



American Horticultural
Therapy Association®



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KEYNOTE SPEAKER

Richard Louv is a journalist and author of nine books, including *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*; *The Nature Principle*; *Vitamin N*, and *Our Wild Calling*.

Published in 24 countries, his books have helped launch an international movement to connect families and communities to nature. In 2008, he was awarded the Audubon Medal, presented by the National Audubon Society. Prior recipients included Rachel Carson, E. O. Wilson and President Jimmy Carter. Louv is also the recipient of the Cox Award for 2007, Clemson University's highest honor, for "sustained achievement in public service."

He has appeared on the Today show, CBS This Morning, NPR's All Things Considered and other national media. He also speaks frequently around the world, including keynote addresses at the American Academy of Pediatrics National Conference, the first White House Summit on Environmental Education, the Congress for the New Urbanism, the International Healthy Parks Conference in Melbourne, and Friends of Nature in Beijing, China. He is chair emeritus of the nonprofit Children & Nature Network.



From Outside Magazine:

"Louv is...widely credited with helping spark an international movement to examine the therapeutic benefits of time spent outside. That movement is nearly ubiquitous today. New scientific papers revealing the power of wild places to counteract anxiety, stress, depression, ADHD, and even PTSD seem to make headlines every week. ... But back when 'Last Child' debuted, Louv's ideas were pretty radical. ... Louv proved himself a visionary, able to identify the collective blind spots we've developed amid the rah-rah spirit of our modern hyperdigitized lifestyles."

A woman with curly hair, seen from the side, is wearing a white long-sleeved shirt and appears to be speaking or gesturing towards a blurred audience in the background.

AHTA

Moth Storytelling Session

True stories Told Live!

**Join us on Thursday October 9th
3:00 PM - 4:30 PM (PST)/6:00 PM - 7:30
PM(EST).**

Theme: Lessons learned in the field of Horticultural Therapy

Purpose: To inspire camaraderie with new and old friends through the time-honored art of storytelling; to articulate the challenge, joy, success and comic failure of working in a very real, diverse and exciting therapeutic field.

Come share or listen to brief (3min) stories!



Thursday

Planting Seeds for the Future

This year we're trying something new: a day devoted entirely to horticultural therapy itself—how it's practiced, taught, and carried forward. Our theme, **Planting Seeds for the Future**, comes alive through programs, communities, and educators shaping the profession today.

Keynote – Derick Stowell

Educator, AHTA past president, and leader in the field, Derick will set the stage with a talk on the current state of horticultural therapy.

HT Programs

Sessions highlight creative, effective programs that show the many ways HT supports healing and growth in hospitals, schools, senior living, and communities.

Communities of Practice

Moderated conversations for practitioners serving specific populations—veterans, children, older adults, and more. The goal: connect, collaborate, and continue the dialogue on the forum page of the new AHTA website.

Education

Institutions and certificate programs showcase pathways into the profession and how they are preparing the next generation of horticultural therapists.

Conference Kick-Off – Lana Dreyfuss

Past AHTA president Lana Dreyfuss looks to the future, including exciting progress toward HT licensure.

Moth Up Hour

We close the day with three-minute stories—funny, moving, and inspiring—from participants across the profession. Everyone is encouraged to step up to the mic and share their story—your voice and experiences are what make this community thrive.

SCHEDULE

Thursday, October 9, 2025

(All times are Pacific Standard Time)

7:30 AM	Log in and Tutorial		
8:30 – 9:45 AM	Keynote Speaker — Derrick Stowell ROOM: California Redwood		
9:45 – 10:00 AM	Break		
10:00 – 10:30 AM	Reclaiming Spaces: Accessible Healing Gardens <i>Presenter:</i> Dr. Ivette Ruiz Founder, Healing By Growing Farms ROOM: California Redwood <i>Description:</i> This presentation explores transforming spaces into accessible, healing gardens through Healing by Growing Farms. Learn to combat food deserts, promote environmental sustainability, and cultivate healing connections with nature and farm animals, particularly benefiting the disabled and trauma-impacted communities. Discover funding, consultation, and design opportunities for diverse projects, from sensory to TBI gardens, fostering horticultural therapy and well-being. CLICK HERE FOR SESSION EVALUATION	Pediatric Nature Stations: Therapeutic Garden Programming for Hospitalized Children <i>Presenter:</i> Meghan Mckiernan, BS, HTR , HTR, Manager of the Therapeutic Gardens Program at Legacy Health ROOM: California Fuchsia <i>Description:</i> Participants will learn about Legacy's pediatric nature stations and how horticultural therapy can be applied this way on a clinical level. Participants will learn adaptations for therapeutic horticulture sessions to provide year-round nature stations. Participants will learn about principles and practices for our programming that has allowed our nature stations to be successful for nearly 3 decades! Participants will leave with ideas and inspirations for year-round hands-on horticulture. CLICK HERE FOR SESSION EVALUATION	Therapeutic Horticulture at the University of Florida: 12 Years of Service & Learning <i>Presenter:</i> Elizabeth (Leah) Diehl, RLA, HTM Sam Kaplan Lauren St. Clair ROOM: California Aster <i>Description:</i> This presentation will introduce attendees to the Wilmot Botanical Gardens Therapeutic Horticulture Program at the University of Florida. The TH program, launched in 2012, has served more than 20 different client and patient groups with diverse needs. Several of these groups will be highlighted through a description of program structure, partnerships, funding, activity emphasis, and results. Lessons learned and future plans for the program will be shared. CLICK HERE FOR SESSION EVALUATION

SCHEDULE

Thursday, October 9, 2025

(All times are Pacific Standard Time)

