



President's Message

Dear Colleagues in Horticultural Therapy,

Welcome to the October 2024 edition of the AHTA monthly newsletter sharing information from the AHTA Board of Director's, work teams and review boards as we collectively continue to grow AHTA. As we are near the end of the business year for AHTA we celebrate our accomplishments. Thank you to the AHTA Board of Directors, members of work teams and review boards, and AHTA members for their dedicated service to AHTA!

Here are the highlights for the year 2024:

- Social media platforms have increased postings and responses.
- Pre-approval of coursework has launched.
- 2024 Partnership Guide with A La Carte items and specific campaigns was created.
- Implicit bias training for board members to happen in 2025.
- The THP, Therapeutic Horticulture Practitioner was launched in June.
- AHTAs management was moved to Revolution AMC for office management and exam development. AHTAs executive director is Matt Turner, Ph.D ICE-CCP.
- Chip Carter was hired for marketing and strategic planning.
- The Journal of Therapeutic Horticulture has moved to the open access model to gain greater exposure and access. The Article processing fee will be free to members and \$300.00 for non-members.
- The AHTA 2024 conference "Collective Effervescence – Honoring Collaboration in Times of Change" was planned and created.
- Credentialing work team continues to work towards exam development.
- Professional Registration Review Board has approved 16 HTR applicants and 6 THP applicants with more pending.
- Webinars are now free for members and \$35. for non-members.
- The AHTA Magazine published excellent publications for members.
- On 10/16/24 the board of directors will meet for strategic planning 2025-2027.

The AHTA Annual Membership Meeting will be held on October 18, 2024 at the 2024 AHTA Annual Conference “Collective Effervescence- Honoring Collaboration in Times of Change”. Hope to see you there! At the conference we will also have an AHTA Board of Directors Talking Circle to be held on October 18th to allow for listening to our AHTA members. These changes serve members of AHTA. I trust AHTA will continue to move forward.

I want to give a shout out to all the AHTA Board of Directors who will be leaving the board- Rebecca Francis EdD, HTM, R. Nicole Magor, Sara Rodriguez LMTF, Laura Rumpf HTR, Charles Jordan CW4®, MAS. Thank you for your excellent service to AHTA!

As well as welcoming the new board members – Holly Harrison, Katie Ryzhikov HTR, Christina Kocol LPC, NCC, CGP, and Kamyshia Thompson. Welcome Aboard!

In closing, I want to thank everyone for the opportunity to serve as the President of AHTA. It has been my honor, my passion for and my vision of AHTA to grow, have more inclusion and diversity, and to be the example of upholding professional standards of the profession of horticultural therapy.

May the Autumn Season find you well!

Gratefully,

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

News and Events



AHTA 2024 Annual Conference

We are days away from the AHTA 2024 Conference, Collective Effervescence: Honoring Collaboration in Times of Change. On Friday October 18th and Saturday October 19th, we will meet together to take part in a wide range of experiences and learning opportunities, including keynote speakers, optional tours on Thursday the 17th, workshops, poster presentations, social reception and more! Online registration has officially closed, however, we offer the availability of on-site registration, for your convenience. Please click below to learn more about the conference.

Learn More

Regional Group Event and Swag Exchange

Join us for this special event that will feature short presentations from Regional HT/TH groups across the US to learn more about their endeavors, successes, and challenges.

In addition to getting to know our fellow practitioners (and possibly joining a regional group!), each group will have area-specific “swag” to exchange with attendees. During this networking session, drawings for giveaways will be conducted, as well as throughout the conference for many opportunities to win a fabulous prize!

We look forward to seeing you in North Carolina, the state of the cardinal, the dogwood flower and the pine tree!

HT Activity - Soothing Scents for Self-care

By Karen Kennedy, HTR

One of the most enjoyable aspects of the garden is fragrance. The sense of smell is closely tied to our limbic system and can have a powerful impact on feelings of well-being. The fragrance of herbs such as lavender has a well-known association with relaxation and stress relief. Lavender also has a long history of having skin soothing properties, is a sleep aid, and can even relieve headaches. To have a bit of lavender to carry beyond the garden, try lavender infused oil.

See below for directions on how to make a roll-on herbal oil blend. This portable project is a wonderful treat to add to a self-care strategy and quite literally, add to one’s tool bag (purse, backpack or pocket)!. Author Janice Cox, in her workbook *Beautiful Lavender, A Guide and Workbook for Growing, Using, and Enjoying Lavender* shares the following recipe for making roll-on lavender infused oils. This project may be appropriate for some client groups to make and as a quick project for staff wellness events.

