



tafeSA

CONNECTING PEOPLE AND PLANTS

INTRODUCTION TO HORTICULTURAL THERAPY

**What is Horticultural Therapy?
How to use it?
&
How to Design for it?**

When:
From Monday 5th May 2008

Time:
5.30 – 8.30pm

Where:
Urrbrae TAFE SA
505 Fullarton Road
Netherby
URRBRAE SA

Program:

Week 1: Mon May 5th
Week 2: Site Visit
TBC Sat May 10th or Mon May 12th
Week 3: Mon May 19th
Week 4: Mon May 26th
Week 5: Site Visit
TBC Sat May 31st or Mon June 2nd
Week 6: Mon June 16th

Cost:
Full: \$275.00
Conc: \$200.00
Fees are subsidised by HTSA

For more information please contact:

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Horticultural Therapy SA
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taragraham@bigpond.com

**TO REGISTER ONLINE
CLICK HERE**

6 Week Course Overview

Horticultural Therapy is not only an emerging profession; it is a time-proven practice. The therapeutic benefits of peaceful garden environments have been understood since ancient times.

Horticultural Therapy uses garden related activities to heal social, cognitive, physical and psychological issues as well as enhancing general health and well-being.

Physical environments can be designed to reduce stress, increase creativity, improve health, and to support people's welfare.

Healing, therapeutic and sensory gardens are used just as much today, as in times gone by, to heal, rehabilitate and to provide sanctuary.

This stimulating 6 week short course will showcase successful SA and Interstate Horticultural Therapy programs from a wide range of disciplines.

Introduce plant propagation and garden techniques.

And will also explore the challenge of providing and designing restorative, therapeutic and educational landscapes to meet specific needs, programs and agendas.

The aim of this seminar is to educate about the value of Horticultural Therapy and to encourage discussion and networking between program practitioners, carers, designers and all garden lovers.

LIMITED PLACES - BOOK EARLY

Proudly Supported by Parks and Leisure Australia





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PROGRAM

WEEK 1

- Introduction to Horticultural Therapy, including
 - Overview of course
 - History of Horticultural Therapy/Therapeutic Gardens
 - Range of gardens, programs and activities within different sectors
 - Local/national/international organisations and networks
- Benefits of contact with nature through Horticultural Therapy
- Approaches to communal gardening
 - Community gardens
 - School gardens
 - Intergenerational gardening

WEEK 2

Site visit: Tour through two very interesting gardens, a Community Garden and a School Garden

WEEK 3

- Horticultural processes (practical session)
 - Plant propagation
 - Soil preparation and management
 - Maintenance, including pruning, weeding, watering, mulching
 - Organic gardening principles
- Tools, equipment and materials

WEEK 4

- Sensory Gardens (including aromatherapy)
- Planning and designing therapeutic outdoor spaces for special needs
 - Children: mainstream and special needs
 - Disabilities: physical, intellectual, mental health, sensory
 - Disadvantage: economic and social, including homeless, offenders, drug and alcohol
 - Aged: physical, emotional, social and spiritual needs, memory loss and dementia

Includes consultation, design process, functional and site considerations & construction elements (e.g. raised beds)

- Plant selection for particular purposes, locations and uses

WEEK 5

Site visit: A comparison of best and worst practice therapy and restorative/healing gardens

WEEK 6

- Horticultural Therapy programming for particular needs/disabilities
- Documentation/evaluation of programs
- Funding sources and grants (including writing submissions)
- Course wrap up and evaluation

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