10:30 – 11:00 AM	Gardening for Health: Therapeutic Horticulture for Neighbors Facing Food Insecurity <i>Presenter:</i> Lauren Hickman, HTR Garden & Farm Programs Manager Tarrant Area Food Bank ROOM: California Redwood <i>Description:</i> Join Lauren Hickman, HTR to learn about Gardening for Health, a series that connects HT/TH to food bank programming. This session will provide awareness of the needs of neighbors facing food insecurity, an overview of Gardening for Health at Tarrant Area Food Bank, and insight into this series' use for healthcare initiatives. This program weaves together Therapeutic Horticulture and garden education traditionally delivered by food bank nutrition teams, opening doors to further collaboration. CLICK HERE FOR SESSION EVALUATION	Cultivating Resilience: Horticultural Therapy for Outcomes with Post-Secondary Student <i>Presenter:</i> Bianca van der Stoel Board member, Canadian Horticultural Therapy Association (CHTA) ROOM: California Fuchsia <i>Description:</i> This presentation explores a horticultural therapy-based workshop series for stress management and resilience among post-secondary students, as practiced at VIU in Nanaimo, BC. Attendees will gain insight into program design, pitching, and creation, along with session structure and participant outcomes supported by survey data. Reflections on strategies adaptable for youth and community settings will be shared. This session underscores HT's role in promoting mental wellness and offers practical tools for implementing nature-based interventions in educational and therapeutic environments. CLICK HERE FOR SESSION EVALUATION	Horticultural Therapy as Part of Normalization Reforms in Correctional Institutions <i>Presenters:</i> Julia Kuzovkina John Campanelli Laura Urban ROOM: California Aster <i>Description:</i> This study investigates the role of nature-based design and horticultural activities in promoting normalization within correctional settings. Focus groups with staff at two Connecticut prisons revealed strong support for therapeutic landscapes. Emphasizing the importance of staff-centered approaches, the findings identify both opportunities and barriers to implementation. The study recommends piloting a low-intensity horticultural program at a receptive facility, laying the groundwork for broader integration of horticultural therapy into institutional wellness strategies. CLICK HERE FOR SESSION EVALUATION
	11:00 - 11:15 AM Break		

SCHEDULE

Thursday, October 9, 2025

(All times are Pacific Standard Time)

11:15 - 12:15 PM	Community of Practice - Participate in moderated discussions of various communities of HT practice including mental health, elders, youth, active duty, etc.	
<u>California Redwood</u>	Mental Health	<i>Carol LaRocque</i>
<u>California Fuchsia</u>	Seniors	<i>April Ellis</i>
<u>California Aster</u>	Youth	<i>Kelly Warnick</i>
<u>Coyote Mint</u>	Greenhouse/horticulturalist	<i>Matt Jansen and Trish Hildinger</i>
<u>Coyote Mint</u>	Physical disabilities	<i>Katie Ryzhikov</i>
<u>Western Goldenrod</u>	Education	<i>Sara Rodriguez</i>
<u>Western Goldenrod</u>	Developmental Disabilities	<i>Maryanne McMillan</i>
<u>Western Goldenrod</u>	Veterans Active Duty Military	<i>Donna Hunt</i>
<u>Coyote Mint</u>	HT/TH students & HT education	<i>Christine Capra and Rebecca Haller</i>
<u>Coyote Mint</u>	Independent Contractors	<i>Megan Goulden</i>
12:15 – 12:45 PM	Lunch	

SCHEDULE

Thursday, October 9, 2025

(All times are Pacific Standard Time)

HT/TH Education Institutions: This is an opportunity for anyone interested in pursuing HT/TH to education institutions to hear about programs offered.			
12:45 – 1:15 PM	Institution: Rutgers University Presenter: Gary L. Altman, MS, LAC, CRC, CVE, HTR - Director, Horticultural Therapy Program Department of Plant Biology ROOM: California Redwood CLICK HERE FOR SESSION EVALUATION	Institution: Horticultural Therapy Institute Presenters: Christine Capra Program Manager Rebecca L Haller, HTM ROOM: California Aster CLICK HERE FOR SESSION EVALUATION	Institution: College of DuPage Presenter: Kelly Warnick, HTR, JD Adjunct Instructor ROOM: California Fuchsia CLICK HERE FOR SESSION EVALUATION
1:15 – 1:45 PM	Institution: Temple University Presenter: Peg Schofield HTR Program Director of the HT Certificate Program at Temple University ROOM: California Redwood CLICK HERE FOR SESSION EVALUATION	Institution: University of Florida Presenters: Elizabeth Diehl, HTM, RLA Director of Therapeutic Horticulture Assistant Instructional & Research Professor ROOM: California Aster CLICK HERE FOR SESSION EVALUATION	Institution: Oregon State University Presenters: Anne Gearhart Head Advisor/Instructor Department of Horticulture, Minor in Entomology Melissa Bierman, MS, HTR Instructor: Department of Horticulture - Horticultural Therapy ROOM: California Fuchsia CLICK HERE FOR SESSION EVALUATION
1:45 - 2:00 PM	Break		
2:00 - 3:00 PM	Conference Kick Off: Announcements and Fireside Chat on Credentialing — Lana Dreyfuss ROOM: California Redwood		
3:00 - 4:30 PM	Moth Session — True stories told live! Inspired by the Moth Radio Hour, this session will share or listen to brief (3 min max) lessons learned in the field of HT/TH, through the time-honored art of storytelling. ROOM: California Aster		

Explore the *Healing Power*



of *Plants & Nature*

Undergraduate Certificate in Horticultural Therapy

- PLS 3080 - Introduction to Horticultural Therapy
- PLS 4081 - Techniques in Horticultural Therapy
- PLS 4082 - Program Management in Horticultural Therapy
- ORH 4905 - Independent Study in HT

— **OR** —

PLS 4941 - Practical Work Experience in HT
(internship)



UF/IFAS Environmental
Horticulture Department
hort.ifas.ufl.edu



Friday

The New Nature Movement

Friday marks the official kick-off of the 2025 AHTA Virtual Conference, and we begin in the best way possible—with a keynote by Richard Louv, internationally renowned author and thought leader, who will inspire us with his talk “The New Nature Movement.” His words set the tone for a day of connection, learning, and growth.

