



**tafeSA**

# CONNECTING PEOPLE AND PLANTS

## INTRODUCTION TO HORTICULTURAL THERAPY SHORT COURSE

### When:

From Monday 2<sup>nd</sup> March 2009

### Time:

5.30 – 8.30pm

### Where:

Urrbrae TAFE SA  
505 Fullarton Road  
Netherby  
URRBRAE SA

### Program:

- Session 1: Mon March 2nd
- Session 2: Mon March 9th
- Session 3: Mon March 16th
- Session 4: Mon March 23rd – Site visit
- Session 5: Mon March 30th
- Session 6: Wed April 1st – Site visit
- Session 7: Mon April 6th

### Cost:

Non HTSA Member	Full:	\$300.00
Non HTSA Member	Conc:	\$275.00
HTSA Member:		\$250.00

For more information please contact:

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*Or*

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**TO REGISTER ONLINE  
CLICK HERE**

What is Horticultural Therapy?

How to use it?

How to design for it?

**BOOK EARLY FOR 2009**

### Course Overview

This stimulating 6 week short course will introduce:

How to develop a Horticultural Therapy program

Showcase successful SA and interstate Horticultural Therapy programs from a wide range of disciplines

Plant propagation and garden techniques

How to apply for funding grants

How to design healing/sensory, therapeutic and educational landscapes to meet specific needs and programs

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

### What is Horticultural Therapy?

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.

Proudly Supported by Parks and Leisure Australia





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### 2009 PROGRAM

#### SESSION 1 - INTRODUCTION

- Introduction to Horticultural Therapy
- Therapeutic benefits of gardening through Horticultural Therapy
- What is a Horticultural Therapy program?
- Who can Horticultural Therapy benefit?
- Local/national/international organisations and networks

#### SESSION 2 - PLANTING AND HORTICULTURAL THERAPY TECHNIQUES

- Propagation & pruning techniques
- Sensory plants
- Horticultural Therapy program activities for different user groups
- How to develop a Horticultural Therapy program

#### SESSION 3 – ADAPTING HT TECHNIQUES TO USERS

- Horticultural Therapy program case studies
- Carry out a Horticultural Therapy program session
- Independent Living Centre presentation

#### SESSION 4 – SITE VISIT

- School Garden – Educational HT
- Community Garden – Social HT e.g. refugees, homeless

#### SESSION 5 – PLANNING AND THERAPEUTIC DESIGN

- Strategic planning
- Grant writing and resources
- Outcome measurements & HT program evaluating
- Therapeutic design introduction
- Design principles
- Sensory gardens
- Australian and international design examples

#### SESSION 6 – SITE VISIT

- A comparison of best and worst practice therapeutic and healing/sensory landscapes

#### SESSION 7 – DESIGN

- Planning and designing therapeutic outdoor spaces for special needs  
E.g. Children: mainstream and special needs  
Disabilities: physical, intellectual, mental health, sensory  
Disadvantaged: economic and social, including homeless, offenders, drug and alcohol  
Aged: physical, emotional, social and spiritual needs, memory loss and dementia
- Therapy outcomes
- Strategic planning
- Horticultural Therapy activities
- Course wrap up and evaluation

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