

# HORT A283: THERAPEUTIC GARDENS: DESIGN FOR HEALING SPACES

Item	Value
Curriculum Committee Approval Date	03/22/2017
Top Code	010910 - Landscape Design and Maintenance
Units	2 Total Units
Hours	36 Total Hours (Lecture Hours 36)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

## Course Description

This course will introduce and broadly explore how Therapeutic Gardens and the field of Horticultural Therapy incorporates the use of plants and gardening activities to promote health and wellness for people of many ages, backgrounds, and abilities. Topics will include people/plant relationship theories, horticultural therapy as a specialized field, Therapeutic Gardens and their use, and the societal impacts of Horticultural Therapy and research that supports it. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Apply principles of horticultural therapy to design a therapeutic garden.

## Course Objectives

- 1. Demonstrate a broad knowledge of the history of therapeutic gardening and horticultural therapy.
- 2. Identify the benefits of horticultural therapy in the context of a therapeutic garden setting.
- 3. Describe how therapeutic gardening and horticultural therapy is applied to diverse populations in health care and human services.
- 4. Analyze and evaluate research regarding the healing benefits of specific plants.

## Lecture Content

1. Historical developments of Therapeutic Gardens and the practice of Horticultural Therapy in health care and human services. 2. The connection of people and plants in horticulture generally, and the human issues and populations served in Horticultural Therapy specifically. 3. Landscape design characteristic of Therapeutic Gardens and restorative settings. 4. Midterm/Research assignment presented 5. Research case studies of the diverse settings and populations where Horticultural Therapy is being used. 6. In class visit of HT Professional or on site visit 7. Class review and in class participation in preparations for

group/individuals presentation of research project. 8. Final and in class presentations.

## Method(s) of Instruction

- Lecture (02)

## Instructional Techniques

Demonstrate: Instructor will demonstrate in multiple ways concepts, facts and problems within the field of Horticulture Therapy. Discovery: Students will do independent and group research guided by the instructor within the field of Horticulture Therapy and present to the class their findings. Inquiry: Students will do independent or group collaborations given a specific problem to solve and present to the class their conclusion(s). Lecture" Each session each lecture will build on the previous session. Simulation: Connection with a working horticulture therapy garden in the community that students will at a minimum visit and possibly work on projects (e.g. Veterans Hospital in Long Beach; Alzheimer Care Facility in Los Alamitos, etc.). This will give students the framework of what they will be exposed to in the real world.

## Reading Assignments

Students will read from assigned handouts and materials, approximately 1-2 hours per week.

## Writing Assignments

Students will spend approximately 1-2 hours per week on writing assignments, such as research projects and case studies.

## Out-of-class Assignments

Students will spend approximately 2-3 hours per week on outside assignments such as research projects on the following: historical developments of Therapeutic Gardens; the practice of Horticultural Therapy in health care and human services; landscape design characteristic of Therapeutic Gardens and restorative settings.

## Demonstration of Critical Thinking

Students will complete quizzes, a midterm exam, a final exam, an group/ or individual research assignment and presentation. At the end of the semester a portfolio of the work completed is evaluated as a whole using the following criteria: Class participation Exams Quizzes Written Research Assignment Presentation to Class

## Required Writing, Problem Solving, Skills Demonstration

Students will have the chance to demonstrate their writing ability through exam essay questions and a research assignment. Students will demonstrate through their writing clear purpose with good organization, supportive argument for their ideas effective use of style, usage and grammar.

## Eligible Disciplines

Agriculture: Masters degree in agriculture, agriculture science, education with a specialization in agriculture or other agricultural area (including agricultural business, agricultural engineering, agricultural mechanics, agronomy, animal science, enology, environmental (ornamental) horticulture, equine science, forestry, natural resources, plant science, pomology, soil science, viticulture, or other agriculture science) OR the equivalent. Masters degree required. Ornamental horticulture (landscape architecture, floristry, floral design)...: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience.

## **Textbooks Resources**

1. Required Houter-Brown, Gayle. Landscape and Urban Design for Health and Well-Being Using Healing, Sensory and Therapeutic Gardens, 1st ed. UK: routeledge, 2015 Rationale: Legacy book that supports the content of the course 2. Required Winterbottom, Daniel Wagenfeld, Am. Therapeutic Gardens: Design for Healing Spaces, 1st ed. Los Angeles: Timber Press, 2015 Rationale: Legacy book that supports the content of the course

## **Other Resources**

1. Selected handout materials for a specific topic will be provided and distributed by instructor.