

Dear Colleagues in Horticultural Therapy,

As we plant the seeds of a new year, it's a perfect time to reflect on the growth ahead and set intentions for what we want to cultivate in 2025. Much like a garden, the beginning of a new year is full of possibilities—opportunities to nurture ideas, build an exam, strengthen connections, and watch them all bloom into something meaningful. This season, as we set our New Year's resolutions, let's think of them as planting seeds for both personal and professional growth.

Speaking of growth, we're excited to announce the upcoming 2025 AHTA Annual Conference, where we will come together virtually to share, learn, and grow in the field of horticultural therapy. Stay tuned for more details as we prepare to sprout new knowledge and experiences for all! Your voice is vital in shaping the future of AHTA.

Finally, we encourage you to dig in and get involved by joining one of our work teams. There's no better time than now to get your hands in the dirt and contribute to the growth of AHTA. Whether you have a green thumb or a passion for collaboration, there's a place for you to help us cultivate success. Let's make 2025 a year of growth, connection, and new beginnings. We look forward to growing alongside you all! Just as plants need sunlight to grow, AHTA needs your energy and involvement! Please consider volunteering and joining a workteam or taskforce and let's lead no Horticultural Therapy voice unheard, especially yours.

Warmly,
Matthew Janson HTR, CTRS
President, AHTA

News and Events

Save the Date! AHTA Annual Conference 2025

October 9-11, 2025
 Theme: "Nurturing Community: Planting the Seeds of Our Future"

The AHTA Annual Conference is going virtual! Join us on an exciting interactive platform with new elements designed to connect and inspire:

- Communities of Practice
- Virtual Tours of HT/TH Programs and Educational Institutions

Start planning your presentation and get ready to plant the seeds for our collective future. Stay tuned for more details!

#AHTA2025 #NurturingCommunity



Poll: Seeking Keynote Speaker Suggestions for the AHTA Conference

Do you know an inspiring speaker who would be perfect for this year's AHTA Horticultural Therapy Conference in October? We're seeking your suggestions for dynamic keynote speakers who can share valuable insights and engage our community. Please submit names, contact information, and a brief description of why you believe they'd be a great fit. Let's make this year's conference unforgettable—your input is greatly appreciated!

[CLICK POLL HERE](#)

2025 Webinar Update

AHTA WEBINAR SERIES
Thrive: Horticultural Therapy in the United Kingdom
TUESDAY JAN 28TH
 7:45PM, 8:15PM, 8:45PM, ET: 7PM
 • Free for AHTA members.
 • \$35 for non members.
Register Here
 DAMIÉN NEWMAN
 Lead Practitioner at Thrive

After first seeing the therapeutic potential of gardens and gardening within mental health services, where I worked for the first 12 years of my career, I had the privilege of joining Thrive, the Society for Horticulture Therapy. Here, I look after the charity's training, education, and consultancy work. I also had the fortune to visit many different gardens for therapy each year and spend time in the company of altruistic professionals who share my passion. Having developed 3 curricula at a higher education level in the field of Social and Therapeutic Horticulture and delivered education and consultancy from Cumbria to the Central African Republic, I am proud to be able to support others in maximizing the use of nature and gardens for health and well-being for those they care for. I believe everyone benefits from time in gardens and gardening and have seen firsthand the transformative effect it can have on those with the biggest challenges to health and well-being. I aspire to support society in fully utilizing the value of gardens for health and well-being in everyday life through health promotion and in health, care, and education settings, including the professionalization of social and therapeutic horticulture.

Free for members
 \$35 for non members

[Register Here](#)

Fun with Hens and Chicks

By Karen L. Kennedy, HTR

Hens and Chicks, or Live Forever, which are also common names of the approximately 40 species of Sempervivum, are grown as a hardy perennial. These succulents that also resemble more tender members of other genera such as Echeveria or Aeonium grow in a rosette shape and reproduce through offsets. They also produce star-shaped flowers with more than six petals on stalks that rise above the rosettes.

For horticultural therapy or therapeutic horticulture programming, the history and lore of these fascinating plants make for interesting discussion topics. Their growth habit of sending "pups" or offshoots from the base of the plant makes propagating easy to modify for people with poor fine motor control and limited dexterity.