Concurrent Presentations – Three Floors of Ideas

After the keynote, the sessions begin across three themed “floors”: California Redwood, Western Goldenrod, and Coyote Mint. Dive into two hours of inspiring presentations, with a 15-minute pause to rest and reflect along the way.

Midday Breaks

A 30-minute lunch break gives space to refresh, followed by our Membership Meeting and Awards—a chance to celebrate achievements and hear updates from across the AHTA community. Afterward, take another 15 minutes to get ready for the next round of sessions.

Restorative Break

For the first time at conference, we’re introducing a natural somatic restorative break—a guided 15 minutes away from screens, designed to restore peace, calm, and focus so you return renewed for the rest of the day.

Final Sessions & Wrap-Up

The last set of presentations across our three floors brings new insights and perspectives. We close the day energized, connected, and ready to carry the New Nature Movement forward.

SCHEDULE

Friday, October 10, 2025

(All times are Pacific Standard Time)

8:00 AM	Log in and Tutorial ROOM: California Redwood		
8:30 – 9:45 AM	“The New Nature Movement” Keynote Speaker —Richard Louv Author and advocate for nature-based well-being, Louv will explore the importance of connecting people and communities with the natural world, setting the tone for the conference. ROOM: California Redwood		
9:45 – 10:00 AM	Break		
10:00 – 11:00 AM	Healing Through Greenery: The Role of Horticultural Therapy in the Revival of Ukraine <i>Presenter:</i> Yuliia Rashkovska –Visionary in Horticultural Therapy and Rehabilitation Gardens in Ukraine ROOM: California Redwood <i>Description:</i> This presentation explores the impact of horticultural therapy in Ukraine, focusing on rehabilitation gardens for children, veterans, and healthcare professionals. Case studies illustrate how therapeutic landscapes provide peace, restoration, and hope in times of crisis. CLICK HERE FOR SESSION EVALUATION	Cultivating Inclusivity: Creating Safe, Equitable, and Honest Teaching Spaces in Horticultural Therapy <i>Presenters:</i> Sarah Tanke, HTR, North Carolina Botanical Garden; Dr. Emily Boehm, University of North Carolina ROOM: California Aster <i>Description:</i> Explores strategies to foster inclusivity in therapeutic horticulture, focusing on accessibility, anti-racist practice, and diverse representation in both practice and teaching. CLICK HERE FOR SESSION EVALUATION	Horticultural Therapy: Enhancing Motor Skills & Emotional Intelligence in Adolescents of Kerala <i>Presenter:</i> Dr. Beela G.K., Professor, Kerala Agricultural University ROOM: California Fuchsia <i>Description:</i> Examines how horticultural therapy supports adolescents’ motor and emotional development, with programs tailored to differently abled youth in India. CLICK HERE FOR SESSION EVALUATION
11:00 – 11:15 AM	Break		

SCHEDULE

Friday, October 10, 2025

(All times are Pacific Standard Time)

11:15 AM – 12:15 PM	TeleHT and Veteran Well-Being: Lessons Learned from the THRIVE Pilot Study <i>Presenter:</i> Brooke Lorenzetti Anne Meore LMSW, HTR ROOM: California Redwood <i>Description:</i> A look at how telehealth-delivered horticultural therapy supports veterans' mental health, addressing both challenges and promising outcomes of remote practice. of vitality, decreases in negative emotion, and relief from mental fatigue. CLICK HERE FOR SESSION EVALUATION	Strength in Numbers: Growing Impact Through Collaborative HT Projects <i>Presenter:</i> Gayle Gratop, HTR ROOM: California Aster <i>Description:</i> Shares case studies of collaborative therapeutic horticulture projects that build community, expand reach, and enhance outcomes through teamwork. CLICK HERE FOR SESSION EVALUATION	A Swedish Model for Nature-Based Rehabilitation <i>Presenters:</i> Hanna Berko Marja Abrahamsson Emelie Rödström ROOM: California Fuchsia <i>Description:</i> An overview of Sweden's well-established nature-based rehabilitation model, with lessons for global practitioners in horticultural therapy. CLICK HERE FOR SESSION EVALUATION
12:15 – 12:45 PM	Break		
12:45 – 1:45 PM	Lunch: Membership Meeting and Awards ROOM: California Redwood		
1:45 – 2:00 PM	Break		
2:00 – 3:00 PM	Unlocking Therapeutic Potential in Community Gardens <i>Presenter:</i> Elizabeth (Leah) Diehl, HTM ROOM: California Redwood <i>Description:</i> Spending time in green and blue spaces is linked to improved health. This presentation will explore research that highlights the health benefits of nature interaction, the primary components of high-quality nature experiences, and the key factors in connecting people and nature. CLICK HERE FOR SESSION EVALUATION	Aligning Your HT Program with Community Partner Needs <i>Presenter:</i> Mike Maddox, HTR ROOM: California Aster <i>Description:</i> Offers strategies for tailoring horticultural therapy programs to meet specific community needs, improving relevance and long-term sustainability. CLICK HERE FOR SESSION EVALUATION	Cultivating Intergenerational Connections Through Horticultural Therapy <i>Presenter:</i> Betsy Anderton Tipton, PhD ROOM: California Fuchsia <i>Description:</i> Explores how horticultural activities integrated with mindfulness practices can reduce stress, regulate emotions, and improve mood outcomes. CLICK HERE FOR SESSION EVALUATION

SCHEDULE

(All times are Pacific Standard Time)

