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Social and therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills. Gardening is a wonderfully flexible medium that can transform lives and Thrive sees first-hand how gardening can help everyone, regardless of age or disability.

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horticultural therapy is the practice of engaging people in plant or gardening activities to improve their bodies minds and spirits research confirms that healthful benefits accrue when people connect with nature and plants by viewing and or interacting with them buy horticulture as therapy principles and

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According to the AHTA, horticultural therapy (HT) is •“The engagement of a client in horticultural activities facilitated by a trained therapist to achieve specific and documented treatment goals.” •“An active process which occurs in the context of an

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Background Horticultural therapy is defined as the process of utilising fruits, vegetables, flowers and plants facilitated by a trained...