INTRO TO THERAPEUTIC HORTICULTURE:
GARDENING IS CHEAPER THAN THERAPY AND YOU GET TOMATOES
Online | Instructor: Jean Larson

COURSE DESCRIPTION
How does growing a tomato heal a person? This online course will answer how do plants heal through introduction to therapeutic horticulture and the many ways plants restore mental and physical health. In this course, you will learn the history, principles and practical application based on serving people with varying needs with a garden as primary treatment intervention.

Visit z.umn.edu/CSPH5522 or contact us at csh-academics@umn.edu for more information.

COURSE OBJECTIVES
Upon successful completion of this course, students should be able to:

• Define therapeutic horticulture, its origin and evidence-informed principles as a therapeutic modality

• Understand how plants are an effective treatment intervention to people with a variety of needs and strengths

• Demonstrate how plants are part of treatment intervention with a final program plan based on online discussion and application of scientific research supporting therapeutic horticulture use