Friday, October 10, 2025

3:00 – 3:15 PM	Break - Restorative Session: 3 Tried and Loved Restorative Practices at The Hort” — Hilde Krus ROOM: California Aster		
3:15 – 4:15 PM	<i>Blossoming Together: Integrating Children with Special Needs into School Gardens</i> Presenter: Li Zheng, Ph.D. Lin Ji Tong Zhu ROOM: California Redwood <i>Description:</i> This proposal showcases research on the relationship between Chinese traditional flower culture and horticultural therapy, with a case study of Mei flower(prunus mume). It highlights the growing role of community horticultural therapy in China and presents an original video that integrates images and music of Mei flower aiming to provide a detailed exploration of Mei flower culture and its potential to offer spiritual inspiration, comfort, and soothing effects in the process of horticultural therapy.	<i>School Sensory Gardens: Building Therapeutic Wellness Through Nature-Based Learning</i> Presenters: Carmen Ketron, MS, MPA Noni Langford ROOM: California Aster <i>Description:</i> The MUSC Boeing Center for Children’s Wellness and Clemson Cooperative Extension Service are leading a collaborative initiative to develop a comprehensive guide for K-12 schools to implement therapeutic sensory gardens. This evidence-based program combines horticultural therapy principles with educational objectives, supporting mental wellness for students and staff. Through pilot testing in twelve schools, the guide provides practical implementation strategies, maintenance protocols, and curriculum integration methods for sustainable school-based sensory spaces that are specific to the seasonal growing conditions of South Carolina.	<i>Meet Me at the Garden: Horticultural Therapy for Dementias</i> Presenter: Lydia Burton, MPH ROOM: California Fuchsia <i>Description:</i> Family caregivers of persons living with Alzheimer’s disease (PLWAD) often experience high mental and physical stress, affecting relationships with the loved ones they care for. This strain progresses with the disease. Exposure to nature reduces stress and improves quality of life. Meet Me at the Garden (MMATG), a collaborative horticultural workshop, was designed to reduce stress, improve caregiver-PLWAD closeness, and improve quality of life using horticultural therapy and hands-on, nature-based activities.
	CLICK HERE FOR SESSION EVALUATION	CLICK HERE FOR SESSION EVALUATION	CLICK HERE FOR SESSION EVALUATION
4:15 - 4:30 PM	Announcements ROOM: California Redwood		
4:30 PM	End of Day		



Saturday

Planting Seeds for the Future

Saturday begins with a deep dive: a 90-minute workshop designed to give you hands-on tools and inspiration you can carry directly into your practice.

Concurrent Presentations

Next, we move into a set of concurrent presentations across our three virtual floors, with a 15-minute break to recharge in between.

Restorative Break

Take a mindful pause with our horticultural therapy-based restorative break—15 minutes away from screens to breathe, center, and restore before the next round of engagement.

Live Poster Session

Then, for one hour, explore our live poster session. Each floor features poster presenters at virtual tables—walk floor to floor, table to table, and discover the diverse range of projects, programs, and research being shared.

Final Sessions & Closing Reflections

The last set of concurrent sessions wraps up the educational program, followed by Closing Reflections with incoming AHTA President Kelly Warnick. Together, we'll celebrate the close of this year's conference and look forward to the exciting announcement: next year's conference will be in person, in California!

SCHEDULE

Saturday, October 11

(All times are Pacific Standard Time)

8:00 AM	Log in and Tutorial ROOM: California Redwood	
8:30 - 8:45 AM	Kick off and Announcements ROOM: California Redwood	
8:45 AM - 10:15 AM	Reach for Growth: A Pathway Back to Our Wisest Self <i>Presenter:</i> Stephanie Ramirez ROOM: California Aster <i>Description:</i> The question we will seek to answer is, "How do we guide a client back to their wisest self, using horticulture?" As helping professionals, we may find ourselves feeling overwhelmed by a client's experience or even feel helpless due to the limitations of our role, resources, or knowledge. Stephanie will pave a path for us by describing the unbeatable combination between horticultural therapy and internal family systems theoretical framework. CLICK HERE FOR SESSION EVALUATION	It's NO Joke~ Humor and Horticultural Therapy <i>Presenters:</i> Hsiang-Hua Chen (aka Melanie), MS, HTR Libba Shortridge, MLA, HTR ROOM: California Fuchsia <i>Description:</i> Integration of humor into horticultural therapy (HT) as a catalyst for openness, ingenuity, and genuineness. It emphasizes humor's role in activating the brain's reward system, reducing stress, enhancing connection, and fostering awe. Through stories, metaphors, and personal insights, the presentation highlights how humor strengthens therapeutic alliances, supports emotional recovery, and enriches the healing process. CLICK HERE FOR SESSION EVALUATION
10:15 - 10:30 AM	Break	

SCHEDULE

Saturday, October 11

(All times are Pacific Standard Time)

