



American Horticultural Therapy Association

# AHTA 2024

**Collective Effervescence**

*Honoring Collaboration in Times of Change*

**OCTOBER 18-19, 2024 | RALEIGH, NORTH CAROLINA**

October 18-19, 2024 | Raleigh, North Carolina

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# AHTA Moth-Up

True stories Told Live!

**Join us on Thursday October 17<sup>th</sup>  
for the Welcome Reception at 5:30pm  
in the Cameron room**

**Theme:** Lessons learned in the field of Horticultural Therapy

**Purpose:** To inspire camaraderie with new and old friends through the time-honored art of storytelling; to articulate the challenge, joy, success and comic failure of working in a very real, diverse and exciting therapeutic field.

**Come share or listen to brief (3min) stories!**



## ***RESTAURANT LIST***

PLEASE SEE BELOW REGARDING THE RESTAURANTS NEAR THE HOTEL  
(ALL ARE .5 MILES/10 MIN WALK AWAY OR LESS).

THERE IS ALSO THE RESTAURANT IN THE HOTEL WHICH SOME WITH  
MOBILITY ISSUES OR OTHERWISE MAY PREFER, *BISTRO IN THE PARK*.

***RALLYPOINT SPORT GRILL***

***DAMES CHICKEN AND WAFFLES***

***LA VICTORIA MEXICAN GRILL***

***BONEFISH GRILL***

***RUTH'S CHRIS STEAK HOUSE***  
(FURTHEST OPTION AT .7 MILES)



# PRE-CONFERENCE SCHEDULE

**Thursday, October 17**

7:00 AM: Registration Starts

8:15 AM: Pre-Conference Tour

9:00 AM: Intern Supervisors Workshop

6:00 PM: Moth Up Session



*AHTA honors all the ancestral stewards  
of this land on which we meet.*

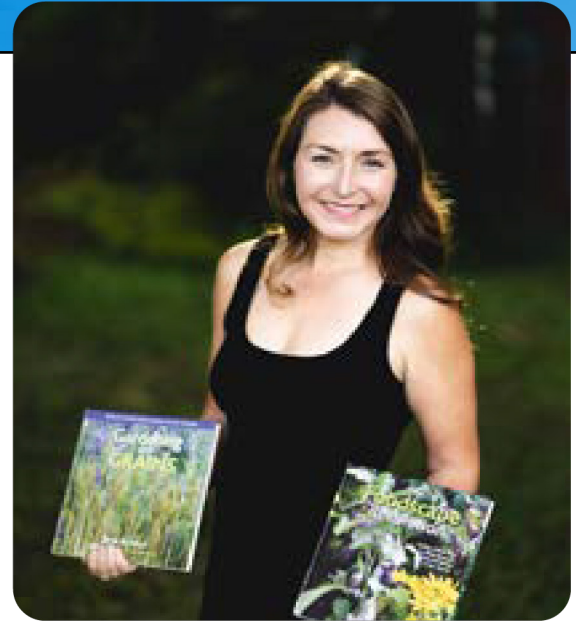
*We are on the ancestral lands of Native  
nations, including the Eno, Shakori,  
Saponi, Occaneechi, Lumbee,  
Tuscarora, Cheraw, and Catawba.*

# KEYNOTE SPEAKERS



**Jazmin Albarran, MBA**

Jazmin Albarran, MBA, is the Seed Your Future Executive Director with over a decade of change and systems management experience. With a solid knowledge of associations and philanthropy, she will bring her skills and expertise in planning, leading, and managing development projects and programs to the movement. She has experience in a broad range of nonprofit organizations, including those focused on crisis support, youth development, and workforce development. Jazmin will lead Seed Your Future's next phase of growth, promoting horticulture sectors and the nationwide expansion of career development opportunities with plants.



**Brie Arthur**

Bestselling author and gardening personality, Brie Arthur is widely known for her leadership with the national Foodscape movement and her lively, information packed presentations. With more than two decades of professional horticulture experience she is a long-time contributor on the Emmy award winning PBS Television show "Growing a Greener World". You can follow Brie's gardening journey through her website, BrieGrows.com or her social media and YouTube channel, Brie the Plant Lady.

**PRESENTATION: FOODSCAPE FUSION: PIONEERING A NEW GARDENING ERA**  
Gardening visionary, Brie Arthur reveals a world where plants are not just beautiful, but also functional problem solvers. In this captivating program, she will show you how everyone has the power to make a positive impact through thoughtful planting. Drawing from the wisdom within her books, she will guide you through the art of ingenious plant combinations that merge native species with creativity. Brace yourself for a symphony of colors, flavors, and textures that will revolutionize the way you see gardening. Get ready to plant the seeds of change in your garden and beyond.



