect to the outstanding [regional groups](#) for upcoming NHTW events and to be part of the planning process!

[Learn More](#)

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## Supporting AHTA

Your generous support makes it possible for our organization to grow and thrive. Your contributions help keep us going, including helping with the expenses of our annual conference, increasing our ability to work toward credentialing, offsetting the cost of our journal and other outreach publications, and connecting to colleges and universities, facilities, prisons, hospitals, and agencies that [support the profession of horticultural therapy](#).

[Ways to Support AHTA](#)

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## Research Request from the University of Tennessee

Researchers at the University of Tennessee are conducting a [national survey](#) on the interest in and use of horticulture or gardening within healthcare and community-based settings to help improve health, wellbeing,

and vocational outcomes. Horticulture and gardening have a long history of benefiting a variety of individuals and populations. The purpose of the research study is to explore the interest in and understand how horticulture and gardening is utilized by practitioners in multiple care settings across the United States.

We are exploring settings that include hospitals, vocational training/employment programs, programs that serve incarcerated individuals or those on probation/parole, community garden programs, community-based programs, schools and other healthcare or allied health settings throughout the United States. This survey will take approximately 15 minutes to complete. Please [review the consent form](#) for participation and [complete the survey](#).

Complete Survey

## AHTA Fall Magazine Now Available

The Fall 2023 issue of the [AHTA Magazine](#) is now available for **members only**. Check out the new, modern design!

### Issue Features

- “There’s Something About the Garden”  
- Saving Lives While Stomping Out the Stigma Surrounding Suicide
- AHTA Honorary Member Profile:  
Matthew Wichrowski
- Conference Review
- Program Spotlight: Happy Roots
- AHTA 2023 Annual Awards
- Charles A. Lewis Award
- And More!



Read Latest Issue

## Become a Member

**Not a member of AHTA? [Join today!](#)** AHTA's membership is comprised of individuals who are passionate about the unique benefits of horticultural therapy as a therapeutic modality. Members are committed to the growth of the profession. Membership in the AHTA will keep you up to date on the latest in horticultural therapy news, as well as give you access to outstanding educational and networking opportunities.

Join Today



American Horticultural Therapy Association

[info@ahta.org](mailto:info@ahta.org)

(206) 209-5296

[www.ahta.org](http://www.ahta.org)

