## September 2025 Newsletter

	President's Message	News & Events	Horticultural Therapy Certification	Earn CEs	HT Activity	<u>Sponsorship</u>	<u>Membership</u>
ı	President'	s Mess	age				

What's included in this month's newsletter

## Welcome to the September 2025 edition of the AHTA newsletter! We're thrilled to share the latest updates from the American Horticultural Therapy Association and the vibrant field of horticultural therapy.

As September ushers in the Autumn Equinox, we're reminded of the joys of fall-vibrant foliage, bountiful harvests, cozy fall fairs, and a refreshing break from summer's heat. I'd like to extend heartfelt congratulations to all our newly certified HTRs and THPs who have

Dear AHTA Members and Supporters,

recently earned their professional credentials. Your dedication strengthens our community! A special thank you goes to our Professional Registration Review Board for their tireless efforts in processing applications and supporting our growing profession. We're counting down the days to the AHTA 2025 Annual Conference, "Nurturing Community: Planting the Seeds of Our Future," held

virtually from October 9–11, 2025 AHTA Annual Conference. This exciting virtual event will connect horticultural therapy professionals, educators, students, and advocates worldwide. Join us for peer-led discussions, spotlights on innovative HT/TH programs, an educational program showcase, and inspiring presentations, including a keynote address by renowned author Richard Louy. This is a unique opportunity to engage with our global community, share insights, and grow together. The AHTA Annual Membership Meeting will take place virtually during the conference on October 10, 2025. We'll also celebrate our

AHTA Annual Award recipients during this special event, honoring their outstanding contributions to our field. We can't wait to see you there—virtually! Get involved in AHTA's growth by becoming a member or joining one of our dynamic work teams. Stay connected through our social media channels, upcoming webinars, and, of course, at the conference. Let's continue to cultivate our community and the practice of horticultural therapy together! Wishing you a joyful and inspiring autumn season!

Matthew Janson CTRS, HTR, **AHTA President** 

**News and Events** 

October 9-11, 2025

NEXT MONTH Register Today!

**AHTA Annual Conference 2025** 

Planting the Seeds of Our Future

Virtual Conference

Nurturing Community:

The AHTA Annual Conference is Just 1 Month Away! Don't miss out—register today for this year's virtual AHTA Annual Conference! We're bringing you an exciting, interactive, video game style platform with lots of ways to connect and network with international attendees. Highlights include: • Keynote Speaker: Richard Louv, acclaimed author of Last Child in the Woods Presentations from international experts in horticultural therapy Opportunities to learn about HT and education programs Dedicated communities of practice to connect and share ideas Full access to all recordings through the end of 2025—watch any session anytime!

**2025 AHTA Registration** 

This is a one-of-a-kind experience you won't want to miss.

Register now and join us in just one month!

2025 AHTA Virtual Conference Nurturing Community: Planting the Seeds of Our Future

**AHTA Annual Membership Meeting 2025** 

SUE STUART-SMITH

why not join the discussion.

National Council for Therapeutic Recreation Certification (NCTRC).

**Horticultural Therapy Certification** 

successful completion of a comprehensive examination.

the horticultural therapy community. These domains are:

3. Program Planning and Activity Design

5. Business Practices, Safety, and Ethics

6. Professionalism and Scholarship

4. Managing Human Resources

Who is the Certification for?

**Frequently Asked Questions** 

mandatory.

1. Horticulture

2. Treatment Planning

relevant content designed to support your growth as a therapeutic horticulture professional.

October 9 - 11, 2025

AHTA announces the AHTA Annual Membership Meeting to be held on Friday, October 10, 2025 at our AHTA 2025 conference " Nurturing Community: Planting the Seeds of Our Future" Please plan to attend to hear updates from AHTA! **November Virtual Book Club - Members Only!** THE  $Well ext{-}Gardened$ The Restorative Power of Nature

Hear inspiring presentations from over 11 countries, including Sweden, India, Peru, Ukraine, China, Spain,

Hong Kong, Taiwan, Italy, Korea, and USA as we nurture the seeds of our global horticultural therapy community!

are still being finalized, we want to keep our members informed and share what you can expect as this important credentialing process moves forward. What is the AHTA Certification? The AHTA Certification is a formal recognition that an individual has met established professional standards in horticultural therapy. It

assures employers, clients, and the public that certified professionals possess the knowledge, skills, and experience necessary to

practice effectively and ethically. The certification process includes requirements for education, professional experience, and the

The exam, currently in development, is based on six key domains identified through a large-scale Job Task Analysis involving input from

After many years of thoughtful consideration, AHTA is actively developing a certification for Horticultural Therapists. While some details

The next AHTA members online book club will be on Thursday, November 6 at 7 pm EST. We will consider The Well-Gardened Mind: The

Restorative Power of Nature, the New York Times gardening book of the year 2020. Written by psychiatrist, psychotherapist, and author

**Register Here** 

Sue Stuart-Smith, this book delves into the powerful connections between gardening and mental health. We've seen this in action so

We're excited to announce that the AHTA 2025 Annual Conference has been preapproved for continuing education (CE) credit by the

Whether you're maintaining your certification or expanding your professional knowledge, this year's conference offers high-quality,

Earn CEs from NCTRC - AHTA 2025 Virtual Conference is Pre-approved!