10:30 AM - 11:30AM	Efficacy of a Mindful Gardening Program Associated with Mindfulness and Compassion for Improving Self-Regulation and Enhance Wellbeing in Children and Adolescents with Psychiatric Diagnoses: A Study Protocol <i>Presenter:</i> Eva Creus ROOM: California Redwood <i>Description:</i> Mindfulness goes beyond relaxation; it fosters awareness, kindness, compassion, and positive emotions. Alongside medical treatment, fostering positive emotions and qualities, resilience, and strong relationships in children with mental health conditions is crucial. This session presents a pilot randomized controlled trial (RCT) study protocol based on a mindful gardening program for well-being at a child psychiatric hospital in Spain with eating and disruptive behavior disorders. CLICK HERE FOR SESSION EVALUATION	ECO-PSYCHE NEXUS (EPN) FRAMEWORK <i>Presenter:</i> Daniela Silva-Rodriguez ROOM: California Aster <i>Description:</i> This presentation will showcase the NATURELAB project as a case study for applying the EPN framework, developed by the Asociación Panamericana de Horticultura Terapéutica y Social (APHTS). NATURELAB aims to implement nature connection activities for diverse populations, including the elderly, children, and individuals with mental or physical disabilities. The project utilizes a mixed-methods approach, combining qualitative interviews, quantitative surveys, and ecological assessments, to evaluate the effectiveness of these interventions in health prevention, rehabilitation, and overall well-being CLICK HERE FOR SESSION EVALUATION	Co-Designing Therapeutic Gardens for Multilayered Community Benefits <i>Presenters:</i> Deidre Schuetz Kenneth Powell-Wilson ROOM: California Fuchsia <i>Description:</i> Nutrition Garden Rx presents approaches to co-designing and implementing therapeutic garden/program models optimized for 6 levels of health and climate community benefits. Based in 12 aspects of well-being, NGRx highlights therapeutic gardens/programs and opportunities to boost health/ecological benefits. We amplify public awareness via an educational marketing campaign illustrating action steps that people, communities, and ecosystems can take to increase their impact for health and ecological solutions for themselves, locally, nationally, and internationally. CLICK HERE FOR SESSION EVALUATION
11:30 AM- 11:45 AM	Break		

SCHEDULE

Saturday, October 11

(All times are Pacific Standard Time)

	ROOM	Live Poster Presentations
11:45 - 12:45 PM	<u>Coyote Mint</u>	Dr. Paul Shing-fong Chan - The Impact of Horticultural Therapy on Student Well-being This presentation includes a systematic review of 15 research studies published in English on the effects of horticultural therapy (HT) on students' well-being. The review examines psychological, social, and educational benefits, and highlights its relevance to mental health, and discussing key interventions. Attendees will gain insights into HT enhances emotional stability, social skills, and academic engagement. The session will provide evidence-based perspectives for educators, therapists, and researchers interested in integrating HT into student development programs. Phasakorn Fungfoo - Horticultural Therapy and Cognitive Function in Dementia: A Meta-Analysis This presentation examines the impact of horticultural therapy on cognitive function in older adults with dementia through a meta-analysis of relevant research studies. Findings support the integration of horticultural therapy into medical and community settings, highlighting its role in enhancing the quality of life for individuals with dementia. This study reinforces the therapeutic potential of horticultural interventions and provides evidence for their broader application in dementia care.
	<u>Coyote Mint</u>	Virginia Cioncoloni - Impact of Horticultural Therapy on Cancer Patients: A Pilot Study This pilot study examined the impact of horticultural therapy (HT) on psychological well-being and stress levels in cancer patients. Conducted at the PRIME Center in Cesena (Italy), the structured program integrated nature-based activities with therapeutic techniques, showing promising qualitative results, including increased relaxation and emotional balance. Findings highlighted HT's potential as an integrative approach in oncology care and emphasized the importance of multidisciplinary collaboration, reinforcing its feasibility in clinical settings to enhance patient well-being.
11:45 - 12:45 PM	<u>California Fuchsia</u>	Christopher Banke - School-Based Groups: Integrating CBT and Horticulture Interventions Case study examples will be given of a psychoeducation/experiential group that integrates Cognitive Behavioral Therapy skills and Horticultural Therapy techniques and interventions for self-regulation and multi-sensory learning. Lessons learned from the implementation of 6 different middle school groups, across 4 different schools, will be shared. Student feedback, given on pre and post test subjective rating scales, indicates moderate gains in conflict management skills, and consistent student desire for more horticultural therapy interventions.

SCHEDULE

Saturday, October 11

(All times are Pacific Standard Time)

	ROOM	Live Poster Presentations
11:45 - 12:45 PM	<u>California Fuchsia</u>	Rohini Y. Deshpande, Phd (Hort), HTR - Pulses in Horticultural Therapy: Growing Wellness through Legumes Pulses are excellent plants for therapeutic gardening due to their ease of growth, nutritional values, and environmental benefits. Pulses are suitable for beginners, adaptable to containers, gardens, and raised beds. They offer a full-cycle growing experience. Pulses also represent nourishment, resilience and sustainability. Several activities involving pulses have physical, mental and emotional benefits by improving fine and gross motor skills, providing a sense of accomplishments to name a few. Pulses represent the seeds of the future.
	<u>California Fuchsia</u>	Elizabeth D. Eubanks, M.Ed. - Therapeutic Horticulture and Grief Healing: A Holistic Approach for Children This poster presentation showcases an independent study, as a final project for the Horticultural Therapy Certificate program at UF, exploring horticultural therapy for grieving children. Through activities like soil sorting, food gardening, turmeric harvesting, ecstatic dance, and forest bathing, the project promotes emotional healing, resilience, and self-expression. Rooted in grief counseling, these nature-based practices help children process loss, reconnect with themselves and the earth, and find creative outlets for grief, fostering personal growth and transformation. Julia Kuzovkina, John Campanelli, and Laura Urban - Horticultural Therapy as Part of Normalization Reforms in Correctional Institutions This case study takes a holistic approach to implementing normalization initiatives in correctional institutions, including correctional staff, incarcerated individuals, and their families when incorporating horticultural therapy principles into treatment, landscapes, and vocational programs. Considering the normalization goal of making life within prison walls resemble life in outside communities, the reforms will focus on decreasing stress levels, while fostering healthy relationships among staff, incarcerated individuals and their families, and providing incentives for smooth transitions back into outside communities.
11:45 - 12:45 PM	<u>California Aster</u>	Stacey LaFave - Nature-Based Approach to Living Beyond Cancer This presentation will describe a nature-based program that was part of a clinical trial currently being done at a rural community hospital entitled The Impact of Three Unique Psychosocial Programs on Fear of Recurrence and Emotional Distress after a Cancer Diagnosis. This program utilized the techniques of horticultural therapy and forest therapy to reduce stress and anxiety and increase resilience by helping individuals to connect with the healing benefits of nature within a supportive community.

