

Date	Location	Role	Time	Name	Title	Abstract
Dec. 8th	ALPHA (in Awaji island)	Lecture (research building, conference room, 1F) Max:80 audience	Purpose of the lecture ; The time given to each			
			10:00~10:50	Marni Barnes	Green Therapy: the multi-tasking garden	<p>Daily life often presents people with upsetting and stressful situations which evoke genetically encoded biological and physiological responses, commonly referred to as the "fight / flight" syndrome. The stresses that we experience today differ from those that gave rise to this automatic response. As a result, in today's society, this physiological reaction is often not helpful, and in fact can hinder achieving healthy adaptations to stress.</p> <p>Natural settings can offer an antidote to stress. Emotions are influenced by our environment, and outdoor spaces offer unparalleled opportunities for balancing and maintaining emotional equilibrium. By getting away, letting our attention be absorbed by our surroundings and being allowed to safely reflect upon or experience our emotions we can reawaken our sense of oneness with the universe and we can be restored.</p> <p>This paper will review the four essential phases of this theory of emotional restoration in the outdoors. Guidelines for designing therapeutic landscaped gardens will be presented and hospital settings and award winning horticultural therapy gardens in the USA will be discussed.</p>
			11:00~11:50	Patty Cassidy	Evidence-based Practice of HT: Art or Science? The respective uses and limitations of empirical and experiential evidence in horticultural therapy (NEW)	<p>The term "evidence-based practice," which was introduced a decade ago, generally refers to the principle that all health care practice decisions should be based on research studies. This paper by a practicing horticultural therapist proposes an alternative definition of the term that includes not only empirical/experimental evidence derived from research but also experiential evidence (based on the accumulated wisdom of the practitioner) and anecdotal evidence (based on reported preferences of clients and their families and caregivers) that is gained during the practice of horticultural therapy (HT). The paper expounds on the various uses of these different kinds of evidence as they apply to HT, noting the advantages and limitations of each: as evidence moves away from the research world toward the "life world," it loses precision but gains in application to the individual client. The practice of HT, which partakes of both worlds, is as much art as science. Consequently, it is only by consolidating and making use of all the evidence available that horticultural therapists can best serve both their clients and the field of HT. (NEW)</p>
			12:30~13:20	Ki-Cheol Son	Current theories and evidences on HT in Korea	<p>Since horticultural therapy (HT) was introduced in South Korea in the 1980s, it has grown rapidly garnering a flurry of social interest over the past 15 years. The purpose and scope of HT is defined as a professional treatment provided by a trained horticultural therapist by using plant and horticultural activities in a program pre-designed with therapeutic goals and purposes for clients. Furthermore, the concept of horticultural well-being is defined as horticultural activities for enjoyment. The remarkable development of Korean HT could be largely credited to scientific evidences based on cross-linked researches regarding relationships among plant, human being, and environment. In particular, the Korean HT and Well-Being Association has played an essential role in promoting Korean HT by offering four levels of HT certifications such as advanced HT, HT Level 1, HT Level 2, and Horticultural Well-being. The general practice of HT is composed of the four stages of diagnosis and preparation, planning, implementation, and evaluation. In addition, new approaches for practical methods of HT and assessment tools with adequate reliability and validity have been incorporated. Currently, efforts are underway to continuously improve and reinforce competence as professional therapists, conduct research to verify the</p>
			13:30~14:20	Jian-jung Chen	How to improve our health by the concept of Traditional Chinese medicine (TCM) in HT	<p>Formosa green care association (FGCA) is the first association to promote HT in Taiwan since 2010. Certificate training course for HTA members began since 2012 by FGCA. The members finish 120 hours course and have been approved, FGCA and APATH (Association of pan-Asia therapist horticulture) both will give them the HTA licenses by the name of each association.</p> <p>While we live in the earth, the environment will affect our life, including health. Our life must coordinate with the nature, and the wisdom of Oriental medicine (that is TCM) provides us the method. The climates of four seasons are of difference, and we must adjust our life style, clothes, and emotion to fit the environment of each season.</p> <p>The etiology of disease is divided into external environment, internal emotion and others (including diet, sex, hurt, biting, and so on). The comfortable mind and positive attitude to life are deeply emphasized and will be benefited to health by TCM. To promote great love and kindness of the spirit will be induced during the HT activity.</p> <p>"Food as drug" is an important diet concept in Chinese. That choose proper diet for difference physiques will promote our health. Therefore, we could select proper plant materials personalized according to TCM theories while conducting HT activity.</p> <p>The landscape of HT garden may be designed with the TCM concept mentioned above. We will design HT activities according to Selen-toume (節氣) in the year with</p>
			14:50~16:15	Horticultural therapists (ALPHA graduates) and	We hope foreign panelists will join this and give brief comments after each presentation.	
	Presentatio n on HT practice and study in Japan					