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Honoring Collaboration in Times of Change

OCTOBER 18-19, 2024 | RALEIGH, NORTH CAROLINA

## Talking Circle

with the AHTA Board of Directors

All are invited to come to a talking circle with the AHTA Board of Directors for information sharing, Q&A, and to increase the transparency of the AHTA Board

Friday, 6:30-7:30pm

After the Regional Groups Networking Session

## Leaders in HT education since 2002

Credit offered through:



**COLORADO STATE UNIVERSITY**

*HTI courses are well structured, combining theory with hands-on practice and role-playing exercises.*

*The program is perfectly administered, giving the student a smooth and friendly experience.*

-  100+ years combined faculty experience
-  Students from 30+ countries
-  In-person / online / hybrid classes
-  Stay connected through newsletter, forums, & blog

Daniela Silva-Rodríguez Bonazzi  
Director, Instituto de Horticultura Terapéutica Perú



**HORTICULTURAL THERAPY INSTITUTE**

# SCHEDULE

## Friday, October 18

7:00 AM - 5:00 PM	Atrium	Registration		
7:30 AM - 8:30 AM	Atrium	Breakfast		
8:30 AM - 8:40 AM	Chimney Rock	Opening Remarks & Announcements		
8:40 AM - 10:00 AM	Chimney Rock	Keynote - Jazmin Albarran		
10:00 AM - 10:15 AM	Pre-Function B	Break and Refreshments		
10:15 AM - 11:15 AM		<p><b>Concurrent Session 1A Reynolds Room</b></p> <p>Models of Collaboration and the Intersection of Outdoor Education, Therapeutic Horticulture, and Horticultural Therapy in a Public School Setting</p>	<p><b>Concurrent Session 1B Cameron Room</b></p> <p>Keeping the Foundations Strong: Applications of Nature-Based Wellness in Healthcare</p>	<p><b>Concurrent Session 1C Smith Room</b></p> <p>Therapeutic Horticulture for Chronic Low Back Pain: A Collaborative Project with Physical Medicine and Rehabilitation and Therapeutic Horticulture at the University of Florida</p>
11:15AM- 11:30AM	Pre-Function B	Break		
11:30AM- 12:15PM	Chimney Rock	Annual Business Meeting & Awards		
12:15PM- 1:30PM	Chimney Rock	Lunch		
1:30PM- 2:30PM		<p><b>Concurrent Session 2A Reynolds Room</b></p> <p>Clinical Practice: Elevating Cognition and Communication Strategies for Client Success</p>	<p><b>Concurrent Session 2B Cameron Room</b></p> <p>Exploring Process and Outcome Impacts of the Therapeutic Horticulture Program, "Houseplants for Happiness"</p>	<p><b>Concurrent Session 2C Smith Room</b></p> <p>How Do I Say What I Do: An HT Treatment Planning Refresher</p>



# SCHEDULE

## Friday, October 18

2:30PM- 2:45PM	Pre-Function B	Break		
2:45PM- 4:15PM	Chimney Rock	<p style="text-align: center;"><b>Roundtable Discussion A</b></p> <p>All My Relations: Respectful Awareness in Horticulture Therapy</p>	<p style="text-align: center;"><b>Roundtable Discussion B</b></p> <p>Moving Through Eco-Anxiety: An Experiential Workshop To Reconnect</p>	<p style="text-align: center;"><b>Roundtable Discussion C</b></p> <p>Navigating Change: Horticultural Therapy for Nervous System Regulation</p>
2:45PM- 4:15PM	Chimney Rock	<p style="text-align: center;"><b>Roundtable Discussion D</b></p> <p>Embodying Collective Care: On Caring for the Body in the Garden and Greenhouse</p>	<p style="text-align: center;"><b>Roundtable Discussion E</b></p> <p>Using Horticultural Therapy with LGBTQIA+ Populations</p>	<p style="text-align: center;"><b>Roundtable Discussion F</b></p> <p>Therapeutic Horticulture through Nature Journaling with Beetles Project Prompts</p>
2:45PM- 4:15PM		<p style="text-align: center;"><b>Concurrent Session 3A Reynolds Room</b></p> <p>Therapeutic Horticulture Activities Database (THAD): Explore the New Resource, Build Your Therapeutic Goal Repertoire, and Share Your TH Activity</p>	<p style="text-align: center;"><b>Concurrent Session 3B Cameron Room</b></p> <p>Building our Emotional Soil: Tending Climate Anxiety and Eco-grief Through Group Therapeutic Horticulture</p>	<p style="text-align: center;"><b>Concurrent Session 3C Smith Room</b></p> <p>Creating Opportunities for Adolescents to Grow Through Horticultural Therapy in a Residential Setting and Introducing Therapeutic Horticulture to K-12 Counselors</p>
5:00PM- 5:30PM	Blowing Rock	<p style="text-align: center;"><b>Poster Presentation</b></p> <p>Cultivating Active Hope: Building Anxiety Resilience for Climate Change through Collaborative Horticultural Therapy</p>	<p style="text-align: center;"><b>Poster Presentation</b></p> <p>Effects of Horticultural Therapy on Physical and Mental Health, Well-Being, and Cognitive Function in Parkinson's Disease Patients</p>	<p style="text-align: center;"><b>Poster Presentation</b></p> <p>Does Participation in HT Wellness Programming Increase Pro-environmental/ Social Agency in High School Students?</p>
5:30 PM - 6:30 PM	Blowing Rock	Social Reception/ Regional Groups Presentations		
6:30 PM-7:30 PM	Blowing Rock	Talking Circle - Q and A with Board of Directors		