SCHEDULE

Saturday, October 11

(All times are Pacific Standard Time)

11:45 - 12:45 PM	ROOM	Live Poster Presentations
	<u>California Aster</u>	Quechuan Sudbury - The Gardener-Garden Mutuality: A Dance of Growth and Well-being This presentation explores the dynamic interplay between the gardener and the garden, highlighting the co-evolutionary process and the mutual benefits that arise from this relationship. It also discusses the challenges and considerations for fostering a successful gardener-garden mutuality.
	<u>California Aster</u>	Avery Wageman - Walk & Talk Therapy: Cultivating Mental Health in Rural Colleges Rural colleges face unique challenges in providing mental health services, as students often hesitate to seek help due to stigma, sociocultural beliefs, and prior inaccessibility. Walk-and-talk therapy, which integrates movement with counseling in natural settings, offers a promising solution. By fostering informal, stigma-reducing conversations, this approach helps bridge gaps in rural mental health care, making services more approachable and effective for college students who may otherwise avoid traditional therapeutic settings. Annette Hatala - Portable/Temporary Vertical Gardens Portable, temporary vertical gardens provide meaningful horticultural experiences across diverse patient populations and settings. Strategically positioning a vertical garden to a patient who is bedbound can facilitate functional reach and bed mobility, transporting the garden indoors can facilitate classroom planting activities and meandering through a facility with a vertical garden can foster opportunities for spontaneous conversation and community among participants and staff. Portable wall gardens can provide beauty, engagement and flexibility while providing meaningful interventions.

Passion into Profession

Our goal at the Horticultural Therapy Institute is to help you do just that and more. Through professional, interactive training, our students gain the skills and confidence to create and manage successful horticultural therapy (HT) programs.



OUR CLASSES

We offer a certificate in horticultural therapy with flexible face-to-face or online accredited classes scheduled in 4-day intensive formats. Class assignments offer opportunities to apply knowledge to problem-solving and real-world HT program development.



OUR IMPACT

At HTI student's lives are changed and they in turn advance the lives of the people they serve. That adds up to a long reach across communities near and far. To achieve those positive transformations HTI offers professional preparation with **quality, value and experience.**



American Horticultural Therapy Association.

THANKS EVERYONE FOR JOINING US THIS YEAR!



SCHEDULE

Saturday, October 11

(All times are Pacific Standard Time)

12:45 PM - 1:45 PM	Horticultural Therapy for Perinatal Mental Health <i>Presenter:</i> Manuela de Szyszlo ROOM: California Redwood <i>Description:</i> Perinatal mental health concerns, such as anxiety, depression, and social isolation, significantly affect mothers and families. Traditional treatments often overlook non-pharmacological, cost-effective approaches. This feasibility study explores the potential of horticultural therapy as a nature-based intervention to improve mental well-being in pregnant and perinatal women, reducing depression, anxiety, and isolation. The presentation will discuss the study's methodology, anticipated outcomes, and the integration of horticultural therapy into perinatal care.	Building Community: Horticultural Therapy and Youth with Substance Use Disorder <i>Presenter:</i> Kenneth Harvey, MA, IAH, THP ROOM: California Aster <i>Description:</i> Research has demonstrated that community engagement and well-being are inter-related. Additionally, studies indicate that higher civic engagement among youths leads to improved health outcomes and lowers instances of risky behaviors. Many horticultural therapy activities can be used to demonstrate community relationships. This presentation will give examples of how to use common horticultural therapy activities to discuss communities and how to guide the discussions toward clients understanding the importance of communities in their own health outcomes.	Sense of Place? How Does This Apply to HT/TH? <i>Presenters:</i> Lesley Fleming, MA, HTR Bree Stark ROOM: California Fuchsia <i>Description:</i> Nutrition Garden Rx presents approaches to co-designing and implementing therapeutic garden/program models optimized for 6 levels of health and climate community benefits. Based in 12 aspects of well-being, NGRx highlights therapeutic gardens/programs and opportunities to boost health/ecological benefits. We amplify public awareness via an educational marketing campaign illustrating action steps that people, communities, and ecosystems can take to increase their impact for health and ecological solutions for themselves, locally, nationally, and internationally.
	CLICK HERE FOR SESSION EVALUATION	CLICK HERE FOR SESSION EVALUATION	CLICK HERE FOR SESSION EVALUATION
1:45 - 2:00 PM	Restorative Session Nature Nests: A Calming Creation for All Ages - Cantrece Jones ROOM: California Aster		
2:00 - 3:30 PM	Closing Event and Reflections/ 2026 Announcements ROOM: California Redwood		
3:30 PM	End of Conference		

AHTA Work Teams, Review Boards, and Committees

The AHTA work teams, review boards, and committees conduct the business of the Association through the collaboration between the AHTA Board of Directors and the AHTA membership. AHTA welcomes and encourages membership participation. Please contact the AHTA office at info@ahta.org for more information.

AHTA Magazine Work Team

Chair: Linda Brown-Kuhn, HTR

The AHTA Magazine Work Team strives to keep the membership informed about the organization, the horticultural therapy profession, and related horticultural therapy information through soliciting, writing, and editing articles for the tri-annual AHTA Magazine.

Awards Review Board

Chair: Kelly Warnick, HTR

The Awards Review Board supports the Association by administering the AHTA Awards Program, reviewing the nominations, and selecting nominees. Awards are presented at the Awards Ceremony held annually at the AHTA Conference.

Certificate Program Accreditation Review Board

Chair: Donna Hunt

The Certificate Program Accreditation Review Board supports the Association by providing an objective review of Certification Program applications.

