



INSTITUTE OF THERAPEUTIC & SOCIAL HORTICULTURE - PERU

Who are we?

- IHTS-PE, founded in 2015, introduced the world's first Spanish-language HT training program.
- Established by Daniela Silva-Rodriguez, certified by leading institutions including the Horticultural Therapy Institute (HTI) in Colorado, USA, and the Canadian Horticultural Therapy Association (CHTA).



OUR VISION

To be a leading institution in the training, design and implementation of horticultural therapy programs in the world, and especially in Spanish-speaking countries.



EcoPsique Nexus Methodology

<<We harness the wisdom of plants to nurture personal growth. By guiding participants to connect with plant life cycles, we catalyze transformation. Nature metaphors enrich self-understanding. Active and passive exercises unlock profound experiences, fostering insight, harmony, and growth>>

TRAINING PROGRAMS

- HT Registered Therapist**
 - Duration: 140 hours
- HT Facilitator**
 - Duration: 70 hours



OUR MISSION

We strive to train high quality horticultural therapists and therapeutic horticulture facilitators under our original teaching methodology.

Our goal is to globally validate outdoor therapies, like HT, as vital complementary tools for social and health professionals, enhancing holistic well-being across all ages, backgrounds, and abilities.



Our services

- Certificate Training Program in HT in Spanish
- Certificate Training Program for Facilitators in HT
- Design and implementation of therapeutic gardens
- Design and implementation of HT programs for specific populations
- Internship Program in HT - Twice a year in Lima, Peru



Research & publications

- Bilingual blogs for the HT Institute, Denver.
- 2023 release: Spanish edition of "Horticultural Therapy Methods - Second Edition".
- Naturelab Project 2023-2028.
- Initiated three 2023 pilot programs: institutionalized children, MS, and school garden.

OUR DEFINITION OF HT...

<<Horticultural Therapy (HT) is a complementary, evidence-based and integral (physical, cognitive, social and psychological) approach to treatment that does not rely on pharmacological interventions. Administered in a variety of healthcare, rehabilitative and residential settings by a trained professional, horticultural therapy employs plants and gardening activities, either active or passive, as the primary means to achieve and monitor specific therapeutic or rehabilitative goals outlined in a treatment plan>> (APHTS, 2023)

