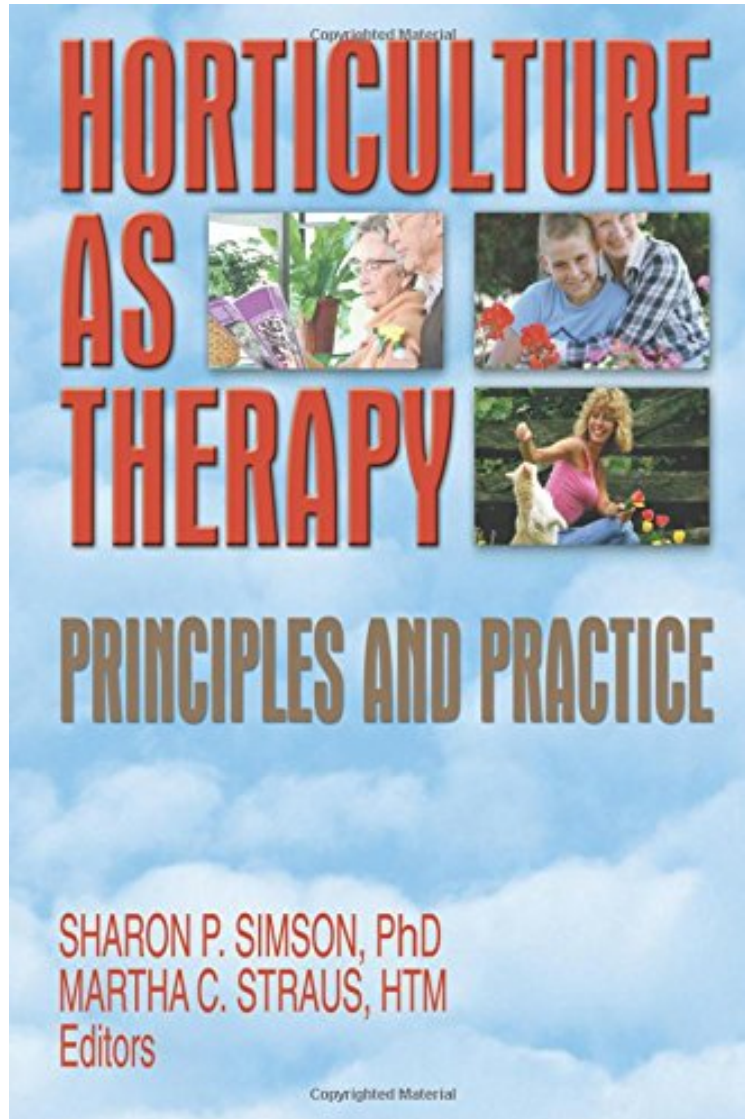


Horticulture as Therapy: Principles and Practice

Sharon Simson, Martha Straus

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Sharon Simson, Martha Straus : Horticulture as Therapy: Principles and Practice before purchasing it in order to gauge whether or not it would be worth my time, and all praised Horticulture as Therapy: Principles and Practice:

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Did you know that plants and plant products can be used to improve people's cognitive, physical, psychological, and social functioning? Well, they can, and *Horticulture as Therapy* is the book to show you how! If you are already familiar with the healing potential of horticultural therapy, or even practice horticultural therapy, this book will help you enrich your knowledge and skills and revitalize your practice. You will learn how horticultural therapy can be used with different populations in a variety of settings, what resources are available, effective treatment strategies, and the concepts behind horticultural treatment. The first comprehensive text on the practice of horticulture as therapy, this one-of-a-kind book will enable the profession to educate future horticultural therapists with fundamental knowledge and skills as they embark on careers as practitioners, researchers, and educators. You come to understand the relationship between people and plants more deeply as you learn about: vocational, social, and therapeutic programs in horticulture special populations including children, older adults, those who exhibit criminal behavior, and those with developmental disabilities, physical disabilities, mental health disorders, or traumatic brain injury use of horticultural therapy in botanical gardening and community settings adaptive gardening techniques applied research documentation and assessment in horticultural practice *Horticulture as Therapy* establishes, integrates, and communicates a foundation of knowledge for horticultural therapists, other therapists, horticulturists, students, research scientists, gardeners, and others interested in this special and unique kind of therapy. By reading *Horticulture as Therapy*, you will see how you can make a difference in the health and well-being of so many people, today and tomorrow.