Introducing the Canadian Horticultural Therapy Association

Presented to the Research Exchange Group on HT (Newfoundland and Labrador)

February 23, 2021

Presented by Cheney Creamer, Chair of the CHTA

Experience/Play and Acknowledge
Our Webinar Today

- Who am I and what do I do?
- What/Who is the CHTA and what do we do?
- What is the difference between HT and TH?
- HT/TH Best Practices
- Professional Titles
- CHTA Membership
- Professional HT Registration
- Collaboration with the CHTA
- Upcoming CHTA Events

Topics We'll Cover

Cheney Creamer

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www.chta.ca
www.onegreensquare.ca
Life Lessons from Prairie Pictures and Pigeons

Building a Therapeutic Community Garden

www.growceryfoodnetwork.ca
The Canadian Horticultural Therapy Association’s mission is to promote the use and awareness of horticulture as a therapeutic modality.

POLL #1

Have you heard of the CHTA?

• Yes
• No
• Not until this webinar was announced

Question for you??
POLL #2

Are you a current CHTA member?

• Yes
• No
• Was a member in the past

WHAT IS THE CHTA?

• A Social-Profit Organization
• 200+ members
• 2500+ followers
• Volunteer-run
• 30+ volunteers and growing!
• Please have patience with us and/or join us!
What is Horticultural Therapy?

And what is Therapeutic Horticulture?

Horticultural Therapy (HT) is a formal practice that uses plants, horticultural activities, and the garden landscape to promote well-being for its participants.

HT is goal oriented with defined outcomes and assessment procedures.

HT sessions are administered by professionally trained horticultural therapists.
Therapeutic Horticulture (TH) is the purposeful use of plants and plant-related activities to promote health and wellness for an individual or group.

Goals and defined outcomes for individual participants are not necessarily considered nor clinically documented.

Horticultural Therapy goals, objectives, and assessments are specific, clinical, and in some part predetermined through interviews prior to therapy taking place.

Therapeutic Horticulture goals and objectives may or may not be discussed, and/or they can be flexible, self-directed, or set at the time of the activity; assessments are general rather than clinical.
Going for therapy

vs

Engaging in something therapeutic

POLL #3

Do you currently work or volunteer in the field of HT or TH?

Yes – Horticultural Therapy
Yes – Therapeutic Horticulture
Yes – A mix of both HT and TH
No – Not at this time
SO, YOU'RE WORKING IN HT/ TH: BUT WHAT DO WE CALL OURSELVES?

PROFESSIONAL TITLES & CONFUSING JARGON

- HT- HORTICULTURAL THERAPIST (HTR)
- HT- HORTICULTURAL THERAPY PRACTITIONER
- TH- THERAPEUTIC HORTICULTURE PRACTITIONER
  - Caution (tendency to then be called a "Horticulturist")
- TH- THERAPEUTIC GARDENER
  - Do not add 'therapeutic' to your title unless you have training in a therapeutic method
Recognize your professional background and your specialization:

- NATURE-BASED PRACTITIONER
- NATURE-BASED RECREATION THERAPIST
- NATURE-BASED COACH
- NATURE BASED COUNSELLOR
- NATURE BASED EDUCATOR....

JOB TITLES vs PROFESSIONAL DESIGNATION

YOUR WORKPLACE TITLE MAY BE DIFFERENT THAN YOUR PROFESSIONAL DESIGNATION—THAT'S OK!
WE'RE GROWING
HT/ TH
BEST PRACTICES

Your **background, skills, education, experience, and intention** must be clearly communicated with your clients and caregivers.

This will build better relationships AND ensure the best fit between practitioners and the people we support.

THERAPEUTIC GARDENING
BEST PRACTICES

• Create a welcoming & safe environment
• Communicate with clarity & compassion
• Set practical and enjoyable goals
• Share who you are!
CHAT QUESTION

What is one of your favourite activities to help yourself or others to connect with nature?
CHTA Membership

- Networking/Community
- Newsletters & Email Communication
- Webinars
- Professional Development & Education
- Member's Only Website Resources
  - Research List
  - Resources
  - Assessments
Types of CHTA Memberships

**CAD$40**  
Student Membership

- Key benefits of a Student membership include:
  - Everything that is included in an Individual membership
  - A discounted rate
  - A bi-annual newsletter

**CAD$60**  
Individual Membership

- Key benefits of an Individual membership include:
  - Access to Members only CHTA Newsletter
  - Access to Members only portal on our website that includes:
    - Employment postings
    - Volunteer opportunities
    - Shared resources, research, and more!
  - Inclusion in the CHTA Member Directory (optional)

**CAD$100**  
Business/Institutional

- Key benefits of a Business membership include:
  - Everything included with our Individual membership, as well as the following additional benefits for your business:
    - A space on the Business Members page of the CHTA website
    - Highlights of your business and others on our social media channels
    - Coverage of your business in issues of our newsletter
    - Reporting all of your business in our online blog
    - A Business membership gets you visible

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Types of CHTA Professional Memberships

**CAD$210**  
HTA/HTR Annual Fee + Individual Membership

- Select

> Renew your annual Professional Registration fee and receive all the benefits of a CHTA Individual Membership.
> Keep connected and help us grow together!

**CAD$250**  
HTA/HTR Annual Fee + Business Membership

- Select

> Renew your annual Professional Registration fee and enjoy the benefits of a CHTA Business Membership.
> Let us help grow your business and community by sharing your offers with our members and social media followers.
> Get amazing exposure and customized promotions for your business!
See the CHTA website for the **Core Skills and Knowledge** document and the **HT Practitioner Code of Ethics**:  
[https://www.chta.ca/professional-registration](https://www.chta.ca/professional-registration)

To become a professional horticultural therapist, one must have a combination of both  
**1) Education** and **2) Practical Experience** in:  
- Horticulture,  
- Therapy, and  
- Horticultural Therapy
Advantages of Professional Registration

• Employment opportunities
• Top tier of professionalism
• Additional program support from the CHTA
• Educator opportunities
  ○ Internship Provider
  ○ Mentorship Supervisor
• Member of Interdisciplinary Health Team
• Credibility to Support Funding Proposals

Collaboration!
COLLABORATION WITH THE CHTA

- Resources to help our members spread the word!
- Support in research expansion
- Student and staff wellness
- Networking and building connections (and therapeutic gardens!) worldwide
- Dream big and ask for what you need!

Current Room for Involvement

- Conference Tech Host
- HTR Support on Registration Committee
- Education Committee
- Website Coordinator

VOLUNTEERING WITH THE CHTA
HT WEEK 2021

Webinars
Regional Branches Launch!
Therapeutic Activity Demonstrations
Social Media Campaigns and Prizes!

March 13-20, 2021

CHTA Goals

• Branching out - Diversity and inclusion
• more HT education opportunities per province
• more internships, Mentorships, and job opportunities
• A simpler registration application process
• more people with their hands and feet in the soil!
CHAT QUESTION

Share one thing that you enjoyed or found helpful from this presentation...

THANK YOU SO MUCH!

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Questions?