



## President's Message

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Dear Colleagues in Horticultural Therapy,

Welcome to the May 2024 AHTA newsletter! The monthly newsletter is meant to be a source of information on AHTA for all!

From AHTA's early roots of being established in 1974, to defining horticultural therapy in 1975, to the seeds of exam development planted throughout the rich history of AHTA, AHTA is the organization that promotes the **professional standards of practice** with a **code of ethics** for the practice of horticultural therapy. AHTA continues this movement forward with progress on exam development, continues professional registration of the HTR Horticultural Therapist Registered and soon the THP Therapeutic Horticulture Practitioner, and the Accredited Certificate Programs offering coursework in horticultural therapy. The annual conference, AHTA magazine, the Journal of Therapeutic Horticulture, and webinars all promote excellence aligned with AHTA.

The future self of AHTA is emerging as we move forward with exam development through the nurturing of the early seeds and inspiring their growth. I look forward to the reward of harvesting the first exam to provide a professional standard of recognition. I want to thank all of the board members, work teams and review boards who give of their volunteer time, continue their due diligence to AHTA, and support the one-word resolution of GROWTH for AHTA. It does take a strong community to continue this movement forward. The AHTA board of directors will be working on a strategic plan this summer, finalizing the plan at our in-person board meeting on October 16, 2024 prior to our conference. The board has agreed upon three main goals of:

- Exam development for our horticultural therapy practitioners as part of our already existing professional registration options.
- Increasing our membership and advocating for the profession of horticultural therapy.
- Increasing our marketing strategies focusing on allied professions.

Come join AHTA for a professional community that has been around for more than 50 years. Establish a connection to practitioners across the continent and beyond its borders, follow us on social media, become a member, or join a work team or the Board of Directors! WE can grow with AHTA to help move AHTA forward into the next 50 years!

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

## News and Events



### AHTA 2024 Annual Conference

#### Collective Effervescence

**October 18-19, 2024 | Raleigh, North Carolina**

We are excited to announce our Keynote Speakers for the AHTA 2024 Conference!

**Brie Arthur**



**Jazmin Albarran, MBA**



**Brie Arthur** is a renowned horticulturalist and bestselling author of "The Foodscape Revolution" and "Gardening with Grains." Brie also contributes to the Emmy-winning PBS program, "Growing a Greener World." As a representative of the International Plant Propagators' Society Southern Region, she connects with global horticulture professionals.

**Jazmin Albarran, MBA**, the Executive Director of Seed Your Future promotes horticulture sectors as a viable and impactful career choice. She has experience in a broad range of nonprofit organizations, including those focused on crisis support, youth development, and workforce development.

## Pre-Conference Tours

The AHTA is also pleased to announce our [Pre-Conference Tours](#), which will take place Thursday, October 17, 2024. We look forward to experiencing these spectacular sites: Transplanting Traditions, North Carolina Botanical Gardens, The Farm at Penny Lane, Hawk's Nest Healing Garden, Hub Farm Durham Public Schools, and the Sarah Duke Gardens! Stay tuned for additional information.

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## Request for Proposals

**Last chance to [submit a proposal!](#)** The [Request for Proposals \(RFP\)](#) deadline was extended to **May 13, 2024**. Please consider submitting a proposal as the knowledge gained, information shared, and networking opportunities are greatly valued.

See you in Raleigh, North Carolina, and stay tuned for updates!

[Submit a Proposal](#)

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## May Webinar: Advocating for the Horticultural Therapy Profession

**May 14, 2024 | 7:00 PM EST/4:00 PM PST**

Last chance to [register for the May Webinar!](#)

Advocacy is a vital element for advancing the profession of horticultural therapy. Part one will focus on how to advocate for ourselves and the profession. Part two will focus on how advocating for proclamations/resolutions in government can help raise awareness and build strategic partnerships for horticultural therapy as a profession. This session will look at case studies of successful efforts to pass resolutions at the state and local level. We will also focus on the importance of professionals working together to advance the profession.

