Horticultural Therapy 100 Hours Certificate Course

Technical data

How Do Our Tuition Fees Compare?:

Course Start: Begin your course at anytime.

Course Prerequisite: None - Our course levels are an indication of the depth of learning you should receive. They do not describe the level of difficulty.

Course Qualification (Study Option A): Endorsed Qualification from TQUK - Training Qualifications UK, an Ofqual Approved Awarding Organisation - Completed written assignments, plus final exam (N.B. Some courses have Final Project alternative).

Course Qualification (Study Option B): Certificate of Attainment from ADL - Completed written assignments only - no final exam.

Comparative Credits Information: UK Course Credits: 10 - U.S. Credit Hours: 3 - when compared to regulated courses.

Course Duration and Deadlines: Course hours given are a guide only. Work at your own pace with no assignment deadlines or completion date. You are in control!

Study Support: Personal tutor/mentor support from industry relevant professionals throughout your whole course. Mentors are contactable by e-mail, telephone and through the online classroom. They provide assistance with your course material, plus discuss, explain and give advice when needed.
Suitability for Self Employment and Small Businesses:

Our courses are ideal for sole traders and small business owners and their staff. Customer confidence in what you can do will determine how successful you are in getting clients. Completing one or more of our courses for the service you have to offer, will give you the tools to grow your business.

We aim to achieve the correct balance between your qualification being recognised and providing you with the in-depth learning, to empower you to succeed. Select study option A when enrolling, so an employer can check the status of the awarding organisation for your qualification on the Ofqual Register.

Recognition of Your Course By Employers:

Previous students have used their qualification to get into university. However each one will have its own entrance criteria and acceptance may also depend on your other qualifications and experience.

Recognition of Your Course By Universities:

Bundle up your choice of related courses to form your own qualification. Choose from a Diploma (6 courses), Advanced Diploma (8 courses) and Higher Advanced Diploma (12 courses).

Designing Your Own Qualification:

Online via eCommerce, by completing our Online Application Form, or by calling us on +44 (0) 1227 789 649. Lines open 9am till 5pm Monday to Friday, excluding Bank Holidays and between Christmas and New Year.

How Can I Enrol?:
How Can I Get a Pro-forma Invoice for my Employer?:

Contact us with details and we will email your employer an invoice. We will need:
- employer's name, address, telephone number, email address and contact name.
- We will also require your name, telephone number, email address, date of birth and the course and code you wish to enrol for.

Accredited by ACCPH, which allows you to join as a professional member after completion. Membership means you can add the letters MACCPH after your name.

ACCPH Professional Accreditation:

Horticultural Therapy course online.

Horticultural therapists use horticultural activities as a tool for helping disadvantaged people. The therapy may be focused on either:

- improving or maintaining muscle function, and other aspects of physical well-being
- psychological wellbeing (eg. helping elderly people stay active in their declining years, helping disabled people to have a sense of worth, providing an opportunity for social interaction, etc)
- providing people with impaired capabilities with an opportunity for employment (eg. In a sheltered workshop
- providing a pathway to rehabilitation; or perhaps providing an alternative lifestyle.
- developing practical skills
- developing social skills
- rehabilitation of physically or psychologically damaged individuals

Sometimes programs are developed with a group focus, and at other times they are tailored for the needs of an individual. The therapist may work with a small group, or they may work one on one with individuals. They often work closely with health care professionals or other service providers (eg. A physiotherapist may better understand
the physical needs and limitations of an accident victim. A horticultural therapist working with a physiotherapist can develop a program of horticultural activities for an individual, that is tailored to their needs and leads to effective rehabilitation. The benefit of this “joint” approach may be that the patient can be prescribed a pathway to recovery that does not seem like exercise, and which the patient is more motivated to adhere to).

This course is accredited by ACCPH and allows you to join as a professional member after completion. Membership allows you to add the letters MACCPH after your name (post-nominals).

A horticultural therapist needs to be part horticulturist, part health care worker, part counsellor, and sometimes other things beyond these. They can work in medical or health care institutions (eg. Hospitals, Homes for Elderly), community centres, special schools (eg. for people with disabilities), Sheltered Workshop, Prisons, or any other relevant situation.

