

**CATEGORY: HORTICULTURAL THERAPY & HEALTH SERVICES**

## **Horticultural Therapy & Therapeutic Horticulture (HT & TH)**

### **Key Organization**

[American Horticultural Therapy Association](#) (AHTA)

<https://www.ahta.org/ahta-definitions-and-positions>

“Horticultural Therapy (HT) is the participation in horticultural activities facilitated by a registered horticultural therapist to achieve specific goals within an established treatment, rehabilitation, or vocational plan. Horticultural therapy is an active process which occurs in the context of an established treatment plan where the process itself is considered the therapeutic activity rather than the end product.

Therapeutic Horticulture (TH) is the participation in horticultural activities facilitated by a registered horticultural therapist or other professionals with training in the use of horticulture as a therapeutic modality to support program goals. Therapeutic horticulture is the process through which participants enhance their well-being through active or passive involvement in plant and plant-related activities” (AHTA, 2021).

Research being done nationally and internationally continues to expand the knowledge base of the field including physiological and other health domain impacts across populations. These include neuropsychological improvement of hospitalized children (Abu Dabrh et al., 2022), depression intervention (Chen, 2022; Chu et al., 2019), cancer patients’ psychological well-being (Mori et al., 2021; Sharma et al., 2022), adolescents with anorexia nervosa (Curzio et al., 2022), extrapyramidal symptoms in patients with schizophrenia (He et al., 2021), and postoperative rehabilitation of hand injuries (Huang et al., 2019) among others. Mental health continues to be an important topic, and strategies like HT/TH that can address and alleviate mental health challenges (Armstrong et al., 2023; Joubert et al., 2024; Lasater, 2022).

A recent development in the field has been the implementation of a free online [therapeutic horticulture activities database \(THAD\)](#) which was established by practitioners, with the purpose of expanding available TH activities and practitioner knowledge. The American Horticultural Therapy Association has implemented a new Therapeutic Horticulture Practitioner (THP) designation, and will be implementing a new credential – [HT-BC using a board examination](#) in fall 2026.

**For related resources refer to category: Populations/Horticulture Programs in Specific Settings – all subsets; Landscapes for Health – Community Gardens, and category: Horticulture for Health Overview – Gardening Health Benefits and Pandemic Gardening.**

### **Books, journals & epublications on horticultural therapy & therapeutic horticulture**

[Acta Horticulturae](#)

*Cultivating Healing* [AHTA Magazine](#)

Chicago Botanic Garden. (2023). [Resources](#) (on line with books, *Garden for Life Fact Sheets* etc.)

[Cultivate](#) epublication (Florida Horticulture for Health Network)

*Digging In* epublication (Nova Scotia Horticulture for Health Network)

Cooper Marcus, C., & Sachs, N. (2013). *Therapeutic landscapes: An evidence-based approach to designing healing gardens and restorative outdoor spaces*. Wiley.

Everhardt, S., Jauk-Ajamie, D., Carmody, SB., & Gill, Bl. (2024). *Gardening behind bars: Clinical sociology and food justice in incarcerated settings*. Cham: Springer International Publishing.

Fleming, L. (2016). [Therapeutic horticulture a practitioner's perspective](#). Smashwords.

Fung, CYY., & Chow, NHL.(2024). *Horticultural therapy: Connecting plants in life*.

Haller, R., & Capra, CL. (2025). *Horticultural therapy methods*, third edition. CRC Press.

Haller, R., Kennedy, K., & Capra, C. (2019). *The profession and practice of horticultural therapy*. CRC Press.

[HortScience](#)

[HortTechnology](#)

[Journal of People Plants and Environment](#)

[Journal of Therapeutic Horticulture](#)

Larson, JM., & Meyer, M. (2024). *Generations gardening together: Sourcebook for intergenerational therapeutic horticulture*. CRC Press.

Layman, G. (2018). *Gather & make*. Azara Publishing.

