



Presented by cheney creamer chair of
the CHTA

Introducing the Canadian Horticultural Therapy Association

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

February 23, 2021



> #dgdg bkg#Kruwifxocud#kchuds |#dvvr: f1bwrq#b 354



Experience/Play and Acknowledge

> #dgdg bkg#Kruwifxocud#kchuds |#dvvr: f1bwrq#b 354



Topics We'll Cover

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

> #dqdg dg#K.ruw#xocud#Schuds |#Dvvr:fBwrg#354



Cheney Creamer

chair@chta.ca

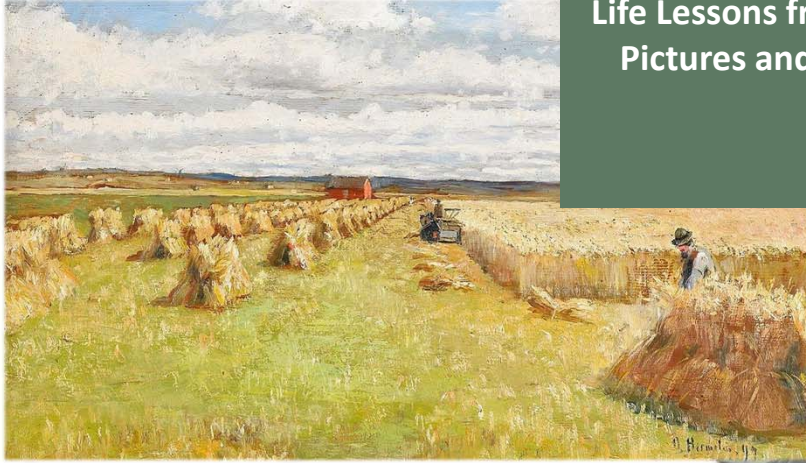
cheney@onegreensquare.ca

www.chta.ca

www.onegreensquare.ca



Life Lessons from Prairie Pictures and Pigeons



> #Fdqdg.bq#K.ruwlfxcocud#kchuds | #Dvvr.fhvirg#354

www.growceryfoodnetwork.ca

Building a Therapeutic Community Garden



> #Fdqdg.bq#K.ruwlfxcocud#kchuds | #Dvvr.fhvirg#354



POLL #1

Have you heard of the CHTA?

- Yes
- No
- Not until this webinar was announced

> #dgdgldg#CruwExocud#chuds | #Dvz:fldwng#354





POLL #2

Are you a current
CHTA member?

- Yes
- No
- Was a member in the past

> #Pdqdglqg#Kruwifxocud#Wchuds | #Dvvr:flhwrg#5354



Question for
you
??



- A Social-Profit Organization
- 200+ members
- 2500+ followers
- Volunteer-run
- 30+ volunteers and growing!
- Please have patience with us and/or [join us!](#)

> #Pdqdglqg#Kruwifxocud#Wchuds | #Dvvr:flhwrg#5354



WHAT IS
THE CHTA?

What is Horticultural Therapy?

And what is
Therapeutic Horticulture?



> #Pdgdgldq#Kruwifxœucud#Wichuds | #Dvvz: f1lwirg# 354

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.

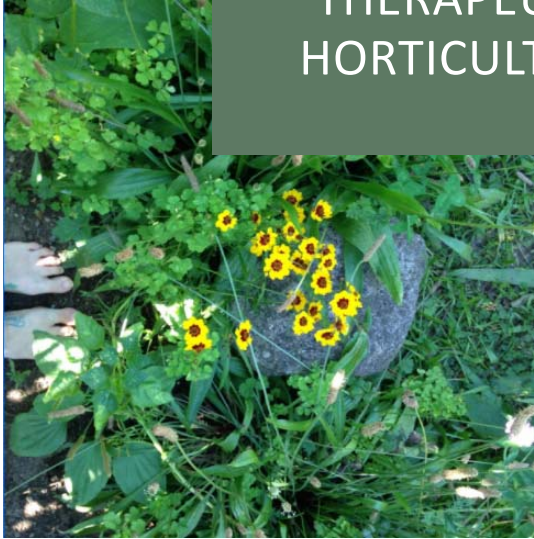
HT sessions are administered by professionally trained horticultural therapists.