# SCHEDULE

## Saturday, October 19

7:00 AM - 3:00 PM	Atrium	Registration		
7:00 AM - 8:30 AM	Atrium	Breakfast		
8:30 AM - 8:45 AM	Chimney Rock	Announcements		
8:45 AM - 9:45 AM	Chimney Rock	Keynote - Brie Arthur		
9:45 AM - 10:00 AM	Pre-function B	Break and Refreshments		
10:00 AM- 11:30AM		<p><b>Concurrent Session 4A Reynolds Room</b></p> <p>Sheltering from the Storm: Therapeutic Horticulture for Families Impacted by Climate Disasters</p>	<p><b>Concurrent Session 4B Cameron Room</b></p> <p>Grief Gardening: Social Work Perspectives of Horticultural Therapy and Grief</p>	<p><b>Concurrent Session 4C Smith Room</b></p> <p>Mindful Horticultural Therapy to Promote Well-being</p>
11:30 AM- 11:45 AM		Break and Refreshments		
11:45 AM- 12:45 PM		<p><b>Concurrent Session 5A Reynolds Room</b></p> <p>Creating A Community Healing Space, Education, and Nature-based Laboratory in the Horticultural Therapy Garden, NCHU, Taiwan</p>	<p><b>Concurrent Session 5B Cameron Room</b></p> <p>For Practitioners: Research You Will Really Reference</p>	<p><b>Concurrent Session 5C Smith Room</b></p> <p>Planting Seeds of Freedom - A Sensory Journey Through the 12 Steps</p>

# SCHEDULE

## Saturday, October 19

12:45PM- 2:00PM	Chimney Rock	Lunch		
2:00PM- 3:00PM		<b>Concurrent Session 6A Reynolds Room</b> Vista Haven: Developing a School-based Therapeutic Horticulture Program for Unaccompanied Youth	<b>Concurrent Session 6B Cameron Room</b> How Embracing Seasonal Change Can Affect Mental Health: A Holistic Approach	
3:00 PM- 3:15 PM	Pre-Function B	Break		
3:15PM- 4:15PM		<b>Concurrent Session 7A Reynolds Room</b> Bridging the Gap Between Horticultural Therapy Treatment Practices and Current Trends in the Helping Professions: Results from a Collaborative Mini Symposium between Rutgers University and Oregon State University Horticultural Therapy Students	<b>Concurrent Session 7B Cameron Room</b> Cross-Cultural Collaboration for Optimized Well-Being Within	<b>Concurrent Session 7C Smith Room</b> Support for Climate Emotions Through the Climate Cafe: An Experiential Workshop
4:20PM- 4:45PM	Chimney Rock	Closing Remarks		

# In Memorium



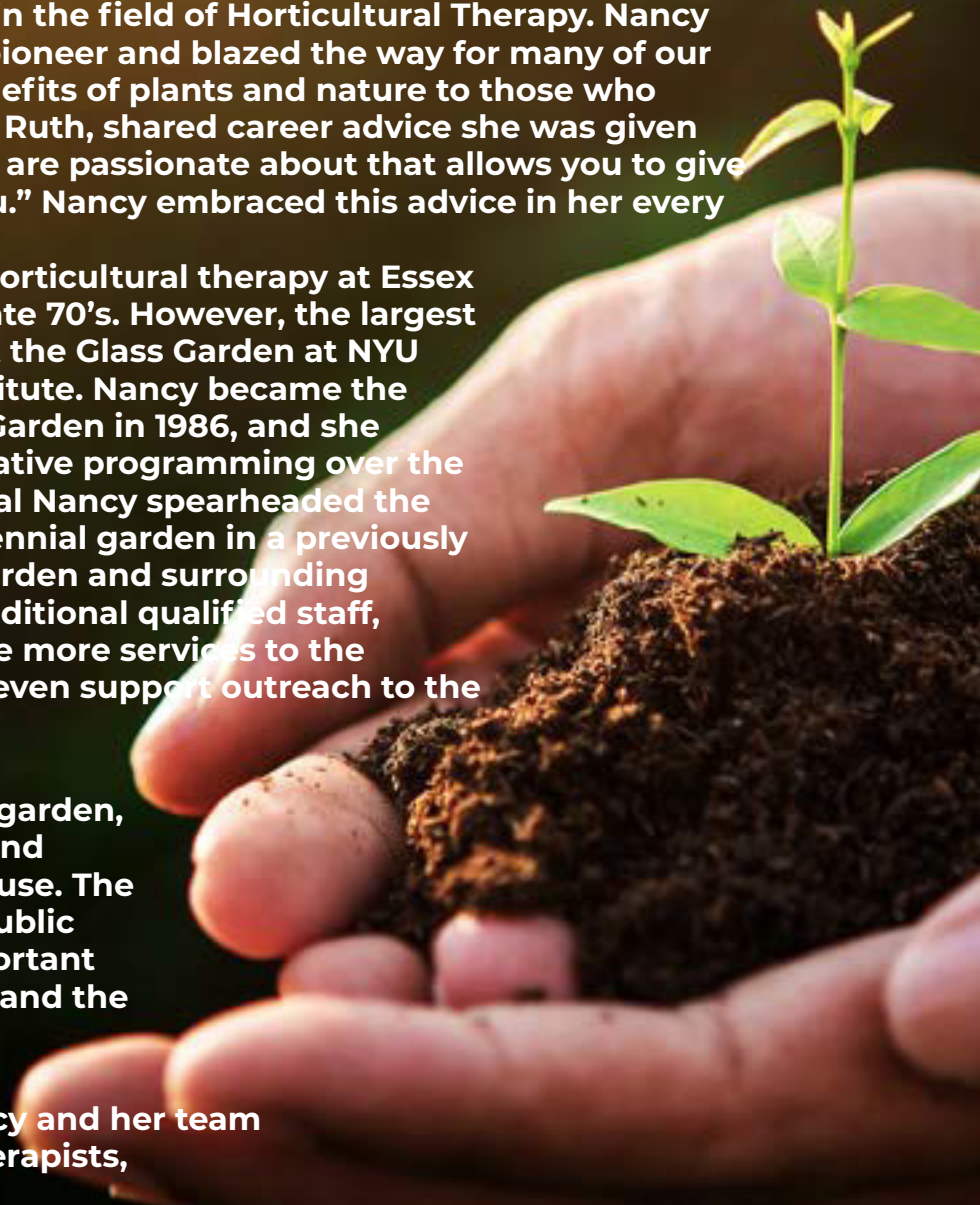
**Nancy Chambers**

In June of this year, we lost an icon in the field of Horticultural Therapy. Nancy Chambers came into the field as a pioneer and blazed the way for many of our rewarding careers, bringing the benefits of plants and nature to those who need it the most. Nancy's daughter, Ruth, shared career advice she was given by her mother "Find something you are passionate about that allows you to give back and do it. It will provide for you." Nancy embraced this advice in her every day.

