

HORTICULTURE AS THERAPY



PRINCIPLES AND PRACTICE

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Editors

Horticulture As Therapy Principles And Practice

AW Rasmussen



Horticulture As Therapy Principles And Practice:

Horticulture as Therapy Sharon Simson, Martha Straus, 1997-11-03 Did you know that plants and plant products can be used to improve people's cognitive physical psychological and social functioning Well they can and Horticulture as Therapy is the book to show you how If you are already familiar with the healing potential of horticultural therapy or even practice horticultural therapy this book will help you enrich your knowledge and skills and revitalize your practice You will learn how horticultural therapy can be used with different populations in a variety of settings what resources are available effective treatment strategies and the concepts behind horticultural treatment The first comprehensive text on the practice of horticulture as therapy this one of a kind book will enable the profession to educate future horticultural therapists with fundamental knowledge and skills as they embark on careers as practitioners researchers and educators You come to understand the relationship between people and plants more deeply as you learn about vocational social and therapeutic programs in horticulture special populations including children older adults those who exhibit criminal behavior and those with developmental disabilities physical disabilities mental health disorders or traumatic brain injury use of horticultural therapy in botanical gardening and community settings adaptive gardening techniques applied research documentation and assessment in horticultural practice Horticulture as Therapy establishes integrates and communicates a foundation of knowledge for horticultural therapists other therapists horticulturists students research scientists gardeners and others interested in this special and unique kind of therapy By reading Horticulture as Therapy you will see how you can make a difference in the health and well being of so many people today and tomorrow

Horticultural Therapy Methods

Rebecca L. Haller, Christine L. Capra, 2016-12-19 Horticultural therapy has evolved from its use only by volunteer gardeners to become a recognized and respected therapeutic modality conducted by trained registered professionals Horticultural Therapy Methods is the first textbook to describe the processes and techniques used to provide horticultural therapy interventions and the rationale for their use This book presents types of programs settings and goals in horticultural therapy It outlines treatment planning development of sessions to meet treatment objectives motivation and behavior management techniques documentation guidelines practical approaches for wellness and resources for activity ideas New to this Edition Various useful examples of horticultural therapy in practice and strategically placed tips and resources Additions to appendix on horticultural therapy treatment strategies New chapter on session planning Thirty seven photographs demonstrating horticultural therapy in practice Additional HT Practice examples and tips The book is used as a reference and a guide for students educators and those conducting horticultural therapy or therapeutic horticulture to guide them in constructing effective treatment programs Health care and human service professionals use the reference in the therapy treatment and education of inmates residents patients trainees students and other participants

The Profession and Practice of

Horticultural Therapy Rebecca L. Haller, Karen L. Kennedy, Christine L. Capra, 2019-02-04 The Profession and Practice of

Horticultural Therapy is a comprehensive guide to the theories that horticultural therapists use as a foundation for their practice and provides wide ranging illustrative models of programming This book aims to enhance understanding and provide insight into the profession for both new and experienced practitioners It is directed to students in the field along with health care and human service professionals to successfully develop and manage horticultural therapy programming The book is organized into four sections an overview of the horticultural therapy profession theories supporting horticultural therapy use models for programs and tools for the therapist Horticultural therapy serves the needs of the whole individual when practitioners have a broad and deep comprehension of the theories techniques and strategies for effective program development and management The Profession and Practice of Horticultural Therapy provides relevant and current information on the field with the intent to inspire best practices and creative effective programs

Nature-Based Play and Expressive Therapies Janet A. Courtney, Jamie Lynn Langley, Lynn Louise Wonders, Rosalind Heiko, Rose LaPiere, 2022-03-13 Nature Based Play and Expressive Therapies addresses a wide range of healing modalities and case studies that can be used in both indoor and outdoor environments Each chapter includes vignettes to support the interventions and approaches presented Readers will find a diverse array of helpful handouts and topics explored including tips for creating outdoor healing gardens and labyrinths guidelines for using nature to address trauma working with sandplay and storytelling in nature adapting nature based interventions via telehealth and much more Chapters focus on work with young children and teens in individual settings as well as work with families and groups making this book an important read for a wide range of mental health professionals