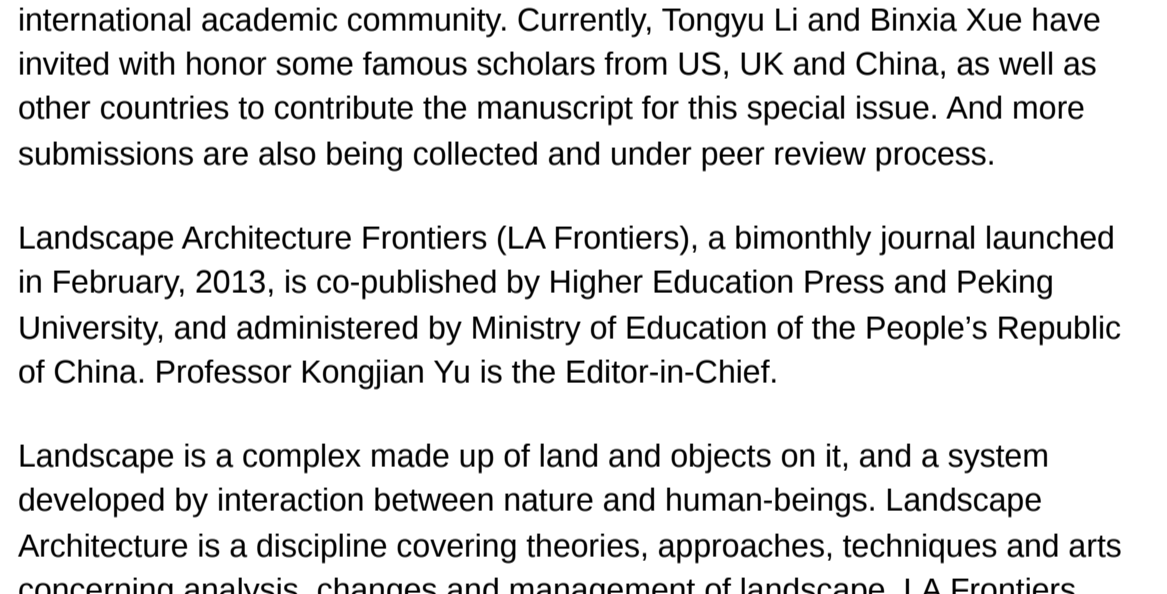
Basic Propagation Steps

- Select a clean container with good drainage and a coarse potting mix for cactus and succulents.
- Moisten mixture so that it is slightly damp.
- Gently remove off shoot(s) from parent plant.
- Press the offshoot into the soil, but don't bury the leaves. Roots will form from the base.
- Place in a warm bright place and water only when dry.

Tips for Practice

- Use creative growing containers, including boots or shoes with holes for drainage.
- Sempervivums do best outdoors or in a cool sunny greenhouse in the winter. Grow Echeveria or Aeonium species indoors as houseplants.
- Use the growth habit as a metaphor for increasing independence, self-efficacy or promoting empowerment.
- Succulents retain moisture, have a waxy, protective coating on their leaves, and often have reflective leaf color enabling them to survive harsh environments. What tools do individuals have to enable them to survive and thrive?
- Use chopsticks as a tool to help gently remove offshoots.
- Collect and observe the differences in size, shape, texture and color of the many species.

Excerpted from AHTA Magazine, Volume 47, Number 3, 2019



Gorgeous Hen and Chick Photo credit: Hans Braxmeier from Pixabay

News from Binxia Xue PhD, HTR, a member of the AHTA Board of Directors

Two HTRs from AHTA, Tongyu Li and Binxia Xue, associate professor of School of Architecture and Design, Harbin Institute of Technology, China, were invited as the guest editors to organize a special issue on Landscape Architecture Frontiers (LA Frontiers) with a topic of "Digital Intelligence-based Landscape for Improving Public Health". This creative and imaginative album focuses on contemporary emerging technologies and methodological changes such as artificial intelligence, machine learning, big data, virtual reality, and digital twins, exploring their diverse evolution and even revolutionary progress in related fields.

The arrival of the digital and AI age has had a profound impact on fields such as landscape architecture, urban and rural planning, architectural design as well as horticultural therapy/therapeutic horticulture, bringing new opportunities and challenges to scholars and professionals, and providing more flexible and efficient solutions for some critical issues. The impact of new digital technologies and artificial intelligence on healthy human settlements and healing landscapes is extensive and profound: in terms of ideology, it redefines the spatial and temporal boundaries of human existence and the natural processes of life evolution; in terms of methodology, new research paradigms and theoretical models are proposed based on the overall mapping and interaction of virtual and real scenes; in terms of innovative technology, the technological architecture from the perspective of "system, intelligence, and digital" presents a clearer panoramic picture and path of healthy human settlements, surpassing the unimaginable boundaries of traditional technology; in terms of social applications, "digital empowerment" enables the service value of healthy human settlements and healing landscapes to spread to every future application scenario and social corner, making people truly feel the comprehensive approach of goals for the wellbeing in the near future.

