



President's Message

Dear Colleagues in Horticultural Therapy,

Welcome to the July 2024 newsletter to promote the advancement of horticultural therapy by sharing information from AHTA. July is here. Heat waves, flooding, tornadoes, hurricanes, and yet there is the brilliant sunshine, long days, and times to enjoy our summer season. July brings changes in our gardening patterns, our work/garden/life balance and in our Horticultural Therapy, and Therapeutic Horticulture programs. Growth is seen as these changes occur. With noting climate change, did you know that the 2024 AHTA conference “Collective Effervescence”– Honoring Collaboration in Times of Change- has presentations regarding horticultural therapy in relation to climate change? Check out the [schedule](#). Hope to see you there!

Change brings growth. Speaking of changes, as of July 1, 2024, AHTA has moved its management to [Revolution AMC](#). The AHTA Board of Directors is excited about this change to Revolution AMC as they bring expertise of exam development. The contact email remains the same info@ahta.org. AHTA is moving towards exam development and now with Revolution's support the process is being realized. The AHTA Board of Directors supports exam development, and our membership agrees. Here is a fun fact, did you know that there was a sample horticultural therapy certification exam for horticultural therapists presented at the Horticultural Therapy Professional Development Symposium in 1990, sponsored by Kansas State University and the Menninger Foundation? One of the “roots” of this process!

Come join the excitement as AHTA moves forward into the next level of being the nationally known organization that promotes horticultural therapy and therapeutic horticulture! Join our work teams, become a member, come to the 2024 conference!

Happy Summer!

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

News and Events



AHTA 2024 Annual Conference

As the [AHTA 2024 Annual Conference](#) approaches, we are already gaining energy and knowledge simply from making connections. Connections to speakers as they are added to the schedule with exciting wisdom to share; connections to tour sites as we learn more about the wonderful people who tend to these farms/gardens and the practices used at the sites; connections to ourselves and our environments as we tend to our needs, the needs of others, and the needs of the land.

[AHTA](#) would like to feature another wonderful opportunity at the conference to connect and enhance knowledge of TH/HT applications. We are excited to announce that we will be holding several roundtable discussions on the first day of the conference, Friday October 18th. In this newsletter we would like to feature Brendan Yukins, Licensed Social Worker (LSW) practicing in Chicago, and his discussion: Using Horticultural Therapy with LGBTQIA+ Populations. The LGBTQIA+ community has always found a home in the garden. The community uses nature as a way to find oneself and support others healing process. This roundtable discussion will enhance the understanding of TH/HT techniques specific to queer populations as well as how the LGBTQIA+ community has historically and innately found refuge in the garden. From using flowers as a secret code, to LGBTQIA+ campsites, to the specific purpose of the colors used in the Pride Flag (yellow stripe symbolizing sunlight and green stripe symbolizing nature); meaning, connection to the self and others can be achieved with nature/gardens as a vessel for this journey.

We would like to share some words directly from Mr. Brendan Yukins in this newsletter as well. "Drawing on both Biophilia and Ecopsychology, we can deduce that separation from our natural ecosystem leads to chronic stress and even mental illness. For LGBTQIA+ populations, that disconnection from nature and sunlight are also detrimental to their whole selves. For people taught to be ashamed of who we are, we often rediscover ourselves through interaction with nature. Many queer gardeners & hikers cite these interactions as the way they found peace within themselves and a feeling of acceptance." Join us at the AHTA conference to learn more from Brendan, and all the other wonderful speakers, opportunities, posters and more. Please click the link

below for additional conference information. See you in North Carolina!

Early bird registration ends on **Friday, August 9**. [Register](#) before the early bird deadline ends for the best deal!

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!

HT Activity - Herbal Tea Pots

By Karen Kennedy HTR

Herb tea is more correctly known as a tisane or herbal infusion of leaves, flowers, roots or seeds. True tea comes from the *Camelia sinensis* plant. Black, Green, Oolong and White teas are all made from this plant, though additional flavoring from other herbs may also be added. Many herbs can be used alone or blended together to create a tisane or herb tea.

Many easily grown herbs do well in containers, as well as raised bed or traditional in-the-ground gardens. Mints however, are best restrained in a container. The flavor characteristics of herbs include sweet, spicy, minty, fruity, licorice, tart, citrus, and pungent. Fresh or dried lemon herbs such as lemon verbena, lemon balm and lemon grass as well as mints make a nice hot or cold tea by themselves. They also blend nicely with other herbs such as lavender, chamomile, basil, rose hips, and even rosemary. Stevia, on the other hand, is generally not used alone, but rather adds sweetness to hot or cold beverages.

Cut and dry the herbs for later use or simply add to a teapot filled with fresh boiling water. In general, use 1 teaspoon dried herbs or 1 tablespoon of fresh herbs per 1 cup of water. Steep herb teas for 7-10 minutes on average. Experiment and create your own flavor combinations!

For more details on growing herbs for use in tea blends as well as information on their history, folklore, medicinal uses and craft, culinary and cosmetic

recipes, see fact sheets and essential guides on the Herb Society of America's website.

Planting a Tea Pot Garden

General Directions

- 1) Select a large pot and fill with a moistened soil-less growing media
- 2) Plant a combination of tea herbs, suitable to the size of container.
- 3) Select a sunny location for the herbs to grow.
- 4) Harvest as the herbs grow, being sure to keep the flowers trimmed off for maximum flavor. Use fresh herbs in teas and to add flavor to other beverages or dry for later use.

Tips for Practice

- 1) In addition to steeping in herbal teas, add herbs to iced tea, lemonade or water and fruit blends for a refreshing beverage.
- 2) Explore the various scents in a reminiscing group.
- 3) Practice vocational skills by drying then packaging tea blends. Be sure to include the ingredients and directions for use and follow any health department guidelines for preparing food.
- 4) Spoons, wide funnels, small soil scoops, laundry or measuring scoops facilitate bag filling.
- 5) Market and sell at craft fairs or package for gift giving.

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Pineapple Mint

Photo courtesy of luv2garden.com

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](#)

AHTA 2024 Election

The American Horticultural Therapy Association is pleased to announce the candidates for the open positions for the 2024-2027 term for Director-at-Large. You may [access the ballot](#) and [review candidate information](#) on our website.

This year's candidates include:

[Holly Harrison](#)

[Christina Kocol](#)

[Katie Ryzhikov](#)

[Kamyshia Thompson](#)

Help select the future leaders of AHTA and cast your vote today.

Deadline: July 26, 2024

[Learn More & Vote](#)

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](#)

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](#)

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.

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