Nugen, CD. (2023). *Multi-case research study to develop a public garden therapeutic horticulture program*. Tarleton State University.

Shoemaker, C., Rumpf, L., & Starling, L.A. (Eds). (2021). *XV International People Plant Symposium and II International Symposium on Horticultural Therapies: The Role of Horticulture in Human Well-being and Social Development*.

### **Research & articles on horticultural therapy & therapeutic horticulture**

Recently published selected research & articles:

Abu Dabrh, AM., Meore, A., Wilson, EW., & Perlman, A. (2022). Horticultural therapy: An ancient integrative approach for modern times. *J Integr Complement Med.*, 28(4).

Allah Yar, M. & Kazemi, F. (2020). The role of dish gardens on the physical and neuropsychological improvement of hospitalized children. *Urban Forestry & Urban Greening*, 53.

Anderson Walker, SB., & Stowell, D. (2024). Seeds of Wellness: A pilot study of horticultural therapy and nature-based expressive arts to support holistic wellness for adults. *Journal of Creativity in Mental Health*, 1-17.

Andzaurova, PO., & Nartova-Bochaver, SK. (2023). Gardening and garden therapy as a resource for human psychological well-being. *RUDN Journal of Psychology and Pedagogics*, 20(2).

Altman, GL. (2020). Guidelines for telehealth horticultural therapy. *AHTA Magazine*, 48(3).

Armstrong, A., Nolan, C., Cremin, K. et al. (2023). The relationship between horticulture, recovery and occupational therapy in mental health: A scoping review. *Occupational Therapy in Mental Health*.

Atta, MHR., Salama, EA., & Menessy, RFM. (2025). Effect of horticultural therapy program on psychological wellbeing, hope and social adjustment among patients with psychotic disorders: A nursing perspective. *Journal of Psychiatric and Mental Health Nursing*.

Bae, SJ., Lee, SH., & Kim, DS. (2021). The effect of horticultural therapy on cognitive function, depression, self-esteem and activity daily living (ADL) in dementia care-A systematic review and meta-analysis. *Journal of Korean Society of Rural Planning*, 27(4).

Boisvert, K., & Shea, J. (2025). Vermonter's painful grief and horticultural methods for bereavement. *Journal of Therapeutic Horticulture*, 35(1).

- Borella, E., Melendugno, A., Meneghetti, C. et al. (2023). Effects of an outdoor horticultural activity program on cognitive and behavioral functioning, mood, and perceived quality of life in people with dementia: A pilot study. *Frontiers in Psychology*, 14.
- Boyle, CL., & Pryor, J. (2019). Therapeutic horticulture: A mechanism for participate to learn in inpatient rehabilitation. *Journal of the Australasian Rehabilitation Nurses' Association (JARNA)*, 22(1).
- Brown, J. (2024). A workshop for wellness at Fairchild Tropical Botanical Garden. *Cultivate*, 4(3).
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- Catlin, P. (2024). Collaboration in the field of horticultural therapy. *AHTA Magazine*, 52(3).
- Chakrapani, K., & Kalpana, B. (2025). Combining virtual reality with horticulture therapy for shift work disorder among healthcare security personnel. *Agricultural Science Digest*, 45(5).
- Chang, TW., Tsai, ST., Huang, HY. et al. (2024). Slow well-being gardening: Creating a sensor network for radiation therapy patients via horticultural therapeutic activity. *Sensors (Basel)*, 24(12).
- Chang, YS., & Tu, PC. (2021). Healthy horticulture for senior citizens. *Acta Hortic.*, 1313, *International Symposium on Horticultural Therapies: Past, Present and Future*.
- Chen, Y., Soontornchai, S., Thongmuang, P. et al. (2025). Efficacy of repetitive transcranial magnetic stimulation combined with horticultural therapy for post-stroke depression: A randomized controlled trial. *Eurasian Journal of Medicine and Oncology*, 9(2).
- Chen, L., Sun, Y., Pan, Y. et al. (2025). How duration and frequency influence horticultural therapy's effect on depressive symptoms: Evidence from a meta-analysis. *Front Psychol*.
- Chen, Q. (2023). A review of studies on the efficacy of horticultural therapy interventions based on physical and mental health indicators in the elderly. *Journal of Innovation and Development*, 3(2).
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- Chen, ML., Lo, LC., & Lou, SJ. (2018). Effects of strength-based approach horticultural therapy on primary students' resilience. *Creative Education*, 9(16).
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### **Examples of horticultural therapy & therapeutic horticulture programs**

