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March 2025 Newsletter

What's included in this month's newsletter						
President's Message	NHTW	News & Events	Webinar	Sponsorship	HT Activity	Membership

President's Message

Dear AHTA Community,

As we "spring" into the new season, it's a great time to reflect on the growth and renewal that comes with both nature and our work in horticultural therapy. Much like the plants we tend to, our field continues to blossom, and it's heartening to see how far we've come in supporting one another and spreading the benefits of nature-based healing.

This time of year is a perfect reminder that, just like the roots of a plant, our association is grounded in community and shared purpose. We've seen remarkable growth in the awareness and collaboration of Horticultural Therapy, and it's clear that our collective efforts are "branching out" in exciting ways. Whether you're nurturing new ideas, cultivating professional relationships, or planting seeds of knowledge through our educational opportunities, I encourage you to keep pushing the boundaries of what horticultural therapy can achieve.

As we look ahead, let's continue to "grow" together — supporting each other and advancing our field. There are so many ways to get involved, from submitting research for our *Journal of Therapeutic Horticulture* to planning a webinar or even writing an article for our magazine. Every small step you take helps our community thrive and reach new heights.

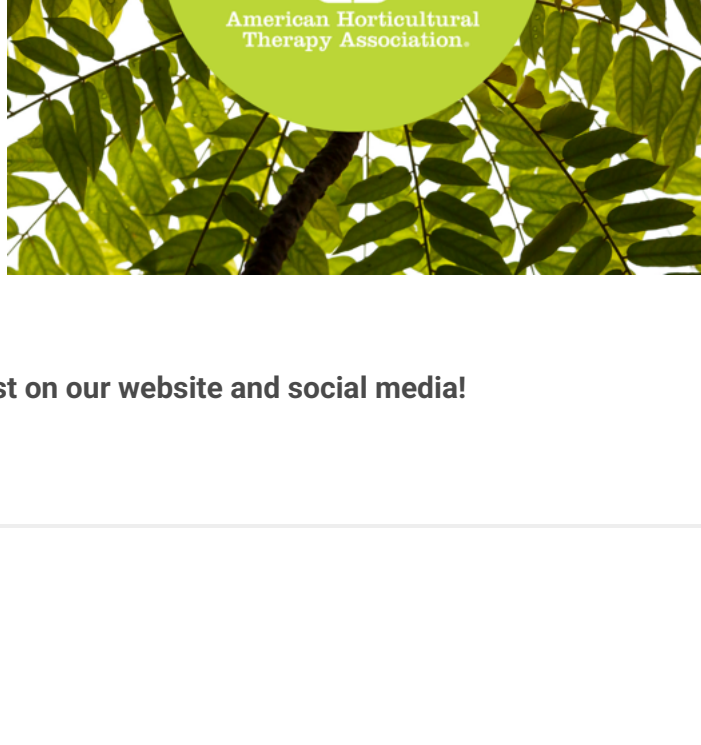
Thank you for all you do to cultivate healing and well-being through nature. With your dedication, we'll continue to "leaf" a lasting impact on the people and communities we serve.

Matthew Janson CTRS, HTR,
AHTA President

National Horticultural Therapy Week

Each year, the American Horticultural Therapy Association (AHTA) coordinates the efforts of regional networking groups, affiliated horticultural therapy programs, and AHTA members to collaborate in celebrating the profession on a national and local level. By hosting a variety of special events or activities, we're able to collectively elevate recognition and appreciation for our programs and our profession.

Seeing as NHTW week is coming up, we thought we could celebrate and share how our profession is growing. Over the last 6 months, we have welcomed **22 newly credentialed THPs and HTRs**, with new applications being submitted weekly. If you are pondering the idea of getting your credential as either a THP or HTR and want to talk it through before embarking on the journey, feel free to get in touch by emailing info@ahita.org.



Please send AHTA your celebrations for NHTW to post on our website and social media!

News and Events

AHTA Annual Awards

AHTA continues to accept nominations for the 2025 Annual Awards. Thank you to those who are highlighting impactful programs and practitioners within the AHTA community for their contributions. Recognizing individuals or organizations for their important work not only honors their dedication to the profession, but also strengthens the AHTA community by showcasing impactful HT practices and inspiring others. Your nominations help celebrate excellence and drive continued innovation in the field.