Nancy created her first position in horticultural therapy at Essex County Psychiatric Hospital in the late 70's. However, the largest part of her legacy lies in her work at the Glass Garden at NYU Langone Medical Center's Rusk Institute. Nancy became the director of the Enid A. Haupt Glass Garden in 1986, and she developed the garden and its innovative programming over the next 26 years. Shortly after her arrival Nancy spearheaded the installation of a fully accessible perennial garden in a previously underutilized space between the garden and surrounding buildings. Nancy was able to hire additional qualified staff, allowing the Glass Garden to provide more services to the patients at Rusk, NYU Hospital and even support outreach to the community.

Nancy and her team developed the garden, adding extensive plant collections and interpretive signage to the greenhouse. The Glass Garden was recognized as a public Botanical Garden, making it an important bridge between the Medical Center and the community.

By the time she retired in 2012, Nancy and her team had trained over 75 horticultural therapists, horticulturists, and vocational trainees. She stayed active in her retirement by continuing her teaching and serving both MAHTN and the AHTA. Nancy has influenced the lives of the majority of us in the world of horticultural therapy, leaving an indelible mark on the field and in the hearts of those she touched.





# HORTICULTURAL THERAPY CERTIFICATE PROGRAM



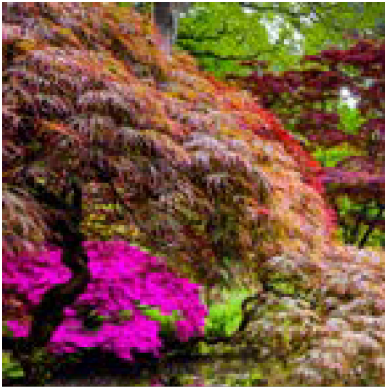
- Accredited by the American Horticultural Therapy Association.
- 21-week online accelerated program.
- Nine credit hours of horticultural therapy coursework required for professional registration.
- Additional human and plant science courses required for professional registration available online.

**Learn more and apply today!**

*For more information or an application  
contact [utgardensht@utk.edu](mailto:utgardensht@utk.edu) or call  
865-974-7151.*

# Concurrent Sessions 1

## OCTOBER 18, 2024 | 10:15 AM - 11:15 AM



Hannah Ball Damberg, Farm Educator &  
Greg Stivland, OTR/L, HTR

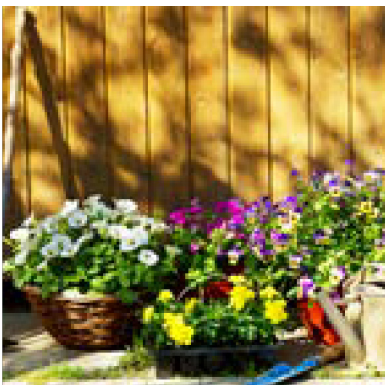
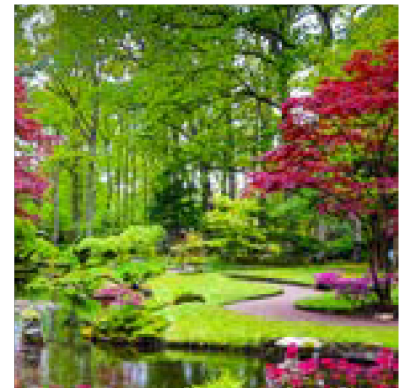
### **SESSION 1A** | *Models of Collaboration and the Intersection of Outdoor Education, Therapeutic Horticulture, and Horticultural Therapy in a Public School Setting*

Description: Explore models of collaboration and examples of how TH/HT collaboration with partners inside and outside the school district work together to support innovative outcomes for students and staff. [CLICK HERE FOR SESSION EVALUATION](#)

Matthew J. Wichrowski, MSW, HTR &  
Teresia Hazen, MEd, HTR, QMHP

### **SESSION 1B** | *Keeping the Foundations Strong: Applications of Nature-Based Wellness in Healthcare*

Description: Session describes the current challenges of stress and burnout in healthcare environments. Wellness program recommendations are shared with a focus on nature-based wellness programs. Case studies from Legacy Health and NYU Langone Health are discussed. [CLICK HERE FOR SESSION EVALUATION](#)



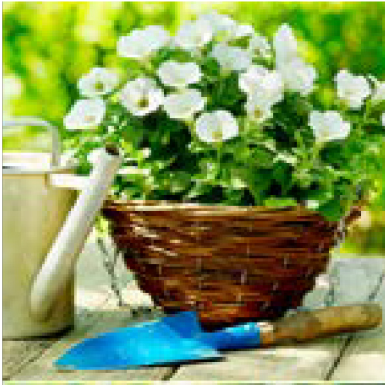
Elizabeth (Leah) Diehl, HTM

### **SESSION 1C** | *Therapeutic Horticulture for Chronic Low Back Pain: A Collaborative Project with Physical Medicine and Rehabilitation and Therapeutic Horticulture at the University of Florida*