HORTICULTURAL THERAPY



> #Pdgdgldq#Kruwifxœucud#Wichuds | #Dvvz: f1lwirg# 354

THERAPEUTIC HORTICULTURE



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.

> #dqdqldq#K.ruwifxocud@kchuds | #dvvr:flwlrq#5354

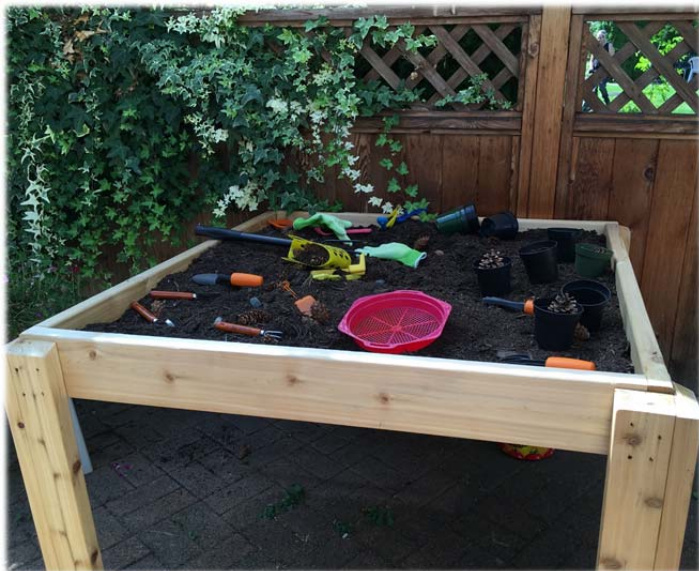
GOALS, OBJECTIVES, AND ASSESSMENTS



Horticultural Therapy goals, objectives, and assessments are specific, clinical, and in some part pre-determined 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.