Horticultural therapy is used for people with a wide range of cognitive, physical and social skills, including those people:

- Suffering from stroke
- Suffering from heart disease
- With sight impairment (the blind and the partially sighted)
- With dementia
- With learning disabilities
- With physical disabilities (including amputees)
- With underdeveloped social skills
- Chronically unemployed
- Disengaged teenagers
- In substance abuse recovery
- Recovering from illness
- Coming to terms with grief
- Adjusting after personal difficulties in their lives
- With terminal illness
- Rehabilitating after a period in hospital
- With physical restrictions - such as the elderly
Learning Goals: Horticultural Therapy BHT341

- Describe the scope and nature of horticultural therapy.
- Discuss the application and significance of communication skills to interacting with clients in a horticultural therapy situation.
- Identify potential risks to participants within a horticultural therapy program; outline risk minimisation procedures.
- Determine solutions to improve accessibility and usability for disabled people in horticultural situations.
- Describe ways to modify horticultural practices to suit them to disabled people.
- Explain a variety of horticultural therapy solutions appropriate to people with restricted motor skills.
- Describe a range of containerised gardening techniques suited to a horticultural therapy program.
- To create gardens that are appropriate for horticultural therapy situations.
- Explore ways that horticultural therapy can become a partial or fully funded activity by generating income.

Lesson Structure: Horticultural Therapy BHT341

There are 9 lessons in this course:

1. Scope and Nature of Horticultural Therapy
   - Why Horticultural Therapy?
   - Who uses Horticultural Therapy?
   - Where can we use Horticultural Therapy Programs?
   - What are the Benefits of Using Horticultural Therapy?
   - General Benefits
2 Understanding Disabilities and Communicating with people with disabilities - Communication, Teaching and Counselling Skills

- The significance of communication skills to interacting with clients in a horticultural therapy situation
- What are Intellectual disabilities/ intellectually challenged/ learning?
- What are mental illnesses /mental health issues/ mental disorders?
- What is Communication?
- Effective Communication Skills
- Self-Awareness
- Self-Esteem
- Listening
- Teaching Skills
- Learning Principles - What is Learning?
- Teaching Strategies
- Teaching Models
- Recognising Learner’s Needs
- Writing a Program
- Counselling Skills

3 Risk Management - Hygiene for vulnerable people; what extra risks are to be considered in a therapy situation - chemical, physical

- Identifying potential risks to participants within a horticultural therapy program
- Developing risk minimisation procedures
- Risk Management for Vulnerable People
- Workplace Health and Safety Issues
- Identifying Hazards
- Assessing sites and operations for risk
- Conducting a Safety Audit
- Risk Control Methods
- Safety Precautions for a Horticultural Therapy Program
- Manual Lifting
- Rules for Using Tools
Personal Protective Equipment

4 Accessibility and Activities for people with Mobility issues

- Determine solutions to improve accessibility for disabled people in horticultural situations
- Ensuring that horticultural therapy is offered in a way that is accessible to clients and their particular needs
- Help With Manual Tasks
- Examples of Adaptations in Tools and Equipment
- Physical Support
- Understanding Ergonomics
- Working with other Professionals
- Protective Gear

5 Enabling the Disabled - with restricted motor skills

- Modify horticultural practices to be suitable for disabled people
- Enabling Gardening Activities
- Gardening in Raised Beds
- Staged Therapies
- Horticultural Therapy for Mental Disorders
- Effectiveness of Horticultural Activities

6 Producing Things - Vegetables, Propagation, Fruit, Herbs

- The Garden - A Growing Place
- Planning the Crop
- What to Grow?
- Planning the Cropping Program
- Crop Rotation
- No-Dig Techniques
- Propagation
- Sowing and Transplanting Guide
- Transplanting Seedlings
- Crowns, Offsets and Tubers
- Cold Frames
- Fruit
- Herbs
- Propagating Herbs
- Culinary Herbs Directory
7 Growing in Containers - Vertical gardens, pots, Hydroponics

