

TH Foundations & Facilitation Course Overview



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COURSE OUTLINE

Lesson 01

Course Introduction

Welcome to the Course
Meet Your Instructors & Course Tips
Guest Speaker: Indigenous Connection & Knowing the Land
Mindful Invitation: Companion Plants
Course Overview

Lesson 02

Foundations and Fundamental of TH

Lesson Overview
What is Therapeutic Horticulture?
Differences Between TH & HT
History of TH & HT
TH Populations & Settings
Program Example: McCormick Therapeutic Garden Club
Domains of Wellness
Mindful Invitation: Nature Looking Back at You
Theoretical Foundations of TH
Role of Research in TH
Role of Universal Design & Therapeutic Gardens
TH Program Models
TH Facilitation & Program Management Roles
Population-Specific TH Activities
Professional Ethics & Values of TH
Lesson 2 Quiz

Lesson 03

TH Program Development

Lesson Overview
Stages of TH Program Development
Site & Participant Assessment
Asset-Based Community Development
Mindful Invitation: Drainage
Establishing TH Participant & Program Goals
Outcome Measurement & Documentation Methods
Program Example: Root in Nature at Veterans' House
Establishing a TH Program Schedule
Year-Round Programming in TH
Plant Purchasing Methods

TH Employment Models & Income Potential
Self-Employment Versus Employment
Mindful Invitation: Dusting Leaves
GrowTH Network Resource Library Tour
Lesson 3 Quiz

Lesson 04

Developing Therapeutic Programming Environments

Lesson Overview

Developing Goal-Driven TH Environments
Plant Toxicity Considerations
Types of Gardens
Therapeutic Garden Example: The Heart of the Hospital
Sensory Plants
Soil and Growing Media
Guest Speaker: Composting 101
Raised Beds 101
Lesson 4 Quiz

Lesson 05

Outdoor Plant Maintenance Skills & Gardening Tools

Lesson Overview

Plants Are Like People
Mindful Invitation: Plant Needs/People Needs
Tool Tracking, Storage & Safety
Seating, Kneeling & Rising Devices
Hand Tools, Pruning & Cutting Tools, Gripping Aids
Long Handled Tools
Outdoor Transplanting, Dividing & Mulching
Watering Tools
Outdoor Watering Techniques 101
Containment, Wheeled, Seeding & Vision Aid Tools
Integrated Pest Management (IPM)
Lesson 5 Quiz

Lesson 06

Indoor Plant Maintenance Skills & Seed Starting

Lesson Overview

Indoor Plant Selection
Indoor Plant Transplanting Demonstration
Mindful Invitation: Root Bound
Seed Terms
Benefits of Seed Starting
Guest Speaker: Seed Starting & Transplanting
Seed & Plant Donations
Mindful Invitation: Planting a Seed
Lesson 6 Quiz

Lesson 07

TH Activity Facilitation

Lesson Overview

Facilitation Settings & Delivery Methods

Activity Development Methods

Building a Session Plan

Activity Database & Session Plan Tool Tour

Activity Budgeting

Nature Metaphors in TH

Mindful Invitation- Color in the Garden

TH-Specific Safety Considerations

Guest Speaker: Plants that Engage the Senses & Culturally Significant Plants

Lesson 08

Course Conclusion

What Now?

Closing Reflection

Course Feedback Survey

Congratulations!



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