

Therapeutic Horticulture Skills Team Training Program



Therapeutic Horticulture

Therapeutic horticulture (TH) is a professionally facilitated practice that uses gardening, and other plant and nature-based activities to support people in working toward their health and wellbeing goals.

Gardening & Nature-Based Activities in Practice Course Course Description

This four-hour online course introduces therapeutic horticulture and supports its thoughtful integration into the work of allied professionals.

It introduces core concepts, domains of wellness, goal-driven activity design, and key safety considerations. It then expands into practical skills in guiding activities like seed starting, plant care, and propagation, while learning to use adaptive tools, raised beds, and sensory plant experiences to support diverse participant needs.

This course serves as a springboard that empowers professionals with the knowledge and confidence to roll up their sleeves and foster deeper, more meaningful connections between plants and people.



“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



Course Outline

Session 1

- Lesson 1: Course Introduction
- Lesson 2: What is Therapeutic Horticulture (TH)?
- Lesson 3: Domains of Wellness
- Lesson 4: Developing Goal-Driven TH Environments

Session 2

- Lesson 5: TH-Specific Safety Considerations
- Lesson 6: Plant Toxicity Considerations

Session 3

- Lesson 7: Seed Starting & Transplanting
- Lesson 8: Indoor Plant Selection
- Lesson 9: Vegetative Propagation Methods

Session 4

- Lesson 10: Raised Beds & Container Gardens
- Lesson 11: Sensory Plants
- Lesson 12: Activity Development Methods
- Lesson 13: Adaptive Tools Guide
- Lesson 14: Course Conclusion

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.



Alexis Ashworth

Founder & CEO
alexis@rootinnature.ca
1-613-552-0629



www.rootinnature.ca



@root.in.nature



@rootinnature



@rootinnature