

President's Message

Dear Colleagues in Horticultural Therapy,

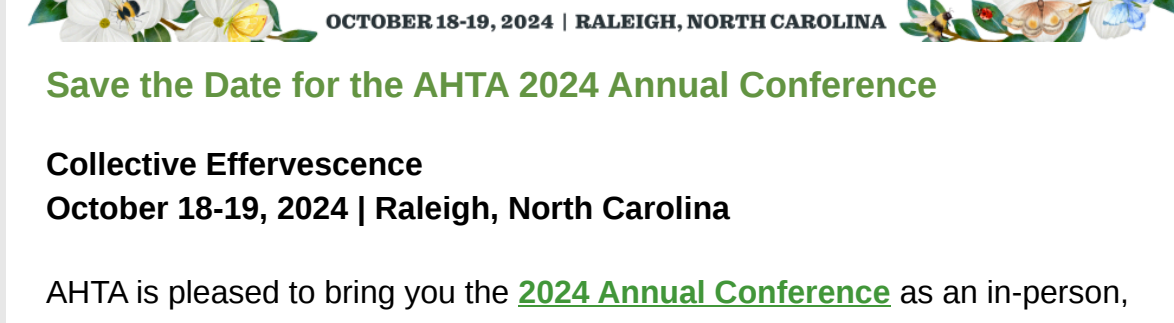
April is here and change abounds! Here at AHTA we are continuing with our one word resolution, GROWTH. AHTA is dedicated to growing the profession of horticultural therapy.

Horticultural therapy is the participation in horticultural activities facilitated by a registered horticultural therapist to achieve specific goals within an established treatment, rehabilitation, or vocational plan. Horticultural therapy is an active process which occurs in the context of an established treatment plan where the process itself is considered the therapeutic activity rather than the product. This active process involves the planning and implementing of specific activities designed to reach the goals of the participant. This active response resonates with one's body, mind, and spirit to promote healing.

Whether you practice horticultural therapy, or therapeutic horticulture, 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, connect with us on social media, [become a member](#), 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



Save the Date for the AHTA 2024 Annual Conference

Collective Effervescence
October 18-19, 2024 | Raleigh, North Carolina

AHTA is pleased to bring you the **2024 Annual Conference** as an in-person, two day event. Please save the dates as we look forward to meeting together in the Raleigh-Durham area of North Carolina on **October 18-19, 2024**. The theme of the conference this year is **Collective Effervescence**. Registration is scheduled to open in early June! Pre-conference tours will be held on October 17, 2024. More information is coming soon.

Hotel rooms can now be booked at the [Embassy Suites by Hilton Raleigh-Durham Research Triangle](#) via the [reservation link](#) or by calling **1-800-EMBASSY** and using the code **92G**. The deadline to secure a room is **September 27, 2024**.

AHTA 2024 Request for Proposals

AHTA is now accepting proposals for sessions and interactive workshops for the **2024 Annual Conference** in the following areas:

- Integrating climate change and biodiversity awareness into horticultural therapy (HT) / therapeutic horticulture (TH) practice.
- New and proven methods for therapeutic interventions across nature-based therapies.
- Introducing new techniques or modifying old ones as we adapt to stressors caused by change in many arenas: climate, areas of conflict, evolving perspectives, and use of technology, etc.
- Representing diversity among HT/TH practitioners and researchers.
- Collaboration and partnership models for resilience and long-term sustainability.

Presenters will be selected from proposals submitted in response to this Request for Proposals by a peer review panel. Please [review the submission guidelines](#) and [submit your proposal](#) by **April 30, 2024**. Notification of decisions will be sent by May 17, 2024.

AHTA 2024 Pre-Conference Tours

The 2024 AHTA Annual Conference work team is pleased to announce there will be two opportunities for garden tours this year. One in the Chapel Hill area and another in the Durham area. Each option includes three garden/farm sights.

Both tour options offer insight and inspiration regarding food sovereignty, native plantings, mental wellness, indigenous healing practices, permaculture and more! Many thanks go out to the North Carolina team for pulling together the 2024 garden tours.

Transplanting Traditions Community Farm:

Connecting Cultures Through Farming and Food - Chapel Hill, NC



Transplanting Traditions supports food sovereignty in the refugee community through access to land, education, and opportunities for refugee farmers to address community food insecurity and the barriers they face in reaching their dreams of farming.



The Hub Farm - Durham, NC

The Hub Farm is a 30-acre farm, forest, and aquatic educational center that engages students, teachers, and the Durham Public Schools community in field trips, internships, summer camp, workshops, public events, and more.



April Webinar: An Introduction to Volunteer Development

April 16, 2024 | 6:00 PM CT/4:00 PM PT

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

We rely on the generosity of volunteers to support many aspects of our horticultural therapy programs. Their services can range from pulling weeds in our gardens to engaging our clients in meaningful ways. How can you get the most out of your volunteers and minimize the missteps and misunderstandings that may come along with them? This presentation will introduce to you a volunteer management framework and make you consider the important aspects of growing volunteers for your program.

