

# **Outline: Introduction to Therapeutic Horticulture (TH1)**

## **Module 1: Historical Role of Gardens and Nature in Human Health**

- Lesson 1: Ancient through 18th Century
- Lesson 2: Mental Illness in the 19th Century
- Lesson 3: Philosophical and Artistic Influences 19th Century
- Lesson 4: Early Influences on Urban Planning

## **Module 2: Scientific and Theoretical Foundation**

- Lesson 1: Psychologies behind Therapeutic Horticulture
- Lesson 2: Environmental Psychologists Rachel and Stephen Kaplan
- Lesson 3: Other Theories and Studies
- Lesson 4: Gardening and Wellness: Implications for Therapeutic Horticulture

## **Module 3: Settings and Populations**

- Lesson 1: What is Therapeutic Horticulture? Who and where is it practiced?
- Lesson 2: Program Models | Focus on "Therapeutic" Model
- Lesson 3: Vocational Model Programs
- Lesson 4: Wellness Model Programs
- Lesson 5: Program at Central Regional Hospital, Butner, NC

## **Module 4: Human Needs, Therapy Benefits, Therapy Goals**

- Lesson 1: Universal Needs Using Acronym PLANTS | P for Purposeful
- Lesson 2: L for Life Focus | A for Acceptance | N for Nurturance
- Lesson 3: T for Together | S for Safety
- Lesson 4: Goals for therapeutic horticulture sessions

## **Module 5: Growth of Profession, Organizations, Further Study**

- Lesson 1: Evolution of the Profession | American Horticultural Therapy Association
- Lesson 2: Differences between "Horticultural Therapy" and "Therapeutic Horticulture"
- Lesson 3: Other organizations that support the field | Nature-based therapies