Nature Therapy Yonatan Kaplan, M.D., Petros Levounis, M.D., M.A., 2024-09-10 *Urban Horticulture* Tina Marie Waliczek, Jayne M. Zajicek, 2016-01-06 In the wake of urbanization and technological advances public green spaces within cities are disappearing and people are spending more time with electronic devices than with nature Urban Horticulture explores the importance of horticulture to the lives health and well being of urban populations It includes contributions from experts in research

¡Verdura! - Living a Garden Life Perla Sofía Curbelo-Santiago, 2024-01-02 The 30 step by step plant and nature based projects found in Verdura Living a Garden Life are designed to lead you to better health and wellness through the practice of gardening

Environmental and Human Impact of Buildings Ligia Moga, Teodora M. Șoimoșan, 2021-02-24 Featuring research on topics such as low energy buildings concepts construction materials and technology hybrid energy systems energy balance and wellbeing this book meets the expectations of academicians specialists and researchers in the field along with the scholars seeking coverage on buildings environmental and human impact It presents an integrated approach to the buildings energetic aspects from the perspective of environmental impact together with the indoor wellbeing In this respect the chapters include state of the art case studies as well as research results that validate the raised hypotheses The book integrates topics related to buildings performance approached by researchers with different backgrounds within the civil engineering domain i e achieved energetics

performances obstacles restrictions and limitations issues within design and optimization processes including the new perspectives in the buildings energy sector

Creek's Occupational Therapy and Mental Health Wendy Bryant,Jon Fieldhouse,Katrina Bannigan,2014-06-17 Now in its fifth edition this seminal textbook for occupational therapy students and practitioners has retained the comprehensive detail of previous editions with significant updates including the recovery approach informed by a social perspective Emerging settings for practice are explored and many more service users have been involved as authors writing commentaries on 14 chapters All chapters are revised and there are also new chapters such as mental health and wellbeing professional accountability intersectionality green care and working with marginalized populations Chapter 11 is written by two people who have received occupational therapy examining different perspectives on the experience of using services This edition is divided into clear sections exploring theory and practice issues in detail The first section covers the historical theoretical and philosophical basis for occupational therapy in the promotion of mental health and wellbeing The second section examines the occupational therapy process followed by a third section on ensuring quality in contemporary practice The fourth section offers insights into issues arising from the changing contexts for occupational therapy including an analysis of the implications for occupational therapy education The fifth section has eight chapters on specific occupations that can be applied across the varied settings which are covered in the sixth and final section Occupational Therapy and Mental Health is essential reading for students and practitioners across all areas of health and or social care in statutory private or third voluntary sectors and in institutional and community based settings Presents different theories and approaches Outlines the occupational therapy process Discusses the implications of a wide range of practice contexts Describes a broad range of techniques used by occupational therapists Provides many different perspectives through service user commentaries Coverage of trust as part of professional accountability leadership green care ethical practice using a principled approach Additional and extended service user commentaries An editorial team selected and mentored by the retired editors Jennifer Creek and Lesley Lougher

The Creative Arts in Counseling Samuel T. Gladding,2021-03-23 The Creative Arts in Counseling presents an evidence based exploration of how expressive therapies can be used effectively with clients of all ages and backgrounds After an introduction to the history and benefits of using the arts in counseling Dr Gladding discusses the therapeutic use of music dance movement imagery visual arts writing literature drama humor play animal assisted therapy and horticulture nature and wilderness therapies Text features include a new section on incorporating the creative arts in telebehavioral counseling two part chapter overviews 96 creative reflections for self discovery 145 exercises for use in session and a listing of creative arts and art therapies websites Requests for digital versions from ACA can be found on www.wiley.com To purchase print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to permissions.counseling.org

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