Mike Maddox (HTR) was an extension educator more than 20 years, with much of his time educating Master Gardener volunteers. He has worked at a regional botanical garden, and at the state and national level on issues related to volunteer development, evaluation, and risk management. Additionally, he has trained others in best practices of volunteer management.

[Register Today](#)

HT Activity - Scented Pelargoniums: Gifts for Mother's Day and Beyond

Excerpted from the AHTA Magazine, Vol 42, Issue 2
by Karen Kennedy, HTR

Scented pelargoniums are a diverse plant group which makes them well suited to HT sessions focused on sensory stimulation, reminiscing, relaxation and stress management, life-skills and pre-vocational skills. In addition to participants experiencing the fragrance and texture of the plants, they make excellent focal points in container gardens. Beyond the garden they have craft, culinary and cosmetic uses as well. They can flavor jellies, cakes, butters, ice cream, iced teas and other dishes. From potpourri to pampering products, these are plants with much gift-giving potential for Mother's Day and occasions year around.

Mother's Day Sleep Pillows General Directions:

1. Blend one cup (or one part) each of the following dried herbs: Scented pelargonium (especially rose-scented cultivars), lavender buds, sweet woodruff and hops.
2. Fill small cotton or muslin sachet bags or other flat bags that can be secured and tucked inside a pillow. Be sure to remove twigs that could poke through the bags. Fabric bags can be created using hem tape and an iron as well.

Tips for Practice

1. Harvest and dry leaves for this project when cutting back stock plants, taking cuttings for new plants early in the spring or cutting back plants during the summer.
2. Select several varieties of scented pelargoniums and explore the various scents in a reminiscing group.
3. Discuss communication strategies or feelings while exploring the meanings of the different scents using a Victorian language of flowers guide.
4. Practice vocational skills by packaging each sachet in a sealed bag and with the ingredients and directions for use.
5. Spoons, wire funnels, small soil scoops, laundry or measuring scoops facilitate bag filling.
6. Market and sell at craft fairs or package for gift giving.
7. Other herbs can be substituted for those listed, such as catnip, lemon balm, rose petals, rosemary and sweet marjoram. Chamomile can be added as well but may trigger an allergic response in some individuals prone to hay fever.

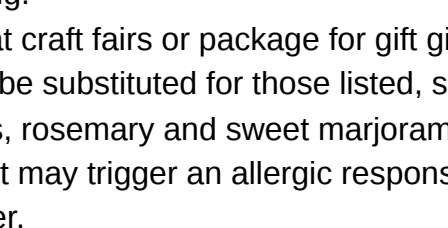


Photo courtesy of [Zminutegardener.blogspot.com](#).

University of Tennessee Horticultural Therapy Certificate Program Update

Applications for the next Horticultural Therapy Certificate Program at the University of Tennessee are now open. The next cohort will begin Fall 2024. The deadline to apply is **June 15, 2024**.

We have made some changes to our program to help accommodate more working professionals. The big change is that we have made the program fully asynchronous. This certificate can be completed all online. Each course will consist of recorded sessions, monitored discussion and student interactive assignments. Students taking the program will need access to a webcam or video on your phone to record course assignment content. All recorded sessions will include a transcript and PowerPoints.

If you have any questions about the program, contact Dr. Derrick Stowell at dstowell@utk.edu or 865-974-7151.

Check out all of AHTA's [Accredited Certificate Programs](#) on the website.

[Learn More](#)

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 the 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!

AHTA Annual Awards

AHTA is now accepting nominations for our **2024 Annual Awards**. Please take time to consider those who are doing outstanding work in our field and [submit a nomination](#) for one of the following AHTA Annual Awards:

- Rhea McCandless Professional Service Award
- Alice Burlingame Humanitarian Service Award
- John Walker Community Service Award
- Ann Lane Mavromatis Scholarship
- AHTA Therapeutic Garden Design Award

Nominations will be accepted until **May 1, 2024!**

[Submit Nominations](#)



Come Join Us!

Nominations for AHTA Board of Directors Now Open

AHTA is a member driven organization, and we need those with a passion in our field to help AHTA grow into the next 50 years! We value your expertise in marketing, social media, sponsorship and partnership development, magazine editing, webinar development, membership growth, conference planning, and exam development. Help shape the future of AHTA and the future of the profession by volunteering! The [nomination form](#) to serve on the AHTA Board of Directors is open now through **May 1, 2024**. Learn more about being on the board by reading our [Board Testimonials](#) and about the [nomination process](#) by watching the [video](#) above. Please disregard last year's deadline mentioned in the video.

[Learn More & Nominate](#)

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!

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@ahita.org!](mailto:info@ahita.org)

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

[Learn More](#)

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](#). Sponsorship opportunities for the **2024 AHTA Conference** are coming soon!

[Ways to Support AHTA](#)

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](#)