Keep the nominations coming! We have so much to learn from one another, and each nomination helps us grow as a professional community. Please consider submitting nominations for the following annual awards to recognize and celebrate outstanding contributions in the field:

- **Rhea McCandless Professional Service Award**
- **Alice Burlingame Humanitarian Service Award**
- **John Walker Community Service Award**
- **Ann Lane Mavromatis Scholarship**
- **AHTA Therapeutic Garden Design Award**

Nominations will be accepted until **April 1, 2025!** Let's grow the spirit of excellence in our community!

[Learn More Here](#)

2025 March Webinar

Using Social Media to Your Advantage as a Horticultural Therapist

In today's digital age, social media can be a powerful tool to enhance and grow your horticultural therapy (HT) practice. Whether you're looking to connect with clients, share your expertise, or raise awareness of the benefits of horticultural therapy, social media can help you achieve your goals.

In our upcoming webinar, we'll explore how to effectively leverage social media in your role as a horticultural therapist. Here's what you can expect:

- **A Quick Overview of Social Media:** Gain a foundational understanding of how social media platforms work and how they can be used in professional settings.
- **Understanding the Purpose of Different Social Media Channels:** Learn the specific uses of various platforms like Instagram, Facebook, LinkedIn, and more, and how each can serve your unique needs in horticultural therapy.
- **Why Social Media Matters for Your HT Program:** Discover how social media can help you expand your reach, engage with a broader audience, and promote the benefits of horticultural therapy.
- **How to Make Social Media Work for You (Even if You're Not a Fan):** We'll share helpful tips, tricks, and tools to help you navigate social media efficiently, even if it's not your preferred way to communicate.
- **Q&A Session:** Have all your burning questions answered with plenty of time for discussion and personalized advice.

This session will provide you with actionable insights to harness the power of social media in a way that's manageable and impactful for your horticultural therapy practice. Don't miss this opportunity to grow your presence and connect with others in the field.

[Register Here](#)



Nominations for AHTA Board of Directors are now open!

AHTA is a member-driven organization, and we need those with a passion for our field to help grow AHTA into the next 50 years! We value your rooted expertise in areas like marketing, social media, sponsorship and partnership development, magazine editing, webinar development, membership growth, conference planning, and exam development. Help plant the seeds for the future of AHTA and the profession by volunteering!

Nominations will be open until **April 1, 2025**. Let's sprout new ideas and cultivate success together!

[Nominate Here](#)

AHTA 'Growing Impact' Campaign: Advancing Youth Wellness Through Horticulture

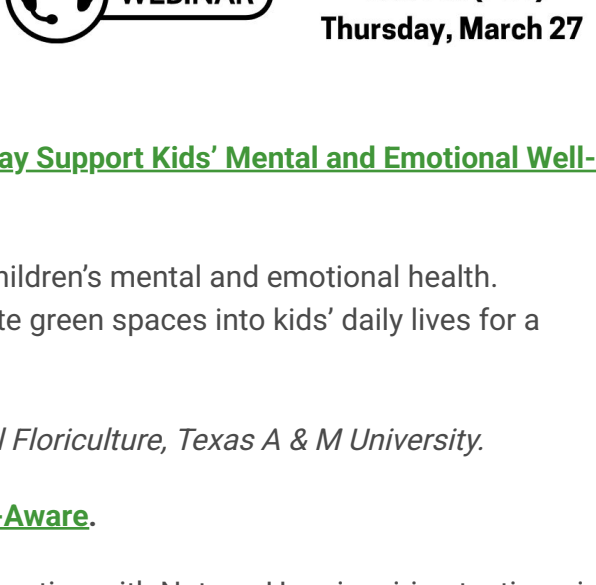
Phase 1: Sowing Seeds!

AHTA is pleased to offer our membership a three-part youth wellness webinar series, thoughtfully designed to explore emerging approaches and share valuable insights. This series will highlight horticulture and plant-rich settings as a powerful therapeutic pathway, supporting youth well-being in today's fast-paced, climate-changing world. Through expert-led discussions and applied learning opportunities, these webinars will provide attendees with both theoretical insights, resources, and practical strategies. Designed to enhance approaches and maximize impact, this series supports those at the forefront of youth wellness efforts and encourages future initiatives by others in the AHTA community.