Description: This session will follow the development and implementation of a research project using therapeutic horticulture as an intervention for patients of the University of Florida's Physical Medicine & Rehabilitation Clinic. [CLICK HERE FOR SESSION EVALUATION](#)

# Concurrent Sessions 2

## OCTOBER 18, 2024 | 1:30 PM -2:30 PM



Teresia Hazen MEd, HTR, QMHP &  
Cathi Lamoreux, BA, MA

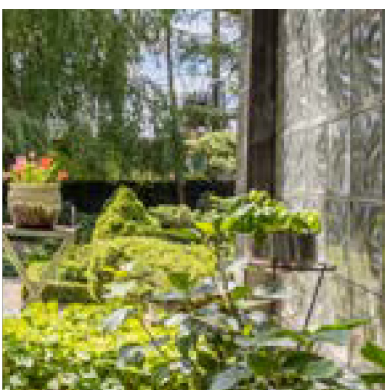
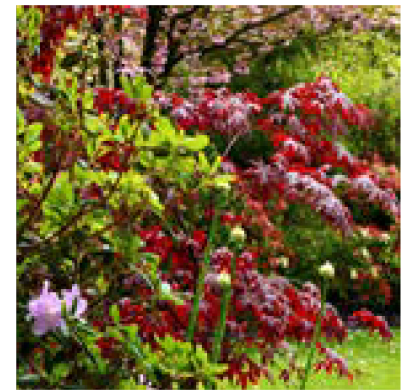
### **SESSION 2A | *Clinical Practice: Elevating Cognition and Communication Strategies for Client Success***

Description: Clients, programs, professionals and AHTA benefit when HTRs and SLPs model collective effervescence promoting and elevating cognition and communication research and strategies to benefit all. [CLICK HERE FOR SESSION EVALUATION](#)

Sarah A. Himmelheber, MSW, LCSW, HTR, PhD &  
Jone Cunningham, B.A.

### **SESSION 2B | *Exploring Process and Outcome Impacts of the Therapeutic Horticulture Program, "Houseplants for Happiness"***

Description: Through analysis of the Houseplants for Happiness program, this session explores how therapeutic horticulture has the potential to support learning and mental wellness for multiple program stakeholders. [CLICK HERE FOR SESSION EVALUATION](#)



Dr. Marsha Vaughn, LMFT

### **SESSION 2C | *How Do I Say What I Do: An HT Treatment Planning Refresher***

Description: HT/TH practitioners vary widely in professional background and work with others who speak different professional languages. This session provides tools to align treatment plans with education, mental health, and wellness programs. [CLICK HERE FOR SESSION EVALUATION](#)

# Roundtable Discussions

## OCTOBER 18, 2024 | 2:45 PM - 4:15 PM



Jay Stone Rice, Ph.D., LMFT

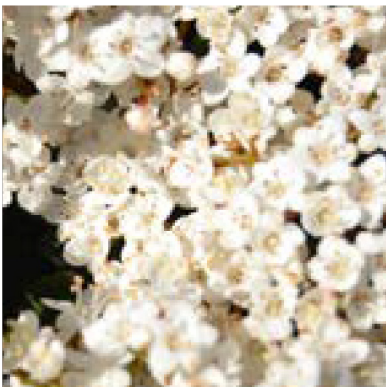
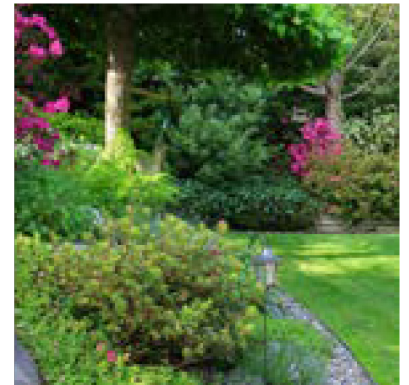
### **ROUNDTABLE DISCUSSION A** | *All My Relations: Respectful Awareness in Horticulture Therapy*

Description: Ecotherapy suggests that our climate emergency stems from the imbalance in the human psyche. This presentation will address practices for attuning and aligning with oneself, with clients and with plants. [CLICK HERE FOR SESSION EVALUATION](#)

Laura Schmidt

### **ROUNDTABLE DISCUSSION B** | *Moving Through Eco-Anxiety: An Experiential Workshop To Reconnect*

Description: Processing our eco-anxiety is a journey we cannot do alone. Come metabolize your overwhelming feelings by reconnecting with yourself, others people, and the planet as you explore resilience strategies. [CLICK HERE FOR SESSION EVALUATION](#)



Eva Creus

### **ROUNDTABLE DISCUSSION C** | *Navigating Change: Horticultural Therapy for Nervous System Regulation*

Description: During this workshop, participants will explore the use of horticulture in the practice of nervous system regulation in the face of modern stressors such as climate change, social conflict, shifting perspectives, and the impact of technology. [CLICK HERE FOR SESSION EVALUATION](#)