Conference Work Team

Chair: April Ellis, LCSW, HTR

The Conference Work Team assists in the planning and development of the AHTA Annual Conference. Work team members evaluate submissions, review programs, and assist onsite at each conference.

Credentialing Work Team

Chair: Lana Dreyfuss, LPCC, LCADC, SEP, HTR

The Credentialing Work Team is responsible for researching and identifying the necessary steps to pursue the professional credentialing of horticultural therapists.

Marketing Work Team

Chair: Christina Kocol, LPC, NCC, CGP

The Marketing Work Team expands the awareness, knowledge, and understanding of the Association through outreach, advertising, networking, and developing fundraising endeavors.

Membership Work Team

Chair: Brendan Yukins, LSW

The Membership Work Team is responsible for all aspects of the AHTA membership and for developing ideas and events to increase membership in the Association.

Nominations and Elections Review Board

Chair: Lana Dreyfuss, LPCC, LCADC, SEP, HTR

The Nominations and Elections Review Board supports the Association by providing an objective review of the nominee applications for the AHTA Board of Directors.

Professional Education Work Team

Chair: Rebecca Francis, EdD, HTM

The Professional Education Work Team facilitates communication with horticultural therapy educators, the AHTA membership, and potential students regarding academic and professional opportunities.

Professional Registration Review Board

Co-Chairs: Katie Ryzhikov, HTR and Nicole Giron, MPH, CTRS, HTR

The Professional Registration Review Board supports the Association by providing an objective review of professional registration applications.

The AHTA Journal of Therapeutic Horticulture Editorial Review Board

Editor: Matthew Wichrowski, HTR

The AHTA Journal of Therapeutic Horticulture Editorial Review Board facilitates the dissemination of horticultural therapy information, research, and professional practices through the publication of the bi-annual AHTA Journal of Therapeutic Horticulture.

Sponsorship Work Team

Co-Chairs: Kelly Warnick, HTR and Kamyshia Thompson

The sponsorship work team is responsible for innovative ways to attract sponsors to support the mission of AHTA while heightening visibility of AHTA professional practice worldwide.

Webinar Work Team

Chair: Holly Harrison

The webinar work team is responsible for the design, implementation, and evaluation of webinars related to horticultural therapy.

**Thank you to all our members who
participate and help our organization
run smoothly!**



President
Matthew Janson,
HTR, CTRS



President-Elect
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HTR, JD



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LCSW, HTR



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NCC, CGP



Holly Harrison



Jeanne Schultz, M.Ed.,
CARES, HTR

Cultivating Healing

A H T A M A G A Z I N E

Do you like to write? Or do you prefer editing? Are you more of an ideas person? We need you on the Magazine Work Team!!



Only 3 zoom meetings a year. To find out more, contact Linda at lindabk11@gmail.com or info@ahta.org



THE AHTA JOURNAL OF THERAPEUTIC HORTICULTURE EDITORIAL REVIEW BOARD



The AHTA Journal of Therapeutic Horticulture Editorial Review Board facilitates the dissemination of horticultural therapy information, research, and professional practices through the publication of the annual AHTA Journal of Therapeutic Horticulture.



JOIN THE CONFERENCE WORK TEAM



THRIVE IN THE GROVE: JOIN THE TEAM BEHIND THE 2026 CONFERENCE

Help design an unforgettable AHTA Annual Conference—virtual and in person. From inspiring keynote speakers to engaging sessions, you'll shape the program, review submissions, and support the onsite experience. Connect with colleagues, influence the future of HT gatherings, and be part of creating something extraordinary.

October 15-17, 2026

Shaping the Future Under the Redwoods

The AHTA Accreditation Review Board Committee...

Accepts applications from Colleges & Universities who want their Horticultural Therapy Program (HTP) certified by AHTA.

We review the applications to ensure that each class meets our standards for HTP.

When an HTP has been accredited by our team, you are guaranteed that program meets the highest standard in the industry

Join The Team

**To learn more about the
Accreditation Review
Board Committee
please contact
Donna Hunt at
hunt donna26@gmail.com**



BE A TRAILBLAZER IN HORTICULTURAL THERAPY!

**The Credentialing Work Team
is driving the movement toward
credentialing with the launch
of the HT-BC in October 2026!**

**A historic step for AHTA that
will elevate our profession for
generations to come.**

*Join us, and be part of HT
history in the making.*



**GROWING
IMPACT**

Join Us in Growing Partnership

The sponsorship work team is responsible for innovative ways to attract sponsors to support the mission of AHTA while heightening visibility of AHTA professional practice worldwide.