To make one Roll-on Lavender Bottle:

- 1 to 2 teaspoons almond, jojoba, argan, avocado, olive or grapeseed oil
- ¼ teaspoon dried lavender buds
- 1 to 2 drops of lavender essential oil
- Vitamin E oil. -- Adding a couple drops of vitamin E oil will act as a natural preservative, making the oil blends last longer.
- 1-ounce glass roller bottle
- Add dried herbs to bottle. Top with oils and secure the top.

- To use, roll a small amount behind your ears, on your wrists, or temples. Inhale and let the lavender aroma soothe your spirit.

Experiment with other herb combinations such as:

- Relaxing blend – lavender, chamomile, and cinnamon bark pieces
- Energizing blend – lavender, dried citrus peel, and mint
- Refreshing blend – lavender, eucalyptus and cedar Note: use only dried plants when making scented oils.



Infused oils in a roll-on bottle.

Photo Credit: Janice Cox

Announcing the THP, 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 that the new professional credential - **Therapeutic Horticulture Practitioner, THP** - is now available for applications! The Therapeutic Horticulture Practitioner is intended for practitioners who provide services aligned with the AHTA definition of therapeutic horticulture. Visit the **THP webpage** to find out more information regarding eligibility and the process of applying.

[Learn More](#)

2024 AHTA November Webinar

AHTA WEBINAR SERIES

Nearby Nature and Human Health: Evidence of Wellness Support and Therapy

TUESDAY NOV 12TH
7 PM EST, 4PM PST

- Free for AHTA members,
- \$35 for non members

Register at [AHTA.org](https://www.ahta.org)



DR.KATHLEEN WOLF

Nearby Nature and Human Health: Evidence of Wellness Support and Therapy

Thousands of research studies, conducted across more than four decades, confirm that everyday experiences of nature support human health and well-being. Horticulture therapists have been at the forefront of translating the evidence to practical applications for patient and client treatments. The expanding understanding of nature and health can elevate both the role of horticulture therapists and the range of best practices that they bring to professional situations and care. Dr. Kathleen Wolf will provide an overview of research findings that confirm the profound importance of nature integration in health care and therapy. She'll reflect on how nearby nature experiences might further engage people to support individual and community health.

Dr. Kathleen Wolf (University of Washington, Seattle USA) has built a multi-decade research program about human dimensions of urban forestry. Studies and publications are aimed at building better knowledge of the social and psychological benefits that city trees and nearby nature provide, and sharing that across non-traditional audiences, including business, public health, medicine, and urban planning. Recent work has included One Health collaborations about the intersection of biodiversity and human health. Kathy has collaborated with international partners, and presented her research at conferences on all continents except Antarctica (maybe one day?). Nature and Health research is summarized at Green Cities: [Good Health](#)

[Register Here](#)

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.

Learn More

Survey: What Should AHTA do to Make Membership More Valuable to you?

If your not a member, we would love your feedback on how to make membership more appealing and valuable to you. Please take a minute and let us know your thoughts in our very brief [survey](#).

TWO QUESTION SURVEY

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!

In keeping with the forward growth of AHTA, we have redesigned our [2024 Partnership Guide](#) to include new “à la carte” sponsorship opportunities! These options can be selected independently of AHTA sponsorship packages or added to enhance them. The goal is to offer sponsors greater flexibility in shaping their partnership opportunities to better align with their specific needs and objectives, resulting in a more tailored and impactful collaboration. [Sign up to become a sponsor](#) today! Your support fuels our mission to continue advancing the development of horticultural therapy and making an impact nationally and worldwide.

Ways to Support AHTA

View 2024 Partnership Guide

AHTA HTR Database Search Option

AHTA HTR Database Search Option AHTA has a Horticultural Therapist-Registered (HTR) Directory feature on our website. This feature allows companies or the general public to search for HTRs near them. The benefits for HTRs may include employment, consultation work, presentation/information sharing opportunities, advocacy for the profession of horticultural therapy and more! Any HTR member has the opportunity to opt-in or opt-out of the database. We request that HTR members update their profile with this indication. To update: 1. Log into the Member Center 2. Select "My Profile" 3. Select "Edit Profile" 4. Check "Opt-in" or "Opt-out" We would like to use this as a reminder for all members to refresh their profiles with any other updates as well.

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.

Did you know? AHTA members benefits include free webinars and free article processing fees for the AHTA Journal of Therapeutic Horticulture! Another two new reasons to join!

Join Today



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