# Roundtable Discussions

## OCTOBER 18, 2024 | 2:45 PM - 4:15 PM



Hilda Mechthild Krus

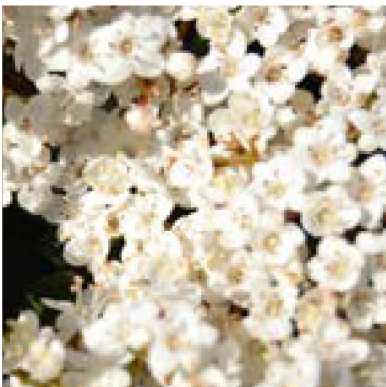
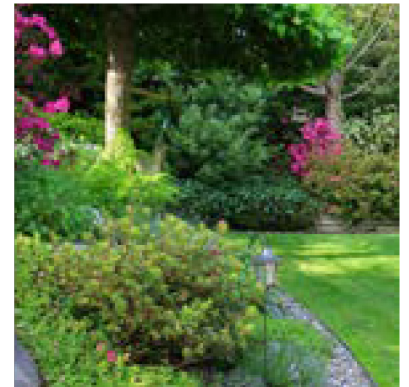
### **ROUNDTABLE DISCUSSION D** | *Embodying Collective Care: On Caring for the Body in the Garden and Greenhouse*

Description: Special place in tending the mind-body connection-supporting individuals in grounding in their body. We will explore best practices, tools, and activities for embodiment in the garden. [CLICK HERE FOR SESSION EVALUATION](#)

Brendan Yukins

### **ROUND TABLE E** | *Using Horticultural Therapy with LGBTQIA+ Populations*

Description: The Queer Community has always found a home in the garden. From flowers as secret code, to LGBTQ campsites, the community uses nature as a way to find ourselves and help others heal. Participants in this roundtable discussion will learn horticultural therapy techniques specific to queer populations and share what they are using already.. [CLICK HERE FOR SESSION EVALUATION](#)



Eileen Graessle

### **ROUNDTABLE DISCUSSION F** | *Therapeutic Horticulture through Nature Journaling with Beetles Project Prompts*

Description: Learn nature journaling techniques to encourage awe and wonder exploring nature through multiple senses. Practice techniques to capture nature interactions with vivid recall and deep connections, through therapeutic horticulture. [CLICK HERE FOR SESSION EVALUATION](#)

# Concurrent Sessions 3

## OCTOBER 18, 2024 | 2:45 PM - 4:15 pM



Lesley Fleming, MA, HTR, Elizabeth (Leah) Diehl, RLA, HTM & Trish Hildinger, BS, HTR

### **LECTURE A** | *Therapeutic Horticulture Activities Database (THAD): Explore the New Resource, Build Your Therapeutic Goal Repertoire, and Share Your TH Activity*

Description: Interactive session will expand your toolkit. Explore Therapeutic Horticulture Activities Database (THAD), build your therapeutic goal repertoire, share effective TH activities: group discussions, communication skills development and practice writing up a TH activity suitable for publication in THAD.

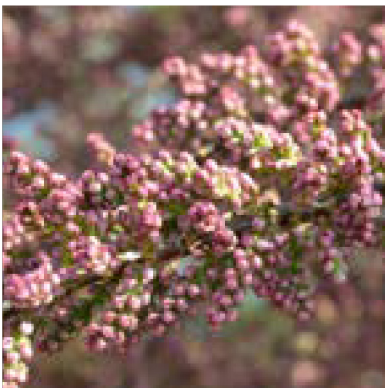
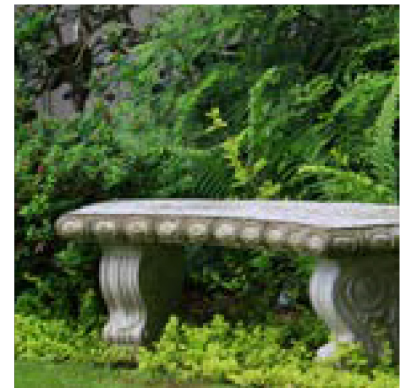
[CLICK HERE FOR SESSION EVALUATION](#)

Bree Rose Stark

### **LECTURE B** | *Building our Emotional Soil: Tending Climate Anxiety and Eco-grief Through Group Therapeutic Horticulture*

Description: Build your soil of resilience in the face of climate anxiety and ecological grief through group therapeutic horticulture. Join an eco-grief centered therapeutic horticulture activity then discuss implications, share stories. [CLICK HERE FOR SESSION EVALUATION](#)

[FOR SESSION EVALUATION](#)



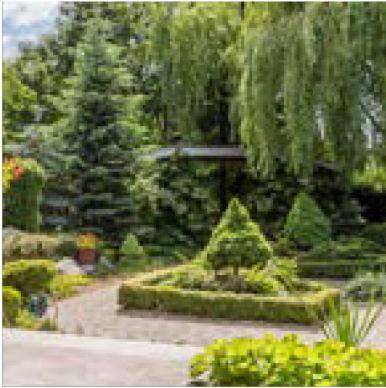
Marisol Clark, HTC

### **LECTURE C** | *Creating Opportunities for Adolescents to Grow Through Horticultural Therapy in a Residential Setting and Introducing Therapeutic Horticulture to K-12 Counselors*

Description: This presentation provides another view of engagement in horticultural therapy with adolescents. They are shown how to care for and create with nature and deepen their connection to it. Part of our program was shared with K-12 counselors through a workshop [CLICK HERE FOR SESSION EVALUATION.](#)