3/27/2025 Kids Need Nature Now: Integrating Horticulture into Pediatric Practice.

Horticultural therapy and therapeutic horticulture can fit into pediatric care, pulling in expert insights from horticultural therapists, pediatricians, and community health leaders. Explore the opportunities and hurdles to getting there.

Andy Zeiger, M.D., Resident Physician and Post-Doctoral Fellow, Department of Pediatrics, Columbia University.



4/1/2025 Nature Nurtures: How Gardening and Outdoor Play Support Kids' Mental and Emotional Well-Being.

Explore the powerful benefits of nature and gardening on children's mental and emotional health. Attendees will be provided with practical ways to incorporate green spaces into kids' daily lives for a happier, healthier future.

Dr. Charles R. Hall, Professor & Ellison Chair in International Floriculture, Texas A & M University.

4/24/2025 Healing People Heal the Planet: Becoming Eco-Aware.

Experience the power of mindfulness, storytelling, and connection with Nature. Hear inspiring testimonials from vulnerable communities most affected by climate change, who found healing in natural spaces and emerged as dedicated stewards of both their environment and community. Let their journeys motivate you to explore the vital relationship between personal well-being and ecological care, with special emphasis on developing our next generation of leaders.

Knellee Bisram, CEO/Founder and Lead NGO Representative to the United Nations, AHAM Education, Inc., and Piero Falci, Board Member, AHAM Education. Mindfulness Meditation and Mindful Living Teacher, Co-creator of B.Nature, Author of Mindfulness for a Better Mind, Life and World.

More partners and sponsors to follow! Please direct any questions to sponsorship@ahita.org

Pressed Flower Tea Light Candle

By: Angie Girdham, HTR
Michigan Horticultural Therapy Association

This is a versatile activity that can be altered to include a variety of goals or objectives. It works well with sessions during those dark and gloomy winter months when clients may be experiencing seasonal depression. It can be used to improve our surroundings using both light and nature. The sand base is infused with essential oils for additional benefits.

Supplies:

- Clear container (any small glass or plastic container works)
- Paper plate or newspaper to protect surfaces
- Glue (see included recipe)
- Sponge brush
- Rice paper or tissue paper
- Pressed flowers/foilage
- Battery operated tea light candle
- Sand
- Essential oils
- Stir stick
- Scissors, optional but can be added depending on goals or objectives
- Tweezers, optional but can be added depending on goals or objectives

DIY Mod Podge Recipe = 6 oz Elmer's Glue plus ½ cup water in a jar & shake!

Project Steps:

~ Select the rice paper or tissue paper and pressed plant material that appeals to you

~ Cut/tear paper into small pieces

(Hint: use the paper edge pieces for a finished look along the top of the container)

~ Using the glue and foam brush; glue paper to container, overlapping slightly

(Hint: keep your glue layers light so that it dries quickly)

~ Layer more paper until desired transparency is reached

~ Add some dried flowers and/or foliage; glue in place

~ Coat entire piece with a final application of glue

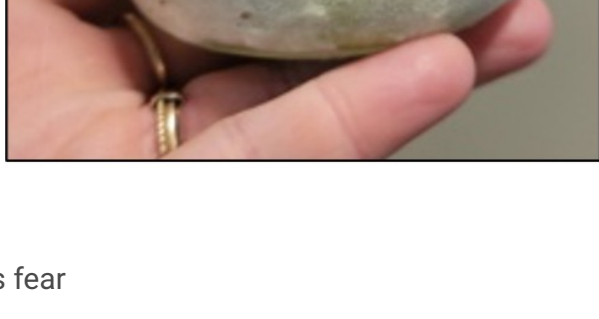
~ Add a half inch of colored sand

~ Drop 3-5 drops of essential oil scent(s) into the sand

~ Stir sand well to combine fragrance

~ Add the tea light

~ Enjoy!