The certification—tentatively titled Horticultural Therapist—Board Certified (HT-BC)—is designed for individuals seeking to be recognized as credentialed horticultural therapists. It is expected that HT-BC will eventually replace the current HTR designation as the primary credential in the field.

The certification examination is anticipated to launch in October 2026.

How do I know if I'm eligible to sit for the certification exam? Eligibility requirements will include specific education and experience criteria, which will be published well in advance of the exam launch. These will align with national standards for professional certification.

education and training should be the best preparation.

(THP) applications. The THP designation will remain unchanged.

**AHTA 'Growing Impact' Youth Wellness Campaign** 

professionals are doing to serve youth across a variety of settings.

Spotlight in Action: Generations in Bloom at the Portland Memory Garden

**TH Activity – Leaf Print Cards: Medical Conditions** 

share more stories and updates from all four Spotlight Series.

The Spotlight Series includes four themes:

strategies.

**THERAPEUTIC GOALS:** 

using other strategies

speed; acquire horticulture knowledge of leaves

like fatigue or other health issues related to cognitive injury or deficit

Sensory: Cope with tactile defensiveness & change in sensory inputs

Gloves can be provided if participants want to use them.

Disability Learning Center in Aptos, California.

certification, individuals will be required to complete continuing education and/or demonstrate ongoing professional activity, as defined in the recertification guidelines.

AHTA's 'Growing Impact' Youth Wellness Campaign highlights how horticultural therapy and therapeutic horticulture support youth well-

• Serving Our Ecosystems – Youth working alongside veterans, community members, and horticulture industry leaders on projects

• Fuel to Flourish - Edible gardens that nourish, teach life skills, and connect youth with food systems and life-long wellness

On Grandparents Day, the first Generations in Bloom spotlight event took place at the Portland Memory Garden. Beneath tall, branching

trees and surrounded by colorful flowers and fragrant herbs, youth and older adults joined together to share stories, laughter, and the joy

of connecting in this beloved therapeutic garden. With 1 in 4 older adults facing isolation and over 40% of youth reporting anxiety, the

being. A central feature of this campaign is the Spotlight Series-showcasing initiatives that highlight the important work AHTA

that restore habitats, protect pollinators, and strengthen the link between environmental and human health.

• Green Classrooms, Growing Minds – Plant-rich learning spaces that support academic and emotional growth.

• Generations in Bloom - Intergenerational programs that foster connection between youth and older adults.

Will there be study materials or prep courses for the exam? AHTA plans to provide recommended resources, sample examination

questions and some guidance on the examination. The exam will be based on what practitioners are expected to know so applicants

How long is the certification valid, and what is required for renewal? The certification is expected to be valid for five years. To maintain

What will happen to the HTR designation? AHTA will stop accepting new HTR applications approximately three months before the

continue to use their designation. Those who wish to obtain the HT-BC credential may take the certification exam, but it is not

launch of the certification exam on July 1,2026. After that, all new applicants will apply for the HT-BC certification. Current HTRs may

Will this affect the THP designation? No. The certification exam is not expected to be required for Therapeutic Horticulture Practitioner

gathering showed how therapeutic gardens and thoughtfully designed HT/TH programming can ease loneliness, support emotional health, and encourage generations to learn from one another. Every story shared under the trees plants a seed of resilience across generations. The Generations in Bloom spotlight series highlights the important work of AHTA members who design programs that help youth and older adults flourish in green spaces. We invite you to join us in growing this movement—and to follow AHTA on social media as we

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

- By Lesley Fleming, HTR & Trish Hildinger, HTR From California Horticultural Therapy Network
- **Updates from AHTA** 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. **HTR Internship Sites and Intern Supervisors Information Updates** AHTA receives numerous requests for information from students in Horticultural Therapy educational programs and applicants for the Horticultural Therapist - Registered regarding the internship requirements for registration. A list of internship sites that meet the requirements for HTR internships, as well as the list of approved Intern Supervisors, are available on the AHTA website. We ask for your help to update those lists. If you are part of a program that is currently on the list of Intern Sites, AHTA members please check your program and contact information on the AHTA website Internship Sites. If you need to make updates, contact the AHTA office at info@ahta.org.
  - Registration tab. If you have been a HTR for at least 1 year and would like to be listed on the website as an Intern Supervisor, please complete the application at Intern Supervisor Application . If you have any questions, please contact the AHTA Office.
  - profession of horticultural therapy and more! Any HTR member has the date on the latest in horticultural therapy news, as well as give you access to outstanding educational opportunity to opt-in or opt-out of the database. We request that HTR members update their profile with this indication. and networking opportunities. Did you know? AHTA members benefits include free To update:

Featured Affiliate

Member See your organization's logo here when you join AHTA as an Affiliate Member!

webinars and free article processing fees for the AHTA new reasons to join!