# Poster Presentations

## OCTOBER 18, 2024 | 5:00 PM - 5:30 PM



April Ellis

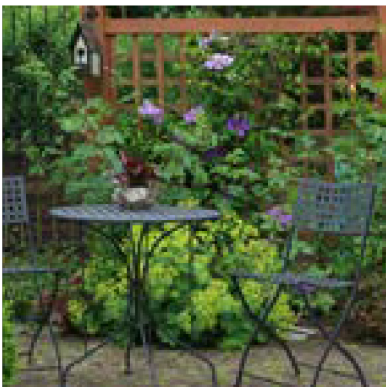
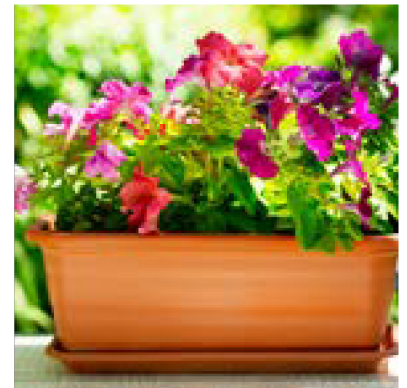
### ***Cultivating Active Hope: Building Anxiety Resilience for Climate Change through Collaborative Horticultural Therapy***

Description: Discover resilience techniques to confront crises with less anxiety. Explore horticultural therapy and The Work That Reconnects for empowered coping strategies in facing larger challenges. [CLICK HERE FOR SESSION EVALUATION.](#)

Phasakorn Fungfoo, Ph.D.

### ***Effects of Horticultural Therapy on Physical and Mental Health, Well-Being, and Cognitive Function in Parkinson's Disease Patients***

Description: This study investigated the effectiveness of an eco-friendly-designed horticultural therapy program on the physical and mental health, well-being, and cognitive function of patients with Parkinson's disease. [CLICK HERE FOR SESSION EVALUATION](#)



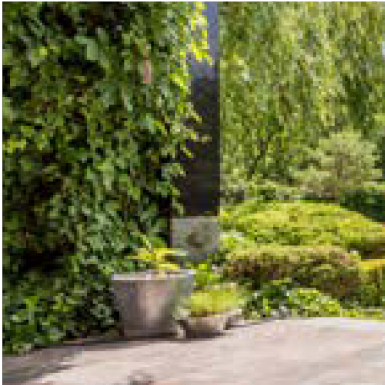
Sarah J. McCracken

### ***Does Participation in HT Wellness Programming Increase Pro-environmental/Social Agency in High School Students?***

Description: High school students are experiencing increasing amounts of climate change anxiety, believing that those in authority are failing, thereby paralyzing pro-environmental agency. Can HT wellness programs foster positive behavior change? [CLICK HERE FOR SESSION EVALUATION](#)

# Concurrent Sessions 4

## OCTOBER 19, 2024 | 10:00 AM - 11:30 AM



Brendan Yukins &  
Dr. Marsha Vaughn, LMFT

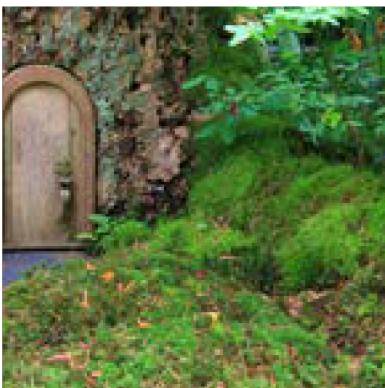
### **SESSION 4A | *Sheltering from the Storm: Therapeutic Horticulture for Families Impacted by Climate Disasters***

Description: Practitioners will learn interventions for family systems coping with two major forms of climate disaster: climate change & limited access to water, food, and safe housing due to political and natural disasters. [CLICK HERE FOR SESSION EVALUATION](#)

Betty Guise, MSW, LSW, HT & Carrie  
McCann, MSW, RYT

### **SESSION 4B | *Grief Gardening: Social Work Perspectives of Horticultural Therapy and Grief***

Description: This lecture and interactive session focuses on HT/TH with people who are grieving a loss. Participants learn about needs of griever, program themes and activities, and hear stories of personal resilience and growth. [CLICK HERE FOR SESSION EVALUATION](#)



Eva Creus presents:

### **SESSION 4C | *Mindful Horticultural Therapy to Promote Well-being***

Description: Drawing from mindfulness and other contemplative practices like compassion to improve self-regulation and promote altruism and generosity. Along with nurturing positive emotions, as an integral part of positive psychology, the session will introduce Mindful Horticultural Therapy to promote well-being. [CLICK HERE FOR SESSION EVALUATION](#)

# Concurrent Sessions 5

## OCTOBER 19, 2024 | 11:45 AM - 12:45 PM



Dr. Chen-Fa Wu, Edwin Nata &  
Phasakorn Fungfoo Ph.D.

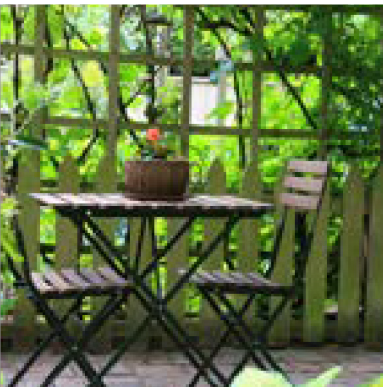
### **SESSION 5A | *Creating A Community Healing Space, Education, and Nature-based Laboratory in the Horticultural Therapy Garden, NCHU, Taiwan***

Description: Horticultural Therapy Garden, NCHU provides an inclusive space for therapeutic, education, and research. We will share some inspirations from the garden such as community education and research outcomes. This includes the gardening methods that have been developed for elderly peoples' health problems e.g. Sarcopenia and Alzheimer's. [CLICK HERE FOR SESSION EVALUATION](#)

