



## President's Message

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Dear Colleagues in Horticultural Therapy,

Welcome to the August 2024 edition of the AHTA newsletter sharing updates and information from AHTA to all.

August is here! A time for simple pleasures of the continued summer season. Taking pleasure in the blooming flowers, fruits and veggies being harvested, hummingbirds doing their summer dance, warm summer nights, and the connection, support and vitality we feel by our association with mother earth, our programs of horticultural therapy and therapeutic horticulture that we serve, families, friends and communities.

The community of AHTA is growing. AHTA has launched the THP- Therapeutic Horticulture Practitioner. AHTA is also working on the project timeline for exam development. Exciting changes to allow for more inclusion and diversity amongst our professionals. The membership voted for four new board members! Work teams are growing! AHTA is on the move forward!

Gratitude for all who connect to AHTA. Hope to see everyone at the [AHTA 2024](#) upcoming in person conference "Collective Effervescence"

Looking forward to your connection to AHTA!

Gratefully,

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

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## News and Events

# AHTA 2024

## Collective Effervescence

*Honoring Collaboration in Times of Change*

OCTOBER 18-19, 2024 | RALEIGH, NORTH CAROLINA

### AHTA 2024 Annual Conference

We are two months away from the [AHTA 2024 Annual Conference: Collective Effervescence: Honoring Collaboration in Times of Change](#).

This year's conference will be held in North Carolina, Raleigh-Durham area on Friday October 18th and Saturday October 19th. Join us in the state of the Pine Tree, Dogwood flower, and home to amazing array of fascinating carnivorous plants!

We also have a special announcement:

The [AHTA](#) is happy to reveal that we have extended the early bird registration rates! If you register by Friday, August 16th, early bird rates will be honored. Please reserve your space for the conference to hear the amazing line up of speakers and presentations. Don't forget about reserving a room with additional discounted group rates, while availability lasts! See our [LINK](#) here for more hotel information

Lastly, please consider booking one of the incredible [tour options](#) to experience local gardens, farms, and green spaces unique to North Carolina. These tours are an additional fee and take place Thursday October 17th, the day before the conference.

Early bird registration ends on **Friday, August 16**. [Register](#) before the early bird deadline ends for the best deal. We look forward to seeing you in North Carolina as we experience, learn and grow; collectively!

[Register Now](#)

AHTA has an amazing opportunity for Professionally Registered Horticultural Therapists on **Thursday, October 17**. We are honored to welcome the [Internship Supervisor Workshop](#). This six hour course will be facilitated by Leigh-Ann Starling, LCPC, CRC, HTR, and Gary Altman, CRC, CVE, HTR. This course is intended for HTRs who have been professionally registered for at least one year and have an interest in supervising Horticultural Therapy interns. Sign up for this workshop when you [register for the conference](#).

[Learn More](#)

We look forward to sharing enriching experiences through a HT/TH lens and growing together as people and professionals. See you in North Carolina!

## Lemon Verbena: A Flavor and Fragrance for all Seasons

**By Karen Kennedy HTR**

The sense of smell seems to play a role in the physiological effects of mood, stress, and overall psychological well-being. Lemon fragrance is often associated with feeling refreshed, happy and energetic. Also, the old saying “when life brings you lemons, make lemonade” refers to the aspect of personal choice in handling a bad or stressful situation. Herbs with a lemon fragrance are a great option for initiating conversations around coping skills, happy memories and even managing moods. Herbs with lemon fragrance include lemon balm, lemon grass, lemon basil, lemon thyme and even lemon gem marigolds. But the one with the strongest lemon scent is lemon verbena.

Lemon verbena can be used in sweet or savory recipes, including teas, baked goods, salads and salad dressings, as well as compound butters, sorbet, and ice cream. The long-lasting lemon aroma is great in potpourri, flower arrangements and homemade cleaning or self-care products. Notice that the younger leaves are more tender and better for chopping and adding to culinary creations. The tougher older leaves are better for steeping either for tea or in other liquids, then removed.

**Lemon Sugar** Use lemon scented sugar in hot or iced tea, on tart berries, or sprinkle on freshly baked sugar cookies

**Ingredients:** • 6-10 lemon verbena leaves • 1 cup granulated sugar

**Methods:** In a sealed container, layer leaves in the sugar. Store sealed for 1-2 weeks or more. Remove leaves if desired and repackage for gift giving. Note: keep this approximate ratio and vary the size of the container to suit programmatic needs

### **Tips for Practice**

- Make flavored waters with lemon verbena leaves and fresh fruit. Blends well with other herbs.
- Plant near a path or seating area where its scent will be easily encountered.
- Dry by hanging small bunches upside down or place individual stems or leaves on a screen, out of direct sunlight. Strip the leaves from the stems before or after drying and store dried leaves in a sealed container to retain the flavor and fragrance for 1-2 years.
- Use associations with the lemon fragrance as a discussion starter around topics of self-care, managing stress and anxiety, accepting responsibilities such as for cleaning or other home maintenance tasks, and problem-solving.

For more information on growing herbs, see [www.herbsociety.org](http://www.herbsociety.org)

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photo credit: Herb Society of America, [herbsociety.org](http://herbsociety.org)

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## 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](#)

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## AHTA 2024 Election Results

The American Horticultural Therapy Association is excited to announce the election from membership of four new Board of Directors members! They include:

**Holly Harrison**  
**Christina Kocol**  
**Katie Ryzhikov**  
**Kamyshia Thompson**

Congratulations to all! Thank you for your dedication to AHTA!

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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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### 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

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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!

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

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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



American Horticultural  
Therapy Association.

**American Horticultural Therapy Association**

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