*Addiction Rehab Toronto* includes horticultural therapy as part of their holistic approach dealing with addictions and recovery, in addition to traditional therapies and mindfulness practices.

<https://addictionrehabtoronto.ca/horticultural-therapy-healing-through-nature-in-recovery/>

*Banfield Pavillion, British Columbia Canada* offers horticultural therapy in conjunction with recreation therapy as an interdisciplinary approach to senior care indoors and in outdoor garden courtyard settings.

<https://www.vch.ca/en/vancouver-general-hospital-vgh/banfield-pavilion>

*Bullington Gardens Horticultural Therapy, Hendersonville, NC.* provides HT to the public school system (students) and at three behavioral health facilities in the area.

<https://www.bullingtongardens.org/our-programs>

*Cape Fear Botanical Garden therapeutic horticulture program with Wounded Warrior Project* recognizes and considers visible and invisible wounds, support for coping with military service and health goals related to healing, depression, loneliness.

<https://newsroom.woundedwarriorproject.org/Warriors-Grow-Hope-in-Lifes-Garden>

*Chadwick Arboretum and Leaning Gardens in Ohio* has a horticultural therapy program, garden for adults with physical and developmental disabilities and other populations.

<https://chadwickarboretum.osu.edu/our-gardens/learning-gardens/horticultural-therapy-garden>

*Chicago Botanic Garden Horticultural Therapy Services, Chicago, IL.* has a variety of services available including direct service, consultation, speakers, and workshops.

<https://www.chicagobotanic.org/therapy>

*Do Good Program in Hackensack, NJ* uses hydroponic growing and work-based learning for young adults with autism as job training and employment.

<https://greensdogood.com/>

*Down to Earth Garden & Allotments in Chelmsford UK* deliver therapeutic horticulture and social prescribing to a range of participants with special needs, mental or physical disabilities, longterm /chronic illnesses.

<https://wildernessfoundation.org.uk/down-to-earth-community-allotments-essex/>

*Farm at Penny Lane, established in 2011,* provides weekly programming with cooking, farming and harvesting to populations including people with mental health challenges, vocational program and partnerships with community groups for related activities (transportation to farmers market).

<https://www.med.unc.edu/psych/cecmh/services/recovery-services/farm-at-penny-lane/>

<https://www.youtube.com/watch?v=8VpSVoPovgc>

Five outdoor gardens at *Barclay Friends* senior living are platforms for their horticultural therapy program in West Chester, PA.

<https://bf.kendal.org/horticultural-therapy/>

*FrontLine Gardens* 501c3 organization provides elevated garden beds at personal residence and a custom therapeutic gardening program in partnership with a vet center or law enforcement trauma therapist for those injured in the line of duty or suffering from PTSD Veterans and law enforcement officers.

<https://frontlinegardens.org/>

*Growing Wellness: Using Indoor Gardens in Horticultural Therapy* webinar by Tammy Brenner, Program Manager of the *Plant Growth Facilities Colorado State University*.

[https://www.youtube.com/watch?v=S231zIJ\\_aTA](https://www.youtube.com/watch?v=S231zIJ_aTA)

*Hope Grows* 501c3 non-profit (PA) provides emotional/mental health services and counseling to family caregivers using in-person and virtual counseling, support services, therapeutic respite activities, wellness kits, bereavement packets and on-site programming.

