

# The Application of Horticultural Therapy for Persons with Mental Disorders



## Trainers

**Ms. MOK Yim Ping, Ide 莫艷萍女士**  
**Mr. KAM Chun Yip, Michael 金駿業先生**



### Ms. MOK Yim Ping, Ide

**Occupational Therapist I, New Life Psychiatric Rehabilitation Association Assistant Horticultural Therapist (HKATH)**

Ms. Mok has worked in New Life Farm and practiced agricultural and horticultural therapy for 5 years. She then has come across horticultural therapy (HT) in Canada in 2009 and continued her education in HT by the Hong Kong Association of Therapeutic Horticulture (HKATH). She has been working in New Life Psychiatric Rehabilitation Association for 17 years and has rich clinical experience in designing and implementing HT groups to different populations including people with intellectual disabilities, autistic spectrum disorders (ASD), people in recovery (PIR) of mental illness and their family members, elderly with dementia, elderly with depression and students with Attention Deficit Hyperactivity Disorder in primary school and kindergarten. She has also participated in HT-related research studies and the design of Multi-sensory Garden in New Life Farm. Her interest in clinical work includes ASD, aging of PIR and people with intellectual disabilities. Besides, she provides consultation and staff training regularly to practitioners in psychiatric rehabilitation in Mainland China since 2005.



### Mr. KAM Chun Yip, Michael

**Occupational Therapist I, New Life Psychiatric Rehabilitation Association Assistant Horticultural Therapist (HKATH)**

Mr. Kam has been working in New Life Farm and practiced agricultural and horticultural therapy for 7 years. He has completed a series of horticultural therapy training courses by the Hong Kong Association of Therapeutic Horticulture (HKATH) and acquired the qualification of Assistant Horticultural Therapist. He has been working with people with dementia, physical disability, in particular the people in recovery of mental illness and people with intellectual disability. Currently, he is working on the study about applying horticultural therapy on depression, anxiety and stress for the in-patients in psychiatric hospital in Mainland China.

## Course Objectives

1. To understand the approach in providing horticultural therapy for people with mental disorders
2. To learn how to use horticultural therapy to maintain or improve client's physical, cognitive, emotional and social functioning
3. To explore the relationship between Mental Health Recovery and Horticultural Therapy

## Course Outline

- Types of horticultural therapy activities
- Process of horticultural therapy program
- Techniques and considerations in conducting horticultural therapy program
- Adjustments in employing horticultural therapy program for people with different disabilities
- Observations and assessments for implementing horticultural therapy program
- Collaborative effort of different helping professionals in handling the care of the people-in-recovery

## Training Format

Short lecture, experiential exercises and debriefing (Conducted in Cantonese)

<b>Date</b>	October 18, 2014 (Saturday)	<b>Special Offer</b>	<ul style="list-style-type: none"> <li>▶ \$400 per person (Group of 3 persons and enroll on/before September 17, 2014)</li> <li>▶ \$450 per person (Enroll on/before September 17, 2014)</li> </ul>
<b>Time</b>	9:30am to 1:00pm (3.5 hours)	<b>Quota</b>	40
<b>Venue</b>	JCNLIPR	<b>Certificate</b>	"Certificate of Attendance" issued by JCNLIPR
<b>Target Participants</b>	People who will conduct & assist the implementation of horticultural therapy programs, social workers, counselors, psychologists, teachers & other helping professionals	<b>Accreditation</b>	CNE 1 point per hour CPD (OT) - to be confirmed
<b>Fee</b>	\$500 (including material)		

