

Therapeutic Horticulture Team Training Program



Root in Nature

LTC & Senior Living

Common Challenges

- High rates of depression and loneliness
- Limited opportunities for meaningful engagement
- Staff stress, burnout, and frequent turnover
- Lack of accessible non-drug options

How We Help

- Proven to significantly reduce depression symptoms in residents
- Creates opportunities for autonomy, achievement, and social connection
- Supports staff well-being
- Delivers strong value, with studies showing a 6:1 return on investment

“If you want an easily digestible and quality understanding of the practice of therapeutic horticulture, this is the course! It was well organized, concise, easy to move through, and rich with information.”

Chelsea Korzenko

About Root in Nature

Root in Nature strengthens health by connecting people with plants and nature through therapeutic horticulture. We serve as a training hub for allied health professionals and care teams, offering online courses, resources, and ongoing support to bring nature programming into practice.



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The Process

Step 1: Team Onboarding & the Therapeutic Horticulture Foundations & Facilitation Course

After a one-hour live virtual kick-off meeting with our team, participants receive onboarding emails and orientation videos before starting their self-paced course. They learn how to facilitate therapeutic horticulture sessions, supported by foundational horticulture and safety training.

Course Features:

- Self-paced learning completed in 10-12 hours
- Engaging video content across 7 lessons
- Comprehensive course manual for reference and application
- Therapeutic Horticulture Ally Certificate upon completion
- Digital badge for both participants and the organization
- Pre-approved for CE credits with NCTRC and APNCC

Step 2: Membership in the GrowTH Network: Resource & Support Platform

Membership gives your team access to ongoing resources and support, including:

- 12 ready-to-use therapeutic horticulture session plans
- 150+ activities in a sortable database
- 80+ resource documents and templates
- Monthly optional live support calls
- Guest speaker events and free professional conferences