Aromatherapy Benefits:

Lavender - Better sleep, ease tension, relieves panic
Rose - Foster feelings of intimacy
Peppermint - Improves concentration, clearer thinking, boost alertness
Ylang Ylang - Reduces agitation, joy, positivity
Jasmine - Inspire self-confidence, improves creativity, reduces fear
Cinnamon - Emotional lift, physical energy
Lemon - Clarity of mind, alleviates fatigue
Tea Tree - Boost morale, calming mind

Eucalyptus - Promotes optimism, refreshes the mind
Lemongrass - Heighten awareness, helps feel positive
Rosemary - Energizing, increase focus
Sandalwood - Increase energy, courage

Sweet Orange - Reduce anxiety, cheerfulness
Vanilla - Promotes sense of well-being, reduce muscles tension
Chamomile - Reduce stress, alleviates irritability

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Updates from AHTA

- The **AHTA Code of Ethics** was updated to align with professional standards effective March 1, 2025! For more information [Here](#)
- The **THP Verification of Work Experience** form has been updated expanding the direct client services to include direct client hours, documentation, program planning/preparation, client meetings, supervision meetings and non-supervision meetings!
- The **HTR Verification of Work Experience** has been updated to requiring the equivalent of 1,500 hours work experience as an employee or independent contractor, supervised by either a HTR or general supervisor who can validate the horticultural therapy services provided.

Announcing the THP, Therapeutic Horticulture Practitioner!

The American Horticultural Therapy Association recognizes the practice of Therapeutic Horticulture is becoming a widely accepted and important component in healthcare, rehabilitation, residential programs, and community settings. The AHTA is pleased to announce that the new professional credential - **Therapeutic Horticulture Practitioner, THP** - is now available for applications! The Therapeutic Horticulture Practitioner is intended for practitioners who provide services aligned with the AHTA definition of therapeutic horticulture. Visit the **THP webpage** to find out more information regarding eligibility and the process of applying.

[Learn More Here](#)

AHTA Journal of Therapeutic Horticulture

The AHTA Journal of Therapeutic Horticulture had been approved for the OpenAccess Model and is now available on Google Scholar. Did you know that you can access the copies of the AHTA Journal of Therapeutic Horticulture by going to Google Scholar, putting in the "AHTA Journal of Therapeutic Horticulture" in the search window and to narrow down your search add the volume number from the AHTA list of Journal. Click [HERE](#) to learn more. While considering publishing in the AHTA Journal of Therapeutic Horticulture consider that as members of AHTA there is no charge for the Article Processing Charge (APC) while nonmembers pay \$300. Another great way to become a member! Hoping to see more submissions that will go out to all!

Supporting AHTA

Your generous support makes it possible for our organization to grow and thrive. Your contributions help keep us going, including helping with the expenses of our annual conference, increasing our ability to work toward credentialing, offsetting the cost of our journal and other outreach publications, and connecting to colleges and universities, facilities, prisons, hospitals, and agencies that [support the profession of horticultural therapy](#). Our **2025 Partnership Guide** is now available!

In keeping with the forward growth of AHTA, we have redesigned our **2025 Partnership Guide** to include new "à la carte" sponsorship opportunities! These options can be selected independently of AHTA sponsorship packages or added to enhance them. The goal is to offer sponsors greater flexibility in shaping their partnership opportunities to better align with their specific needs and objectives, resulting in a more tailored and impactful collaboration. **Sign up to become a sponsor** today! Your support fuels our mission to continue advancing the development of horticultural therapy and making an impact nationally and worldwide.

[Ways to Support AHTA](#)

[New 2025 Partnership Guide](#)

AHTA HTR Database Search Option

AHTA HTR Database Search Option AHTA has a Horticultural Therapist-Registered (HTR) Directory feature on our website. This feature allows companies or the general public to search for HTRs near them. The benefits for HTRs may include employment, consultation work, presentation /information sharing opportunities, advocacy for the profession of horticultural therapy and more! Any HTR member has the opportunity to opt-in or opt-out of the database. We request that HTR members update their profile with this indication.

To update:

1. Log into the Member Center
2. Select "My Profile"
3. Select "EditProfile"
4. Check "Opt-in" or "Opt-out"

We would like to use this as a reminder for all members to refresh their profiles with any other updates as well.

Become a Member

Not a member of AHTA? Join today! AHTA's membership is comprised of individuals who are passionate about the unique benefits of horticultural therapy as a therapeutic modality. Members are committed to the growth of the profession. Membership in the AHTA will keep you up to date on the latest in horticultural therapy news, as well as give you access to outstanding educational and networking opportunities.

Did you know? AHTA members benefits include free webinars and free article processing fees for the AHTA Journal of Therapeutic Horticulture! Another two new reasons to join!

[Join Today](#)