> #dqdqldq#K.ruwifxocud@kchuds | #dvvr:flwlrq#5354



> #dgdgldq#KruwBxœud#fchuds | #Dvvr: f13wârg#5354

THERAPY VS THERAPEUTIC

Going for therapy

VS

Engaging in something therapeutic



POLL #3

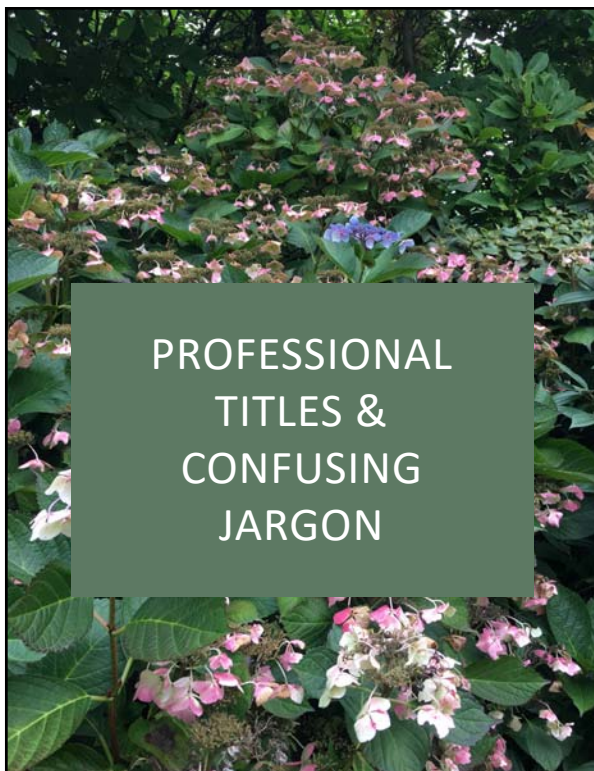
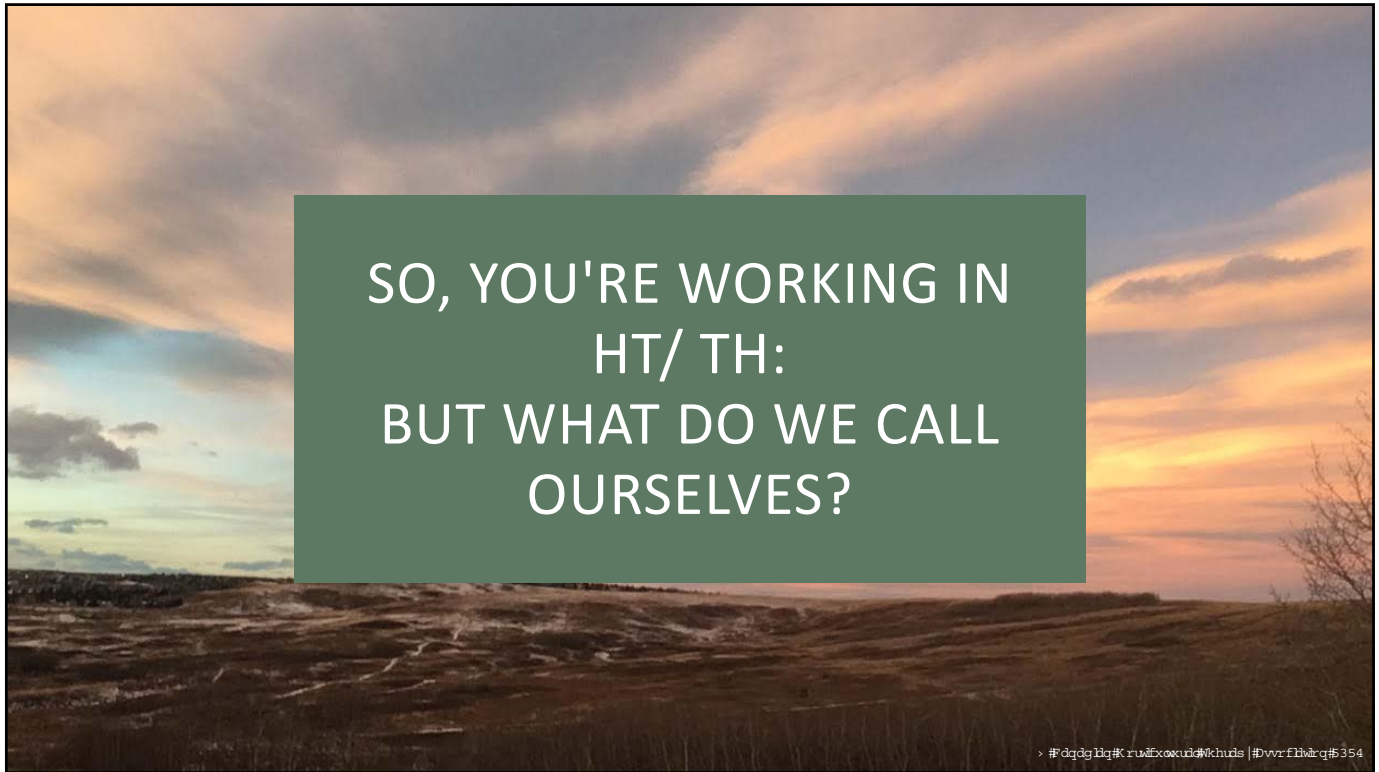
Do you currently work or
volunteer in the field of
HT or TH?

- Yes – Horticultural Therapy
- Yes – Therapeutic Horticulture
- Yes – A mix of both HT and TH
- No – Not at this time

> #dgdgldq#KruwBxœud#fchuds | #Dvvr: f13wârg#5354



Question for
you
??