[Learn More & Register](#)

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## HT Activity - Lavender: A Versatile Herb

**Excerpted from the AHTA Magazine, Vol 44, Issue 3, 2016**  
**by Karen Kennedy, HTR**

The use and enjoyment of lavender goes back centuries, even before the Victorians fell in love with this versatile herb. Its many uses over time have included using it in floor wax, furniture polish, and sachets for linens, dresser

drawers and to hang on backs of chairs, countless cosmetic as well as self-care products, food, and medicine.

### **Gardeners' Soothing Hand Scrub**

1 tablespoon lavender flower buds 10 drops lavender essential oil Olive oil Fill a jar 2/3 full with sugar. Mix in 1 teaspoon of lavender flower buds (dried) and 10 drops of lavender essential oil. Add enough olive oil to cover the sugar. Mix. To use: Put a spoonful in palm of moistened hand. Gently massage hands together, paying particular attention to rough or callused areas. Rinse.

### **Tips for Practice**

- Lavender based projects are ideal for participant goals focused on improving self-care and stress/anxiety management skills.
- Pair self-care topics with a themed project. Example: Make nighttime linen spray with a discussion focused on coping with sleep issues.
- Especially when participants name and label the products they create such as hand scrubs, lotions, and sachets with names that support their individual goals and interests, the projects serve as ongoing cues for the desired change.
- The lavender fragrance can be used to trigger positive memories and work on memory-related goals.
- Use lavender stems as paint brushes or craft sticks to provide sensory stimulation.
- Start lavender cuttings to promote fine motor skills, sequencing, or direction following.

Karen L. Kennedy, HTR, is the Education Coordinator at The Herb Society of America and a horticultural therapist with more than 25 years of experience. As a private contractor, she is currently serving older adults, children, and people touched by cancer. She is also a faculty member of the Horticultural Therapy Institute.



Photo courtesy of Fine Art America

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### **Coming Soon, the Therapeutic Horticulture Practitioner!**

The American Horticultural Therapy Association recognizes the practice of Therapeutic Horticulture is becoming a widely accepted and important component in healthcare, rehabilitation, residential programs, and community

settings. The AHTA is pleased to announce a new professional credential – Therapeutic Horticulture Practitioner, THP!

The Therapeutic Horticulture Practitioner is intended for practitioners who provide services aligned with the [AHTA definition of therapeutic horticulture](#).

The AHTA will begin accepting applications for the THP starting **June 1, 2024**. Information about the THP including the eligibility criteria and application process will be in the upcoming AHTA Magazine, upcoming newsletters, and posted on the AHTA website very soon!

## World Therapeutic Horticulture Day | May 18, 2024



Thanks to the efforts of a collaboration of international organizations focused on horticulture as therapy, the annual World Therapeutic Horticulture Day will be held on **May 18, 2024**. Thank you to all for leadership in this project. The goal of World Therapeutic Horticulture Day is to raise awareness about the therapeutic benefits of horticulture throughout the world. It is our hope that this day will continue to grow in the years to come. Be sure to tag AHTA in any of your social media posts for this day!

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## The National Garden Bureau Is Now Accepting 2024 Garden Grant Applications

Each year, the National Garden Bureau's judging committee selects five therapeutic gardens to be the recipients of a grant that will help the organization expand or perpetuate their initiatives. Those chosen will then compete in a social media voting contest by submitting a one-minute video featuring the gardens' operations for First Place, Second Place, and three runner up financial prizes. They will also be featured on National Garden Bureau's website for national exposure. [Learn more](#) about the application process and [apply today!](#) The deadline to submit an application is **July 1, 2024**.

[Learn More & Apply](#)

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## Work Teams

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! Please consider joining a work team to activate your passion and creativity! Consider writing and editing for the AHTA magazine, planning and implementing the annual conference, sharing your creative ways to market AHTA, helping our membership grow, increasing our partners and sponsors, building our webinar library and more. Please check out all the work teams, share your expertise, and support the growth of AHTA! [Learn more](#) and send your interest to [info@ahta.org](mailto:info@ahta.org).

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](#). Our [2024 Partnership Guide](#) is now available!

Ways to Support AHTA

2024 Partnership Guide

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## 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



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