- Growing Plants in Containers
- Problems that can occur with Pots
- Growing Fruit Trees in a Container
- Growing Strawberries in Containers
- Growing Vegetables in Containers
- Vertical gardens
- Hydroponics
- A Simple Hydroponic System

8 Creating a Therapeutic Garden

- Learn to create gardens that are appropriate for horticultural therapy situations
- Creating a Therapeutic Garden
- Consulting with other Professionals
- Garden Retreats for Rest and Recuperation
- Sensory Gardens
- Some popular Plants for a therapeutic garden
- Landscape Principles
- Design Elements
- Plants to Avoid or to use under Certain Conditions

9 Generating Income

- Explore ways that horticultural therapy can become a partial or fully funded activity by generating income
- Working with Others
- Work Hours & Pay
- Sheltered Workshops
- Therapeutic Farms
- Small Business Opportunities for Disabled People
- Certification & Registration

Each lesson culminates in an assignment which is submitted to the school, marked by the school’s tutors and returned to you with any relevant suggestions, comments, and if necessary, extra reading.
Your learning experience with ADL will not only depend on the quality of the course, but also the quality of the person teaching it. This course is taught by Iona Lister and your course fee includes unlimited tutorial support throughout. Here are Iona’s credentials:

Iona Lister
Licentiate, Speech and Language Therapy, UK, Diploma in Advanced Counselling Skills.

Iona has been a clinician and manager of health services for fifteen years, and a trainer for UK-based medical charities, focusing on psychosocial issues, mental health disorders, and also the promotion of communication skills for people in helping roles. She tutors and facilitates groups via workshops and teleconferences, and now specialises in Sight Loss. As a freelance writer, she contributes regular feature articles for magazines, has written five published books, as well as published courses relating to personal development and counselling skills.

Iona has also written published books, courses and articles across a wide range of subjects, mostly in the areas of health, counselling, psychology, crafts and wildlife.

She has drawn experience from clinical and managerial experience within the NHS as well as medical and humanitarian subjects. She has been a regular feature writer and expert panel member of a national magazine for six years.


Courses written include: Mental Health and Social Work, Counselling Skills, Understanding and Responding to Substance Misuse, Journalling for Personal Development, Guided Imagery, Stress Management.

Current work includes: Tutor: Courses associated with Creative Writing, Counselling Skills, Psychology, Holistic Therapy, Certified Hypnotherapist and Hypnotension Practitioner.
Facilitator of Teleconference Groups: Royal National Institute of Blind People (RNIB)

Trainer (Skills for Seeing): Macular Society

Reviewer of Books/Information: Macmillan Cancer Support

Fundraiser: Royal Society for the Protection of Birds (RSPB), Embroidery/Art Groups
Facilitator, Board Member

Website Manager: The Strathcarron Project, Coordinator (Delaware & Tennessee)
Human Writes

Extract from course notes

WHAT ARE THE BENEFITS OF USING HORTICULTURAL THERAPY

There are many benefits to be gained from horticultural therapy. These benefits are both physical and psychological.

General Benefits

• People of any age can participate in horticultural therapy.

• The horticultural therapist can individualise the work they do with a person, according to their abilities, so activities in horticultural therapy should be accessible for all.

• For example, work areas can be made more accessible for people who have difficulties with their back or bending, so that they do not have to bend over work areas. Work areas can be lowered so people in wheelchairs can use them. They can also be lowered so that children can work on benches and so on.

• The location where horticultural therapy is carried out can also be individualised. For example, the area could be controlled so that children or vulnerable adults do not have access to dangerous plants or put plants in their mouths. Gardens can be made accessible for people with wheelchairs, mobility problems, sight difficulties and so on.
Physical Benefits

Horticultural therapy can help people to:

- Improve their fine motor skills. We have fine and gross motor skills. Gross motor skills involve our larger muscle groups, such as when we dig, run or jump. Fine motor skills involve the use of our smaller bones and muscles, as we would in handling secateurs, sowing seeds, writing and so on.

- Increase muscular strength and muscle tone – being involved in gardening can help a person to increase their muscular strength. Even if they are not able to use some of their muscles, for example, if they are unable to use their legs, it can increase their muscle strength and tone in other areas, such as their arms, shoulders etc.