	Convivial party	17:30 ~	All ALPHA graduates	We will ask foreign panelists brief compliment.
Westin Hotel (Awaji)	Meeting for the next day Dinner	18:30~	Panelists Park TOYODA AMANO YOKOTA SUGIHARA TERADA	

Dec. 9th	Hyogo Prefectural Public Building (in Kobe)	Celebration	13:00~			
		International Symposium	14:00~ Keynote speech	Hiroshi YAMANE	Horticultural therapy for the future	
			15:00~16:45 Panel discussion  Presentation of each panelist is 15 minutes.	The international symposium on Dec.9th is aiming at sharing theories, evidences and reports on HT or interface between human well being and characteristics of designed outdoor spaces		
				Marni Barnes	Nature as Healer: Essential Qualities of a Therapeutic Garden	This empirical research elucidates the connection between emotional restoration and the environmental settings chosen by individuals to support their healing process. The research subjects described where they went when seeking solace outdoors and how their emotions were affected by their surroundings. A common process of healing was revealed that involves a series of psychological stages. Each stage has an identifiable set of environmental cues that can be designed into a landscape setting to maximize the therapeutic potential of that space.
				Patty Cassidy	Evidence-based Practice of HT: Art or Science?	The term "evidence-based practice," should include not only empirical/experimental evidence derived from research but also experiential evidence (based on the accumulated wisdom of the practitioner) and anecdotal evidence (based on reported preferences of clients and their families and caregivers) that is gained during the practice of horticultural therapy (HT).
Ki-Cheol Son	Current theories and evidences on horticultural therapy in Korea	Since horticultural therapy (HT) was introduced in South Korea in the 1980s, it has grown rapidly garnering a flurry of social interest over the past 15 years. The purpose and scope of HT is defined as a professional treatment provided by a trained horticultural therapist by using plant and horticultural activities in a program pre-designed with therapeutic goals and purposes for clients. Furthermore, the concept of horticultural well-being is defined as horticultural activities for enjoyment. The remarkable development of Korean HT could be largely credited to scientific evidences based on cross-linked researches regarding relationships among plant, human being, and environment. In particular, the Korean HT and Well-Being Association has played an essential role in promoting Korean HT by offering four levels of HT certifications such as advanced HT, HT Level 1, HT Level 2, and Horticultural Well-being. The general practice of HT is composed of the four stages of diagnosis and preparation, planning, implementation, and evaluation. In addition, new approaches for practical methods of HT and assessment tools with adequate reliability and validity have been incorporated. Currently, efforts are underway to continuously improve and reinforce competence as professional therapists, conduct research to verify the effects of HT, and obtain HT nationally certified certifications. Current situation and activity of HT in Korea will be included in my presentation.				
Jian-jung Chen	The application of HT with the concept Tradition Chinese Medicine (TCM)	Human is a component of the nature, and our life must coordinate with the nature. We must adjust our life style, clothes, and emotion to fit the environment where we lives and each season. Peace and comfortable mind is very important to our health. We can adjust our mood by the interaction of five elements(五行). For example, glad will suppress sad mood, and angry can suppress ponder mood..The music classified by the rule of five elements could also adjust our mood and peace our mind. Proper food will improve our health according to TCM theory. Ginger, Chili, Deep-fried food are inhibited for "hot" physique people, but good for "cold" physique people. Basil(紫蘇) is used to treat acute gastro-enteritis, and common cold. Therefore, we have better choose proper plant materials personally while design HT activity. We can practice soft exercises as Qigong(氣功), tai ji quan(太極拳), Ba Duan Jin(八段錦) etc. to promote our health and peace our mind in the HT garden.				
Palace Kobe	Convivial party	18:00~20:00 (planning)	Panelists Park ALPHA staff ALPHA graduates(horticultural therapists) ALPHA Htstudents			