- 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

> #dgdgbbq#Kruifxocud#Kchuds | #Dvz: fDwlrq#6354

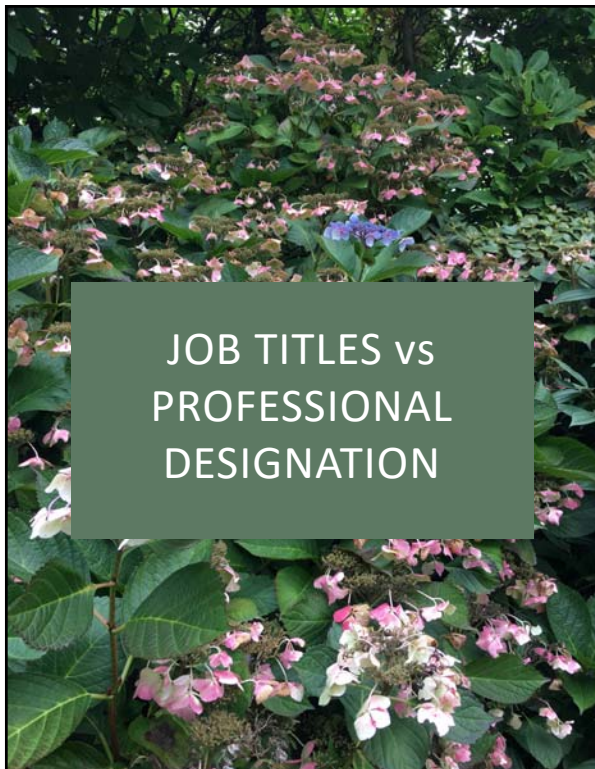


OTHER GREAT TITLES TO CONSIDER

Recognize your professional background and your specialization:

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

> #dqdg1dq#KruwEocud#Kchuds | #vvr:Edwq#6354



JOB TITLES vs PROFESSIONAL DESIGNATION

YOUR WORKPLACE TITLE
MAY BE DIFFERENT THAN
YOUR PROFESSIONAL
DESIGNATION-
THAT'S OK!

WE'RE GROWING

> #dqdg1dq#KruwEocud#Kchuds | #vvr:Edwq#6354

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.

> #Pdgdgldq#KruaBxocud#Kchuds | #DvvrFlbwrg#5354



THERAPEUTIC GARDENING BEST PRACTICES



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

> #Pdgdgldq#KruaBxocud#Kchuds | #DvvrFlbwrg#5354



CHTA
Well With Nature

CHAT QUESTION

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

> #dqdgldg#KruwExocud@ichuds | #Dvvr:fidwarg#354

Question for
you
??



CHTA Membership

> #d9d91d9#Kruwixocud#Kchuds | #vvr:Edwarg#354






CHTA MEMBERSHIP BENEFITS

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

> #d9d91d9#Kruwixocud#Kchuds | #vvr:Edwarg#354



Types of CHTA Memberships

		
<p>CAD\$40</p> <p>Student Membership</p> <p>Select</p>	<p>CAD\$60</p> <p>Individual Membership</p> <p>Select</p>	<p>CAD\$100</p> <p>Business/Institutional</p> <p>Select</p>
<p>Key benefits of a Student membership include:</p> <ul style="list-style-type: none"> Everything that is included in an Individual membership A discounted rate <p>*Valid Student ID required*</p>	<p>Key benefits of an Individual membership include:</p> <ul style="list-style-type: none"> Access to Members only CHTA Newsletter Access to Members only portal on our website that includes: <ul style="list-style-type: none"> Employment postings Volunteer opportunities Shared resources, research, and more! Inclusion in the CHTA Member Directory (optional) 	<p>Key benefits of a Business membership include:</p> <p>Everything included with our Individual membership, as well as the following additional benefits for your business:</p> <ul style="list-style-type: none"> A space on the Business Members page of the CHTA website Highlights of your business and offers on our social media channels Coverage of your business in issues of our newsletter Reporting about your business in our online blog <p>A Business membership gets you valuable advertising through the CHTA!</p>