After a fierce competition and strict review, this special issue has been approved by the editorial board of LA Frontiers, and officially released to the international academic community. Currently, Tongyu Li and Binxia Xue have invited with honor some famous scholars from US, UK and China, as well as other countries to contribute the manuscript for this special issue. And more submissions are also being collected and under peer review process.

Landscape Architecture Frontiers (LA Frontiers), a bimonthly journal launched in February, 2013, is co-published by Higher Education Press and Peking University, and administered by Ministry of Education of the People's Republic of China. Professor Kongjian Yu is the Editor-in-Chief.

Landscape is a complex made up of land and objects on it, and a system developed by interaction between nature and human-beings. Landscape Architecture is a discipline covering theories, approaches, techniques and arts concerning analysis, changes and management of landscape. LA Frontiers puts its focus on the intersecting spheres of academic research and design practice in Landscape Architecture, discussing new ideas, concepts, theories, and approaches that address environmental and ecological issues through landscape architecture. Advocating new aesthetics and new culture that benefit the beauty of China and the world by introducing and promoting most recent practices of landscape planning and design, LA Frontiers hopes to act as a bridge connecting research and social needs, science and art, promoting the disciplinary development. The journal's audience includes researchers and professional architects, faculties and students, policy makers in related fields and experts in both urban and rural environmental construction. Landscape Architecture Frontiers (LA Frontiers) is currently indexed by ESCI (Emerging Sources Citation Index), JST (Japan Science and Technology Agency), CNKI (Chinese Science Citation Database), Art Source Ultimate of EBSCO, CNKIC, Wanfang Data and AGRIS.

CALL FOR PAPERS
Universal Design in Landscape Architecture Frontiers
Submission Deadline October 25
Academic Organizers of This Issue:
 Dina Li, Associate Professor, School of Architecture, Peking University
 Bin Jiang, Associate Professor, M.A. Program Director, School of Architecture, Faculty of Architecture, The University of Hong Kong

AHTA 'Growing Impact' Campaign: Advancing Youth Wellness Through Horticulture

- PHASE 1: **Sowing Seeds** (Education and Goal-Setting Phase) (Late February - May 2025)
- PHASE 2: **Cultivating Wellness** (Implementation Phase) (June - August 2025)
- PHASE 3: **Harvesting Growth** (Reflection & Community Celebration) (September – November 2025)

Let's get this underway! We are excited to launch our first AHTA 'Growing Impact' Campaign, with this year's focus on youth. Our goal is to bring attention to the unique challenges young people face today and to introduce HT/TH programming that provides youth with lifelong skills to navigate the world and enhance their well-being. Many in our AHTA member base have been on the frontlines of promoting holistic wellness for children of varying ages, and this campaign seeks to highlight the impactful programming and expand that reach even further.

The campaign will roll out in three phases, and we are thrilled to see experts, collaborative partners, sponsors, and many in our AHTA member base coming together to make a meaningful difference for our youth. More information to follow!

[Join the Movement!](#)

Stay tuned for updates, and we invite you to be a part of this journey. Please don't hesitate to reach out – your support and guidance is invaluable and makes all the difference! You can reach us directly for the campaign at sponsorship@ahta.org.

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 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 Journal of Therapeutic Horticulture

The AHTA Journal of Therapeutic Horticulture had been approved for the Open Access Model and is now available on Google Scholar. Did you know that you can access the copies of the AHTA Journal of Therapeutic Horticulture by going to Google Scholar, putting in the "AHTA Journal of Therapeutic Horticulture" in the search window and to narrow down your search add the volume number from the AHTA list of Journal. Click [HERE](#) to learn more.

While considering publishing in the AHTA Journal of Therapeutic Horticulture consider that as members of AHTA there is no charge for the Article Processing Charge (APC) while nonmembers pay \$300. Another great way to become a member! Hoping to see more submissions that will go out to all!

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 [2025 Partnership Guide](#) is now available!

In keeping with the forward growth of AHTA, we have redesigned our [2025 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](#)