Introduction to Horticultural Therapy
(3.0 credits)

Normally Offered: Spring every other year (even numbered years only). By Joel Flagler.

Pre-requisites and other registration restrictions:
None.

Format: One 2.5 hour class meeting per week. Lecture with hands-on activities

Description:
This is another introductory level course for degree candidates or Certificate candidates. The history and philosophy of Horticultural Therapy are explored in detail and several key populations are discussed. Students will become familiar with the nature of different disabilities and learn how Horticultural Therapy can be structured to meet stated needs and goals for incarcerated, mental health, children, aged and geriatric populations, in addition to others. Adaptive tools will also be covered. This course is accredited by the American Horticultural Therapy Association and counts toward professional registration.

Learning Goals:
• Learn to set goals for individual clients and short-term objectives
• Create calendar of seasonally appropriate activities for the client
• Understand the role of adaptive tools and modified gardening activities
• Develop confidence in program evaluation and documentation

Measures of Assessment:
• Class discussions and homework assignments fortify lessons and provide for effective transfer of ideas
• Individual semester project allows for synthesis of lessons, readings, lectures plus free-ranging ideas for indoor and outdoor programming with special populations

Course Website:
www.aesop.rutgers.edu/~horttherapy

Topics:
• Language of Disabilities
- Nature of physical and developmental disabilities
- Working comfortably with individuals who are differently-abled
- History and foundations of therapeutic horticulture

**Required and Recommended Course materials:**
Required text: Horticulture As Therapy

By Simson & Strauss ISBN 1-56022-859-8

**Policies for Exams, Assignments, Attendance, and Grading**
1st Hourly Exam 15%
Midterm Exam 20%
Final Exam 25%
Semester Project 25%
Attendance & Participation 15%