<https://hopegrows.org/about/>

*Kingsbridge Heights Community Center's* gardening, nutrition and horticultural therapy programs in the Bronx, NY include a wide array of plant-based activities in this community setting.

<https://www.khcc-nyc.org/program/gardening-nutrition-and-horticultural-therapy-programs>

*Missouri Botanical Garden Therapeutic Horticulture Program*, St. Louis, MO

<https://www.missouribotanicalgarden.org/learn-discover/adults/therapeutic-horticulture.aspx>

<https://www.youtube.com/watch?v=5VJT7YbqKog>

*Munroe-Meyer Institute's* Recreational Therapy Dept. delivers a horticultural therapy program at Farm to Fork setting in Omaha, Nebraska. Participation by people with intellectual and developmental disabilities at their barrier-free garden also includes family participation.

<https://www.unmc.edu/mmi/services/recreation/adult/garden.html>

*New York Botanical Garden* (NYBG) launched a program, THRIVE, in 2029, combining horticultural therapy and gardening activities, to help veterans heal their minds and bodies.

<https://www.nybg.org/content/uploads/2019/11/NYBG-THRIVE-Program-Release.pdf>

*North Carolina Botanical Gardens*, University of North Carolina delivers therapeutic horticulture - online and in-person sessions, therapeutic garden design consultation and services delivered in the community.

<https://ncbg.unc.edu/engagement/therapeutic-horticulture/>

*NYU Langone's Rusk Rehabilitation*, New York City, NY delivers HT at multiple sites including NYU Langone Orthopedic Hospital, Tisch Hospital and its Psychiatric Unit and Epilepsy Unit among others.

<https://nyulangone.org/locations/rusk-rehabilitation/rehabilitation-support-services-for-adults/horticultural-therapy-for-adults>

Overbrook School for the Blind in Philadelphia uses their Farm to Table program and horticultural therapy program to teach students about the importance of nutrition, locally sourced food and the environment.

<https://www.obs.org/what-we-do/farm-to-table.cfm>

Sensory mobile immersive landscape experience (SMILE) for senior residents provides access and participation in HT/rec therapy interventions to people who are not able to attend sessions outside their rooms at Banfield Pavillion, BC. (refer to this facility previously).

<https://www.vch.ca/en/news/bringing-nature-indoors-tranquility-lounge-provides-therapy-long-term-care-residents>

*The Blossom Programme: Nature-based Therapy for Survivors of Domestic Abuse* video shares insights into a program working with this population.

<https://www.youtube.com/watch?v=qWDXLAluMSM&t=2s>

*The Therapeutic Horticulture Program at Wilmot Botanical Gardens* Univ. of Florida, Gainesville, FL. programs for veterans, women veterans, student wellness group, alumni, Parkinson's care partners and Florida Recovery Center groups.

<https://wilmotgardens.med.ufl.edu/programming-2/therapeutic-horticulture-program/>

The University of Florida Certificate in Horticultural Therapy provides online asynchronous courses accredited by AHTA with access to research, TH programming with 16 distinct client groups, partnerships with UF Health departments and onsite internships at Wilmot Gardens.

<https://hos.ifas.ufl.edu/undergraduate-certificate-in-horticultural-therapy/>

*Trellis Horticultural Therapy Alliance*, Atlanta GA non-profit offers free therapeutic horticulture services for adults with life challenges (long-term disability, incarceration, mental health disorders) through its Ability Garden program and its second Ability Garden in Legacy Park that is wheelchair accessible.

<https://trellishta.org/what-is-garden-therapy/>

### **Videos, webinars & websites on horticultural therapy & therapeutic recreation**

*Australia: More Grows in the Garden than the Gardener Sows* presentation in 2024 outlines a patient-driven HT program with an accessible kitchen garden where spinal rehab, occupational therapy and sustainable therapy program make for a successful program.