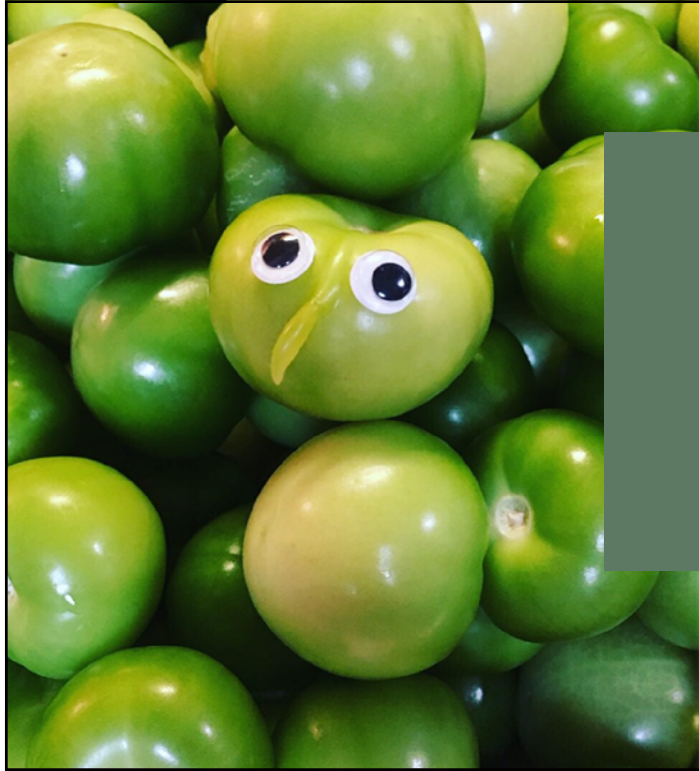
> #dgdgldg#K:rwdfxcocud#fchuds |#Dvvr:Edwrg#354

Types of CHTA Professional Memberships

Choose the package that's right for you!

	
<p>CAD\$210</p> <p>HTT/HTR Annual Fee + Individual Membership</p> <p>Select</p>	<p>CAD\$250</p> <p>HTT/HTR Annual Fee + Business Membership</p> <p>Select</p>
<p>Renew your annual Professional Registration fee and receive all the great benefits of a CHTA Individual Membership.</p> <p>Keep connected and help us grow together!</p>	<p>Renew your annual Professional Registration fee and enjoy the benefits of a CHTA Business Membership.</p> <p>Let us help grow your business and community by sharing your offers with our members and social media followers.</p> <p>Get amazing exposure and customized promotions for your business!</p>

> #dgdgldg#K:rwdfxcocud#fchuds |#Dvvr:Edwrg#354



Professional Registration

> #dgdgldq#Kruafxocud#Wchuds | #dvvr: fdbwrg#354

See the CHTA website for the **Core Skills and Knowledge** document and the **HT Practitioner Code of Ethics**:
<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*

> #dgdgldq#Kruafxocud#Wchuds | #dvvr: fdbwrg#354

HT Practitioner Core Skills and Knowledge





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

> #dgdg1dq#KruwExocud#Wkhuds |#Dvvr:Edwãq#6354



Collaboration!

> #dgdg1dq#KruwExocud#Wkhuds |#Dvvr:Edwãq#6354



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!

> #dgdgldq#KruwExocud#Kchuds | #Dvvr: fIdwng#5354

Current Room for Involvement

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



> #dgdgldq#KruwExocud#Kchuds | #Dvvr: fIdwng#5354



VOLUNTEERING WITH THE CHTA



> #Pdgdg1lg#KruwExocud#Khuds | #Dvzf1bw1g#5354

HT WEEK 2021

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

March 13-20, 2021

CHTA Goals

> #Pdgdg1lg#KruwExocud#Khuds | #Dvzf1bw1g#5354

- 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...



> #Pdgdg1lg#Kruwifxocud#fchuds | #Dvz:f1bw1g#5354

THANK YOU SO MUCH!



chair@chta.ca
registration@chta.ca
education@chta.ca
branches@chta.ca

> #Pdgdg1lg#Kruwifxocud#fchuds | #Dvz:f1bw1g#5354

Questions?



> #dgdgldq#Kruafxœud#Kchuds|#Dvzrfl3wãq#5354