Lesley Fleming, MA, HTR

### **SESSION 5B | *For Practitioners: Research You Will Really Reference***

Description: Writing a grant request? Expanding your services & need to convince administrators? Working with a new population? Let this session/presenter guide you through mountains of research, condensing it to need to know essentials for grant writing, elevator speeches & programming with specific populations with a focus on finding research in three key areas: HT, therapeutic gardens & nature-based interventions. [CLICK HERE FOR SESSION EVALUATION](#)



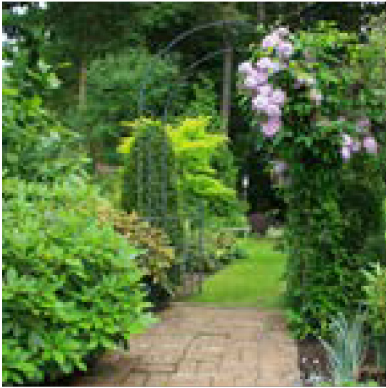
Jeanne M. Schultz

### **SESSION 5C | *Planting Seeds of Freedom - A Sensory Journey Through the 12 Steps***

Description: How do the 12 Steps originally from Alcoholics Anonymous fit into HT/TH? This session will include a demonstration and discussion of sensory activities connected to each of the steps. [CLICK HERE FOR SESSION EVALUATION](#)

# Concurrent Sessions 6

## OCTOBER 19, 2024 | 2:00 PM - 3:00 PM



Karen Haney M.A.

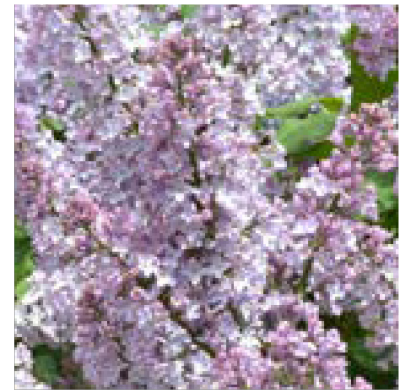
### **SESSION 6A** | *Vista Haven - Developing a School-based Therapeutic Horticulture Program for Unaccompanied Youth*

Description: Vista Haven houses and supports unaccompanied youth. This presentation provides an overview of the development and outcomes of incorporating therapeutic horticulture activities into school programming for this vulnerable, transitional population. [CLICK HERE FOR SESSION EVALUATION](#)

Ally-Anne Rigoli-Redd

### **SESSION 6B** | *How Embracing Seasonal Change Can Affect Mental Health: A Holistic Approach*

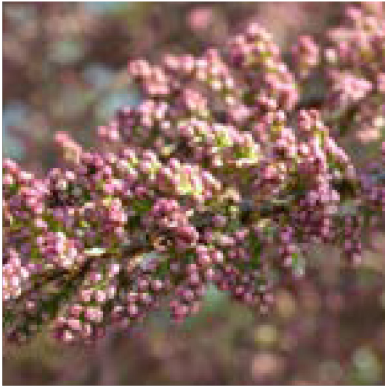
Description: This workshop explores how embracing seasonal changes can positively impact mental health. Several content areas will be discussed, including ways to encourage our clients (and ourselves) to welcome these cycles. [CLICK HERE FOR SESSION EVALUATION](#)



**American  
Horticultural Therapy  
Association.**

# Concurrent Sessions 7

## OCTOBER 19, 2024 | 3:15 PM - 4:15 PM



Gary Altman &  
Melissa Bierman, MS, HTR

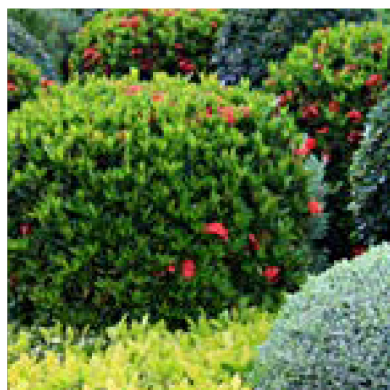
### **SESSION 7A** | *Bridging the Gap Between Horticultural Therapy Treatment Practices and Current Trends in the Helping Professions: Results from a Collaborative Mini Symposium between Rutgers University and Oregon State University Horticultural Therapy Students*

Description: As Horticultural Therapy continues to evolve as a profession, horticultural therapy practices need to continually be adapted and amended to remain relevant to the associated service systems. Students from two AHTA accredited certificate programs met to identify ways to adapt current HT practices to better align with existing services more seamlessly and discuss the issues AHTA practitioners currently face and propose solutions to address them. [CLICK HERE FOR SESSION EVALUATION.](#)

Dr. Deidre Schuetz

### **SESSION 7B** | *Cross-Cultural Collaboration for Optimized Well-Being Within*

Description: Via lived experience, team field research, and exchanges for multigenerational, garden-based programs, this session offers insights into vibrant collaborations within, with, and for people of the (very diverse) African Diaspora. [CLICK HERE FOR SESSION EVALUATION](#)



Sarah J. Rawleigh presents:

### **SESSION 7C** | *Support for Climate Emotions Through the Climate Cafe: An Experiential Workshop*

Description: Experience, and learn to facilitate, a climate cafe, which is a simple, reflective, empathetic space where fears and uncertainties about the climate crisis can be safely expressed and held. [CLICK HERE FOR SESSION EVALUATION.](#)

# THANKS TO OUR SPONSORS





**THANK YOU!**

**WE LOOK FORWARD TO  
SEEING YOU NEXT YEAR!**



**American  
Horticultural Therapy  
Association.**