<https://www.youtube.com/watch?v=rEPdnpijdTE&t=1s>

*Evidence-based Practice in Horticultural Therapy Interventions* webinar from IPPC, Kansas State University and AHTA (2021) with Matt Wichrowski, HTR and Derrick Stowell, HTR talking about evidence-based practice (EDB).

<https://www.youtube.com/watch?v=C5YMvqQrcIE>

*Florida Horticulture for Health* YouTube channel offers a variety of videos on horticultural therapy and related topics including fragrance in the garden, horticulture in neurorehabilitation, plant programming for seniors, self-regulation and HT/TH.

[https://www.youtube.com/channel/UCSdBCsV3o-hoVXqH\\_wJESoQ](https://www.youtube.com/channel/UCSdBCsV3o-hoVXqH_wJESoQ)

<https://www.flhnn.com/recorded-webinars.html>

*Gardening Through Grief: A Conversation with Practitioners in the Field* webinar from the Florida Horticulture for Health Network presents Carrie McCann and Eleanor Wroath who use HT/TH and gardening to cope with, address and work with bereaved individuals.

<https://www.youtube.com/watch?v=8-TGhOZWWQM>

*Horticultural Therapy 101: History, Definitions and examples.*

<https://www.youtube.com/watch?v=3exkUHk88VM>

*Horticultural Therapy for Veterans* YouTube presentation.

<https://www.youtube.com/watch?v=kdcoRkUxDeo>

*Horticulture in Neurorehabilitation* YouTube webinar by Erin Lovely shares ideas and practices at Craig Hospital, a neurorehab facility with a therapeutic garden, HT and TH programming.

<https://www.youtube.com/watch?v=8qp-asbT5XA&t=1s>

*La Asociación Española de Horticultura y Jardinería Social y Terapéutica, AEHJST* Spanish speaking association with 10 countries worldwide.

<https://aehjst.org/>

*Need to Know Developments in HT & Horticulture for Health* YouTube video discusses children's social and emotional learning in gardens and green space settings by HT practitioner Lesley Fleming (2023).

[New Developments in Horticultural Therapy and Horticulture for Health - YouTube](#)

*Newfoundland & Labrador Centre for Applied Health Research* website explains horticultural therapy, listing goals for its HT research exchange group, activities, presentations and contacts.

<https://www.mun.ca/nlcahr/research-and-knowledge-exchange/horticultural-therapy/>

*North Carolina Botanical Garden* website introduces horticultural therapy, which is delivered at the garden and off-site, in conjunction with its community partners – UNC Center for Excellence in Community Mental Health and the University of North Carolina at Chapel Hill.

<https://ncbg.unc.edu/2016/03/04/horticultural-therapy-at-ncbg/>

*Opportunities for Therapeutic Horticulture at Botanical Gardens* YouTube webinar by Lesley Fleming, HTR & Heather Kelijian identify what is happening, what opportunities exist and how to work with public gardens delivering TH.

[https://youtu.be/nVvj273\\_lil](https://youtu.be/nVvj273_lil)

*Plant Programming for Seniors* webinar YouTube from the Florida Horticulture for Health Network uses a forum of HT practitioners to share ideas in this realm.

<https://www.youtube.com/watch?v=XPtsg3uAfwo>

*Portugal: Social and Therapeutic Horticulture in Portugal – Challenges for the Future* video explores current and future paths for this therapeutic modality.

[SS24 - Social and Therapeutic Horticulture in Portugal - Challenges for the Future \(youtube.com\)](#)

Sense of place and applications to HT/TH, delivered at the American Horticultural Therapy Association's 2025 conference, suggests how to integrate sense of place using plants into TH sessions across populations including youth, children, incarcerated, wellness and migrants.

