



Horticultural Therapy Swiss Association

Associazione per l'Ortoterapia
Association pour l'Hortithérapie
Vereinigung für die Gartentherapie

*Occupation with earth and plants can give
freedom to the soul and a sense of peace similar
to meditation....*

Hermann Hesse

Therapeutic values with green

“VEGETABLE GARDEN AND GARDENING”

Horticultural Therapy Swiss Association (HTS) Was born officially on march 3rd 2004 (Statute date) is an association without lucrative political, partitival and a confessional aims to be promote Swiss Horticultural at a level that connects with activities for therapeutic purposes.

HTS goal is to form “hortoterapists” is to utilize and to apply hortotherapy,

The primary objective is to promote individual well being.

THERAPEUTICAL GARDENS

Being occupied in a garden with hortotherapy principles can contribute in bringing back the connection of space-time in a more natural way, this means passing your own time in a in a pleasant environment.

In the United States, hortotherapy is practiced for approximately forty years. and is thought at Universities. Some centers that are renowned in medicine like for example the University Hospital of New York, have at their disposal hortotherapy section (Enid A. Haupt Glass Garden) where the patients with diseases can benefit.

In the multifunctional agricultural debate, little attention is given to social functioning that can manage agricultural activities in therapy, rehabilitation and work integration of disadvantaged citizens. Planting and growing activities are uniting objectives of ethical and social character with the ones of production and economics, herewith providing a fundamental service to the community.

We will treasure the experiences we acquired in Italy and and the world in this field by

building specific formative courses that can lead to the formation and recognition of the professional model, the “horthotherapist”. This professional figure will associate strong technical knowledge in agronomy, botanical and technical culture in gardening with a psychological and pedagogical kind of knowledge and in certain fields and interventions technically rehabilitating.

In a society always more technological and virtual a few think that people of the 2000, in order to reach a mayor physical and psychological well being, will be needing a closer relationship with nature. It is however what has been found in studies done in the last 15 years. In particular the therapeutically action emerging from plants has been revealed important in comparison with the sick and disabled.

The HTS association will organize conventions, shows, exhibits, cinema, performances and other manifestations of cultural value, beside trips and educational sabbaticals.

This therapy is based on therapeutic programs and sustained by traditional medical cures.

All ages can benefit from horthotherapy – not only the sick and disabled - can benefit from caring of plants, in curing the plants you cure yourself.

Cure the plants for your own cure.

IN PROGRAM

In collaboration with the international partners we offer formative and up to date seminars over methods, links and instruments concerning horticultural therapy.

Projects and planning of structures designed for public gardening leading for integration, therapy, formative training and rehabilitation.

Realization of specific units concerning individuals and groups, in private and public structures to be realized in the interior and exterior.

Examine of the private environment with adaptations and solutions for motion difficulties, to see and to apprehend.

Projections and planning of programs for Hospitals, Day Centers, Homes for Elderly people, Communities and Schools.

It is possible to sustain and participate to the life of the Association **HTS** by subscribing as a member.

It is possible to sustain the Association and her activities by sending a contribution to the postal account – **Cep 65-720169-8**

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