

What is Therapeutic Horticulture?

Therapeutic horticulture (TH) is a professionally facilitated intervention that uses gardening and other plant and nature-based activities to support participants in working toward their psychological, physical, cognitive, social, spiritual, and vocational goals.

Benefits of Therapeutic Horticulture

Improved Mental Health: TH can improve mental health by reducing anxiety and stress, enhancing mood, and fostering a sense of accomplishment through engaging with nature.

Improved Physical Health: TH involves physical activity that can improve strength, flexibility, and cardiovascular health. It also encourages outdoor exercise and exposure to sunlight.

Increased Social Interaction: TH often involves group activities that foster social connections, improve communication skills, and combat feelings of isolation.

Boosted Cognitive Function: The planning, problem-solving, and sensory experiences involved in TH can enhance cognitive abilities, memory, and concentration.

Emotional Well-being: Cultivating plants and witnessing their growth can provide a sense of accomplishment, boost self-esteem, and promote a positive outlook.

Skill Development: Participants can develop practical skills, such as planting, nurturing, and harvesting, while learning about nature and sustainability.

Connection to Nature: Gardening fosters a deeper appreciation for the environment and encourages mindfulness and relaxation through direct interaction with nature.



Everyone can benefit! Some examples of specific populations we work with include:

Seniors, individuals with autism, learning disabilities, ADHD, Alzheimer's Disease, developmental or physical disabilities, mental health issues, veterans, cancer patients, chronic pain sufferers, those in palliative care, people in correctional/custodial facilities, and more.

Settings for Therapeutic Horticulture

- Long-term care homes
- Senior living homes
- Community gardens
- Schools
- Hospitals
- Community centres
- Hospices
- Assisted living facilities
- Correctional/custodial facilities
- Online virtual sessions, and more



What it Involves

Horticulture

Involves practices related to the cultivation, care, and management of plants.

Nature Studies and Connection

Involves exploring, observing and connecting with the natural world.

Botanical Crafts

Involves using plant materials to create artistic or decorative items

Culinary

Utilizing edible plants and herbs for cooking and culinary purposes

About World Therapeutic Horticulture Day

World Therapeutic Horticulture Day (WTHD), inaugurated by Trellis in 2023, on the 18th May each year is a worldwide celebration that aims to raise awareness of the practice of therapeutic horticulture, the many benefits it brings to communities around the world and the amazing people who work in the field. Ultimately we hope this will win recognition for the profession. You are warmly invited to get involved wherever you are in the world, whether you are an experienced practitioner, someone who loves gardening and has felt its therapeutic benefits, or you're just exploring this wonderful field for the first time.



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For more information, visit [Trellis' website](#).



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