- Increase range of motion – Having to move around, dig, prune, sowing and so on can help increase the range of motion a person has.

- Improve coordination and balance – Being involved in gardening and horticultural therapy can help a person to improve their coordination and balance. Imagine digging, this requires the use of arms and legs, so requires a good range of coordination and balance. If a person cannot use their legs or arms, then the limbs that they do use will require increased strength and tone and also balance and coordination.

Therefore, horticultural therapy can increase a person’s physical health.

Psychological Benefits

- Horticultural therapy also has psychological benefits:

- It can help increase a person’s self esteem. For example, a person who does not feel they are good at things, perhaps they have disabilities or learning disabilities, being able to be involved in gardening and horticulture, and do it well, can increase their self esteem.

- It can help increase their independence – It can help a person to learn new tasks, to work on their own, to learn more about plants and gardening. It can also help with their independence if they are able to transfer these skills to other environments and their own home. For example, growing plants and vegetables in their own home.

- It can also increase the observation skills a person uses. They have to become aware of how plants grow, how seeds should be planted and so on.

- Horticultural therapy can also allow a person to make choices. With some
psychological conditions, such as some learning disabilities, a person may not have very much control over their own life, so being involved in horticultural therapy enables them to make choices and state their independence more than they have possibly in the past.

- Horticultural therapy can increase a person’s problem solving skills – when to plant certain crops, how, how deep, what type of soil, what do they do in less than ideal situations and so on? It can also help them to consider more about their own abilities. People can show great initiative. What if they find digging hard? Or planting seeds hard? The person and the horticultural therapist can look at ways in which they can become more involved, so aiding their problem solving skills also.

- It can also increase a person’s creativity, help them to think of how they do things, how they plant a garden, where is the best place to plant a particular flower, what would look best and so on.

- Gardening and horticulture can also be a place where a person can let out their emotions or stress or anger. Exercise can be a good release of anger and emotion and there is obviously exercise involved in gardening. Also, thinking about the plants and soil and what you are doing can be a good distraction from a stressful situation.

- Horticultural therapy can also have social benefits, allowing the person to interact socially with others, which can also increase their self esteem, social skills and speech and language skills.

- By showing a commitment to living things, a person is taking responsibility for that work, that garden and also to working with others as part of a team or group.

- It can also help a person to deal with success and failure. A person may have many failures in their life, but gardening can help them to find ways to overcome failures. Because a plant does not flower one year or a vegetable crop does not grow as well as planned, this can be used to help the person to look at what they did (problem solving again) and how things could be improved. Was it the wrong soil? The wrong location? Was the weather too cold for the plants to survive? What could they do about that?

- It enables a person to commune with nature and to feel the benefits of doing so.

- It also allows the person to be inspired by others, to learn more about nature and their environment.
EBook to compliment this Course

**Organic Gardening Ebook**

Written for students and keen home gardeners, this colourful ebook is packed with guides and information on how best to take advantage of the organic growing revolution for your plants and garden.

**Organic Gardening**

*by John Mason*

**Organic Gardening eBook course online.** For decades farmers have relied upon chemicals to control pests and diseases in order to produce saleable crops. In the ornamental, vegetable and fruit gardens, reliance on chemical controls have been the mainstay for many gardeners.

Unfortunately it is only recently that we have become aware that many of these chemicals are dangerous to humans, let alone the environment. Natural gardening has however increased in popularity in recent years due to the conscious awareness of safety in the garden, the protection of the environment, plus the desire to produce uncontaminated crops that are healthy to eat.

**Contents**

**Chapter 1**  Introduction (covering the nature and scope of organic gardening)

**Chapter 2**  Soils and Nutrition

**Chapter 3**  Pests and Diseases

**Chapter 4**  Natural Weed Control
Chapter 5  Conservation and Recycling

Chapter 6  Growing Vegetables Naturally

Chapter 7  Growing Fruits, Nuts and Berries the natural way

Chapter 8  Growing Herbs Naturally

Chapter 9  Growing Flowers Naturally

Chapter 10 Growing Trees and Shrubs Naturally

Appendix

https://adlonlinecourses.com/horticultural-therapy-bht341-clid