

Therapeutic Horticulture Skills Team Training Program



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



Chelsea
Korzenko

"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."

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 members take the Core (4 hour) or Comprehensive (15-18 hour) Training Course

After easily adding team members into your account, they are onboarded through emails and orientation videos before starting their self-paced course. They learn how to facilitate garden and nature-based activities, supported by foundational horticulture and safety training.

Course Features:

- Self-paced learning in as few as four hours or as many as 18 hours, as your team prefers
- Engaging video content
- 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: NCTRC and APNCC

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

Your team has ongoing access to activities, resources and support, including:

- 200+ activities in a sortable database with new resources & activities added each week
- 12 ready-to-use therapeutic horticulture session plans
- 80+ resource documents and templates
- Monthly optional live support calls
- Guest speaker events