**Job Board AHTA News** Calendar **AHTA Newsletter HTR Directory Featured Affiliate Member** 

Trish Hildinger, HTR leads the California Horticultural Therapy Network. In 2018 she started Horticultural Therapy Santa Cruz and cofounded the California Horticultural Therapy Network (CHTN). Since 2022 she has worked with the Therapeutic Horticulture Activities Database (THAD), helping to expand therapeutic horticulture and horticultural therapy resources. Today Trish practices at the Stroke and • 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,

**Materials** 

Leaves (artemisia, ferns,

elderberry, ivy, geranium,

prostranthus, persimmon, viburnum etc.)

For each participant: Water-

based paint, brushes, water

and container for rinsing Notecards/envelopes,

Scratch/practice paper

Damp towels, table coverings Wipes, gloves, aprons

Whiteboard and pens

**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 "á la carte" sponsorship

opportunities! These options can be selected independently of AHTA sponsorship packages or added to enhance them. The goal is to

objectives, resulting in a more tailored and impactful collaboration. Sign up to become a sponsor today! Your support fuels our mission

Ways to Support AHTA

New 2025 Partnership Guide

**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

Join Today

offer sponsors greater flexibility in shaping their partnership opportunities to better align with their specific needs and

to continue advancing the development of horticultural therapy and making an impact nationally and worldwide.

If you know of a program that is already hosting HTR interns and is not listed, or you are part of a program that would like to be listed as

an internship site, please go to the Internship Site Questionnaire on the Horticultural Therapy Internship webpage, under the Professional

1. Log into the Member Center Journal of Therapeutic Horticulture! Another two 2. Select "My Profile" 3. Select "EditProfile" 4. Check "Opt-in" or "Opt-out"

**Upcoming Events** 

2025 AHTA Annual Conference

2025 AHTA Annual Conference

2025 AHTA Annual Conference

Thu Oct 9, 2025

Fri Oct 10, 2025

Sat Oct 11, 2025

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JOIN NOW American Horticultural Therapy

powered by MemberClicks

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Excerpted from University of Florida Therapeutic Horticulture Activities Database, 2024 Participants will make cards by painting and pressing leaves onto cardstock. For a link to the whole activity, click here.

Cognitive/Intellectual: Expand sensation & perception related to cognitive deficits; expand processing

Physical: Practice motor skills; practice hand eye coordination focused on functioning with one hand or

Psychological/Emotional: Participate in round table discussion re giving & receiving; identify challenges

Social: Experience the act of giving by donating cards to a craft fair, local fundraiser, or other gift giving

disorders. These might also include Alzheimer's disease, frontotemporal degeneration, Huntington's disease, and dementia

**SAFETY CONSIDERATIONS:** Facilitators are responsible for knowing poisonous and toxic plants and plant parts. Pre-determine plant

REFERENCES/ RESOURCES: Fleming, L., & Creus, E. (2024). Cultivating gratitude. University of Florida Therapeutic Horticulture Activities

Lesley Fleming, HTR leads the Nova Scotia and the Florida Horticulture for Health Networks. Her recent work has included leading the

collaborative THAD project, FLHHN's Resource Hub, and 2024 Journal of Therapeutic Horticulture articles on TH Goals co-authored with

sensitivities or allergies to leaves or flowers that will be used in session. Some participants may need close supervision of paints.

Database. Fleming, L. (2024). A practitioner tool: Therapeutic horticulture goals with THAD activity examples: Cognitive domain.

APPLICATIONS FOR POPULATIONS: This adaptation has been developed for people experiencing

cognitive challenges due to stroke, traumatic brain injury (TBI), Parkinson's or other neurocognitive

Cultivate, 5(1). Hazen, T., & Lamoreux, C. (2024). Defining cognition. Cultivate, 5(1).

Elizabeth Diehl and Kathryn Grimes and Positive Impacts from COVID-19 on Gardening and HT.

**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!

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** 

My Profile

**Member Center** 

**AHTA Magazine** 

The Journal of Therapeutic Horticulture

**AHTA Store** 

**Ouick Links** 

**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

in