

Horticultural Therapy/ Therapeutic Horticulture in De-escalation and Mental Health:

1. Difference and purpose of horticultural therapy vs. therapeutic horticulture:
 - More green does equate to better mental health 😊 It also has to do with your plant interactions; and reflecting, and meditating with plants...it helps one understand their own purpose, while exploring how to care for a plant:

Video link: <https://youtu.be/ALeTtf2geeU>

2. Mental Health Benefits of Plants:
 - Eco-therapy/ green care in therapeutic horticulture shows how this can reduce depression and anxiety, and can be transferred to your own home (ex: sense of agency and active participation in the life of the plant)

Video link: <https://youtu.be/3BqRGt0T8jI>

3. Phipps conservatory and Botanical Gardens Lecture about therapeutic benefits of Horticulture, and programs right here in Pittsburgh:

Lecture Link: <https://youtu.be/XxjzuD30jI0>



- I am currently taking a Techniques in Horticultural Therapy course (the second in a 2 year Horticultural Therapist Certificate Program I am enrolled in at the University of Florida) so please reach out to me with any questions you may have about horticultural therapy, or therapeutic horticulture, and I will do my best to answer them 😊