[https://www.youtube.com/watch?v=r6bR\\_zG-nMU](https://www.youtube.com/watch?v=r6bR_zG-nMU)

Smithsonian webinar series with topic "Horticultural Therapy: Nurturing Plants Nurtures People" from Irene Brady Barber at Coastal Maine Botanical Gardens discusses this modality.

<https://gardens.si.edu/learn/lets-talk-gardens-video-library/horticultural-therapy-nurturing-plants-nurtures-people/>

THAD (Therapeutic Horticulture Activity Database) offers 285+TH activities across populations, tested by practitioners with a range of populations. (activities: [milk jug 2 mini greenhouse](#), [moss frame](#), [planting pea shoots](#), [playing with soil, sand or water](#), [pounding pansies](#)).

<https://hos.ifas.ufl.edu/therapeutic-horticulture-activities-database/>

The Role of Therapeutic Horticulture in Wellness and Recovery webinar by Gwenn Fried, VP of the Mid-Atlantic Therapeutic Horticulture Network and Manager of Horticultural Therapy at NYU Langone Medical Center in New York City.

[https://www.youtube.com/watch?v=a\\_M\\_8Y--9XA&list=PLRqQz3pL4HQKzNifUWa5HwzxAh5fVmQug&index=2](https://www.youtube.com/watch?v=a_M_8Y--9XA&list=PLRqQz3pL4HQKzNifUWa5HwzxAh5fVmQug&index=2)

Trellis Scotland has online plant activities appropriate for many populations including indoor flowering bulbs, printing using natural material, and the craft garden.

<https://www.trellisscotland.org.uk/>

UK: *Defense Gardens Scheme Concept to Capability* presentation outlines the success of Trellis Scotland, Defense Gardens Scheme, Eden Project, these organizing and delivering HT services and nature-based services for armed forces and military recovery process.

<https://www.youtube.com/watch?v=hL3SBYb2CZM&t=1s>

Ukraine: *The First Interdisciplinary Educational and Scientific Program "Garden Therapy" in Ukraine*, was the focus of a 2024 presentation through Trellis Scotland.

[SS24 - The First Interdisciplinary Educational and Scientific Program "Garden Therapy" in Ukraine \(youtube.com\)](#)

University of Florida video discussing therapeutic horticulture research with healthy women doing gardening tasks, citing other research areas as well.

<https://www.youtube.com/watch?v=v925701JQc4>

*What About the Research Evidence* webinar with speakers Candice Shoemaker, Diane Relf and Sin Ae Park delivered through IPPC, AHTA and Kansas State University in 2021 on HT research.

<https://www.youtube.com/watch?v=knGa2h-Vjgs>

*What's on the Radar for Horticultural Therapy & Horticulture for Health?* Presentation by Lesley Fleming, HTR for Trellis 2024 Symposium touching on current research, self-regulation, polyvagal theory, and mental health-HT connections.

<https://www.youtube.com/watch?v=f9BzllEKAbw>

[XVII International People Plant Symposium and IV International Symposium on Horticultural Therapies](#) in Aug 2026 explores plant-mediated therapy including horticultural therapy, forest therapy, and ecotherapy, with a focus on their effectiveness and methodology. In recent years, the use of care farming in Europe, agrohealing in Korea, and agriculture-welfare collaboration in Japan have been included in this paradigm. Papers will be published in *Acta Horticulturae*.

### **Related organizations**

[Association for Horticulture and Therapy in Germany](#)

[California Horticultural Therapy Network \(CHTN\)](#)

[Canadian Horticultural Therapy Association \(CHTA\)](#)

[Carolinas Horticultural Therapy Network](#)

[Green4C Alliance](#)

[Hong Kong Association of Therapeutic Horticulture \(HKATH\)](#)

[Institute of Horticultural Therapy](#) – Peru (Spanish & English website)

[International People Plant Council](#)

[Mid Atlantic Therapeutic Horticulture Network \(MAHTN\)](#)

[Spanish Association in Social and Therapeutic Horticulture](#)

[THRIVE](#) (UK)

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