Visibility in the
horticultural therapy
community



Networking with
professionals and
organizations



Showcasing
education and
research

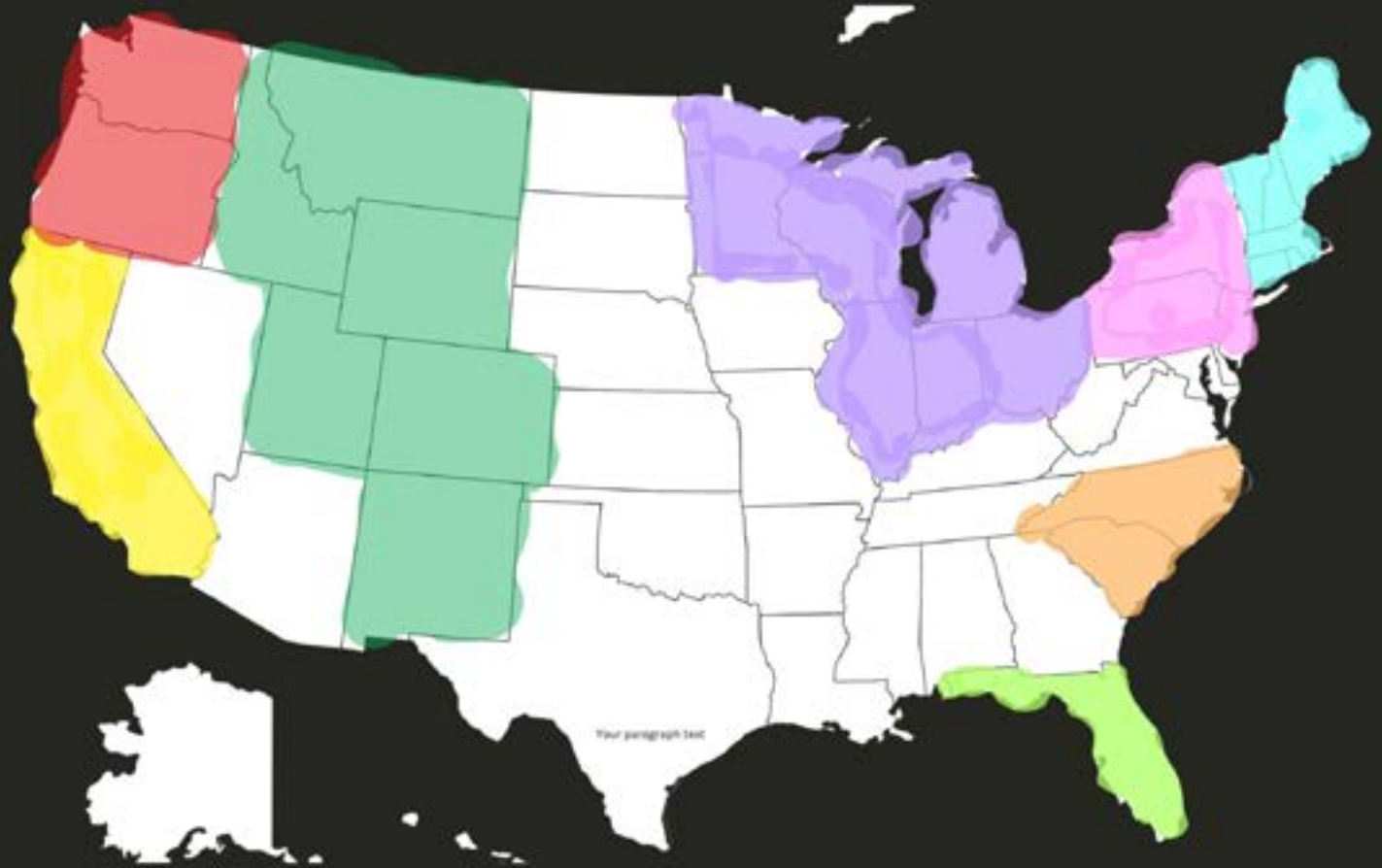
Learn More & Sponsor →

www.ahta.org/sponsorship
info@ahta.org



HORTICULTURAL THERAPY

Regional Groups



California Horticultural
Therapy Network



Florida Horticulture for
Health Network



Carolinas Horticultural
Therapy Network



Michigan Horticultural
Therapy Network



Northeast Horticultural
Therapy Network



Mid-Atlantic Horticultural
Therapy Network



Northwest Therapeutic
Horticultural Network Group



Rocky Mtn Horticultural
Therapy Network



A vibrant professional community of HT & TH practioners, those aspiring to join the field and others who support & champion the practice

OUR MISSION

The Mid-Atlantic Horticultural Therapy Network is dedicated to fostering the awareness and application of horticultural therapy as a dynamic professional practice in the Mid-Atlantic region through education, communication and networking.



FOLLOW
JOIN and
LEARN MORE



Connecting Hearts, Hands & Horticulture

mahtn.org



California Horticultural Therapy Network



CaliforniaHorticulturalTherapy.com

***Our Goal is to catalyze collaborations and advance
the profession of horticultural therapy in California***

- **Free Membership**
- **All Are Welcome**

**Quarterly mtgs to share ideas & enhance our practice
through meaningful connection**



California Horticultural
Therapy Network



@CaliforniaHTNetwork



CAROLINAS HORTICULTURAL THERAPY NETWORK

Join us!

CHTN is a community dedicated to growing the practice of horticultural therapy and therapeutic horticulture through promoting professional education, sharing best practices, and facilitating a peer network for ongoing collaboration.

Annual membership is just
\$25!

carolinashtn.wildapricot.org





Michigan Horticultural Therapy Association's mission is to promote and encourage interest in the development of horticultural and related activities as a therapeutic and rehabilitative medium throughout Michigan and the Great Lakes Region.



The goals of MHTA are as followed:

- Supporting acceptance of horticultural therapy
- Promoting horticultural therapy education throughout Michigan and the Great Lakes Region
- Supporting programs that utilize horticultural therapy in Michigan and throughout the Great Lakes region
- Strengthening the organizational structure of the Michigan Horticultural Therapy Association



Learn more @

www.nehorticulturaltherapy.net

Join us @:

[www.nehorticulturaltherapy.net/
membership](http://www.nehorticulturaltherapy.net/membership)

Northeast Horticultural Therapy Network is a professional organization whose mission is to serve our members and the public by promoting and advancing the use of horticulture as an effective therapy, through advocacy, education and financial support.



www.instagram.com/nehtn

www.facebook.com/NEHTN



American Horticultural
Therapy Association.

Save the Date!

THRIVING IN THE GROVE

BUILDING RESILIENCE THROUGH
HORTICULTURAL THERAPY

Watch a Sneak
Peek!

WWW.AHTA.ORG

AHTA
ANNUAL
CONFERENCE
OCTOBER 2026



**American Horticultural
Therapy Association®**

THANK YOU!

**WE LOOK FORWARD TO
SEEING YOU
IN PERSON NEXT YEAR!**