

The background is a solid teal color. In the top-left corner, there is a cluster of light blue flowers and leaves. In the bottom-right corner, there is a cluster of darker blue flowers and leaves. The rest of the page is filled with intricate, swirling, light blue line art patterns that resemble stylized waves or clouds.

HORTICULTURAL THERAPY DIPLOMA COURSE

Awaji Landscape Planning & Horticulture Academy (ALPHA)



Exploring Methods for Better People-Plant Interaction to Meet the Needs of the New Era

Horticultural Therapy Diploma Course

Spiritual science: The study and practice of a new academic discipline geared toward the needs of the 21st Century.

ALPHA offers an innovative curriculum and training course in the new interdisciplinary field known as horticultural therapy. Horticultural therapy is about curing and rehabilitating people with mental or physical disabilities, people with illnesses and elderly people by engaging them in horticultural activities. In a wider sense, the therapy also assists people in maintaining and promoting their mental and physical health and enhancing the quality of their lives. Intended for those interested in medicine, welfare, gardening and landscaping, this career-focused

program offers lectures and seminars in the first semester and internship in the second.

In 1995, Hyogo Prefecture received encouragement and support from all over Japan after suffering serious damage due to the great Kobe/Awaji Earthquake. ALPHA believes that we can reciprocate such nationwide concerns by proving the ability of flowers and greenery to heal people as part of the academic discipline of horticultural therapy.



In pursuing "life in harmony with nature," ALPHA maintains a horticultural therapy garden at the center of its campus to offer hands-on learning and field-study opportunities.

Horticultural therapy garden

ALPHA created a horticultural therapy garden to explore the ability of gardening to heal both mental and physical disturbances. The garden is designed to allow elderly people and people with disabilities to maintain and recover their mental and physical health. It also serves as a venue for practical research and education in horticultural therapy. The garden consists of two zones: a "sensory garden" where flowers and greenery are displayed and a "learning garden" where gardening activities are undertaken.

Sensory garden



Designed to create a "more beneficial people-plant relationship," the garden offers opportunities for visitors to enjoy flowers and greenery by means of

various sensory channels, and experience first-hand how plants can affect people. Raised flowerbeds, flowerbeds with seating space, vine-tangled trellises, and hanging flowerpots allow visitors direct interaction with flowers and greenery.

Learning garden

This garden is designed for elderly people and

people with disabilities to engage in outdoor gardening, and for students to acquire the knowledge and skills necessary for horticultural



therapy and nursing care through hands-on learning opportunities. Flowerbeds, an outdoor classroom, a covered working area, a small cabin, a greenhouse, and a barbecue grill are available to facilitate learning.

Characteristics of this program

One-year, career-focused education for a selected few



ALPHA is the first public educational institution that has an intensive program to train horticultural therapists who can play a leadership role. It offers a career-focused educational

program to those interested in medicine, welfare, gardening, and landscaping.

Practical training oriented curriculum

In the first semester, this program deals with four topics - horticultural therapy, horticultural science, medical/welfare systems, and management - through an equal number of lecture and practical training sessions. In the second semester, two 2.5-month internship sessions are provided in medical and welfare institutions.

Qualification and career development after graduation

Upon completion of the course, students are officially certified as horticultural therapists by the Hyogo Prefectural Government. Also, 2,000 hours of paid employment in horticultural therapy qualify them to apply for professional registration as Horticultural Therapist Registered (HTR) with the American Horticultural Therapy Association.



*American Horticultural Therapy Association (AHTA) recognizes and registers horticultural therapists and assists in developing educational programs in this field.



CURRICULUM

First semester (September to March) All subjects are compulsory. One segment = 90 min.

Orientation (25 segments)

Orientation: To deepen understanding of the purpose, scope, prospects of horticultural therapy, plan for objectives of the study and discuss directions to take

Horticultural Therapy Specialization Courses (75 segments)

Introduction to Horticultural Therapy: To deal with the definition, position, effects, and purpose of horticultural therapy, and learn about the past developments and present situation of horticultural therapy, both in Japan and abroad

Horticultural Therapy Techniques and Programming: To understand the abilities and disabilities of clients, define the therapeutic purpose, and discuss methods to foster skills to carry out a therapeutic program in a well-planned manner

Special Topics in Horticultural Therapy: To deepen understanding of horticultural therapy through lectures by experts in horticultural therapy and other relevant fields

Horticultural Science and Related Courses (325 Segments)

Introduction to Horticulture: To learn about flowers and greenery suitable for horticultural therapy, as well as their features, growth processes, soils and fertilizers, and propagation techniques

Introduction to Botany: To learn about the basics of botanical study, including such topics as interaction with plants, scientific understanding and observation of plants, a cultural history of plants, and people-plant relationships

Introductory Botany (Laboratory Training): To learn about the diversity of plants and the affect of nature through direct interaction with the natural features in the vicinity of ALPHA and all over Awaji Island

Agromony I: To acquire basic knowledge and skills to grow plants for horticultural therapy in a manner to implement the idea of growing plants safely and successfully

Agromony II: To learn about special propagation methods necessary for horticultural therapy, such as container gardening, organic cultivation, and pest control without use of agricultural chemicals

Garden Design: To learn about the creation of the gardening environment, covering such topics as the design of horticultural therapy gardens and rooftop gardens, production of design drawings, and construction of such gardens

Flowerbed Design: To study basic knowledge and skills needed to create flowerbeds in kitchen gardens, container gardens, and sensory gardens

Use of Plants: To master how to use plants, fruits, and nuts in craftworks, cooking and confectionery

Therapy/ Human Science Courses (175 Segments)

Theory of Disability/ Introduction to Rehabilitation: To discuss disabilities and rehabilitation issues in a comprehensive perspective to implement horticultural therapy in a manner that best suits the needs of clients

Social Welfare Studies: To consider the meaning of social welfare in the context of horticultural therapy by deepening the understanding of lives and disabilities of clients

Horticultural Therapy by Type of Clients: To learn about therapies intended for elderly people, or children, or people with mental, physical, or intellectual disabilities. Taught under the guidance of instructors who specialize in each of these categories of clients

Occupational Therapy and Horticultural Therapy: To conduct operations analysis of the characteristics of gardening activities, and discuss therapeutic aspects of gardening, as well as the exercise and behavioral elements that accompany gardening and its effective use

Introduction to Medicine/ Psychotherapy and Horticultural Therapy: To study general medical issues and deepen understanding of the definitions, history, types, and techniques of mental and art therapies in association with horticultural therapy

Recreation Studies: To deal with events, techniques, and programs suitable for recreational activities for people with disabilities and elderly people

Management Courses (50 Segments)

Communication: To deal with various techniques geared to facilitate self-understanding and communication with others and develop skills to extend assistance

Management: To study the knowledge and techniques necessary for implementation of horticultural therapy, in relation with volunteer issues, leadership, information processing and task management

Second semester (April to August)

Horticultural Therapy Internship (1,000 hours)

Training in medical and welfare institutions: In the five-month second semester, students will undergo two 2.5-month training sessions in horticultural therapy at two associated institutions. Upon completion of each training session, a meeting is held at APLHA to discuss outcomes and experiences. Students can ask their instructors, by e-mail, any questions that may arise during internship.

 **AWAJI LANDSCAPE PLANNING & HORTICULTURE ACADEMY**

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