

Horticultural Therapy in Hong Kong

園藝治療發展在香港

Fung Yuen Yee, Connie
Horticultural Therapist Registered
Registered Social Worker
President
Hong Kong Association of Therapeutic Horticulture

10-1-2011 發佈於基督教家庭服務中心
《都市農圃 X 治療》分享會
CHRISTIAN FAMILY SERVICE CENTRE
SHARING FORUM ON
《URBAN AGRICULTURE X THERAPY》

HKATH 香港園藝治療協會



Overview 概覽

- In Hong Kong, Horticultural therapy is a new emerging profession.
- In 2005, Hong Kong Horticultural Therapy Centre was set up to promote horticultural therapy and provide horticultural therapy professional programs & trainings.
- 在香港，園藝治療在剛起步階段。
- 香港園藝治療中心於2005年中成立，致力發展園藝治療活動，提供專業訓練和項目計劃。
- www.hkhtcentre.com



Overview 概覽

- In 2008, Hong Kong Association of Therapeutic Horticulture was established.

香港園藝治療協會於2008年1月成立。 www.hkath.org

- Promote Horticultural Therapy.

推廣園藝治療

- Develop and implement Professional Horticultural Therapist Registration System

發展及推行香港園藝治療師專業認證制度



Promotion & Network 推廣 / 聯系

Promotion

- Induction workshop
- Public Talk
- Mass media interview

Network

- Local organisations
- Oversea network

推廣

- 簡介工作坊
- 傳媒訪問

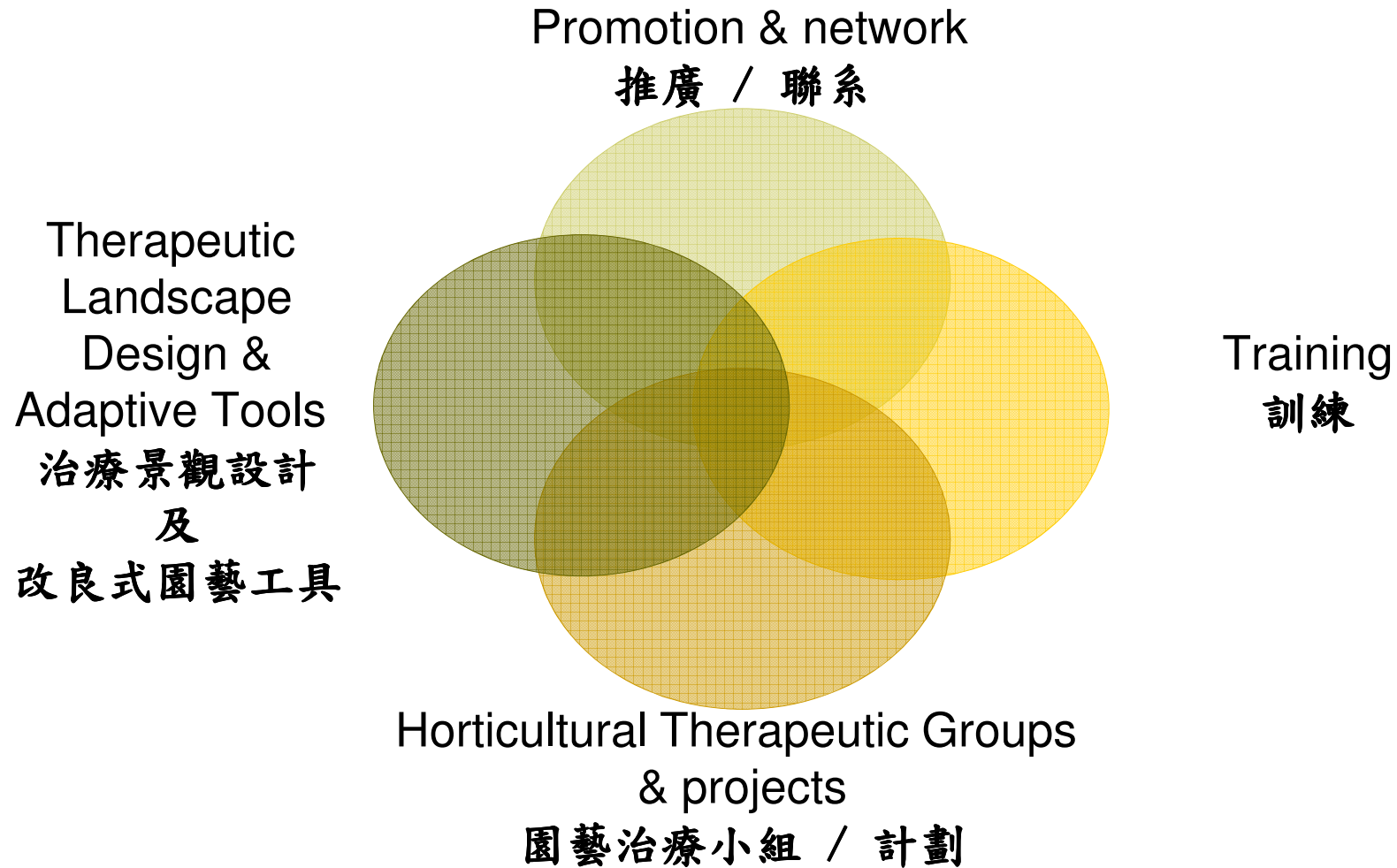
聯系

- 本地和海外相關專業機構和人士



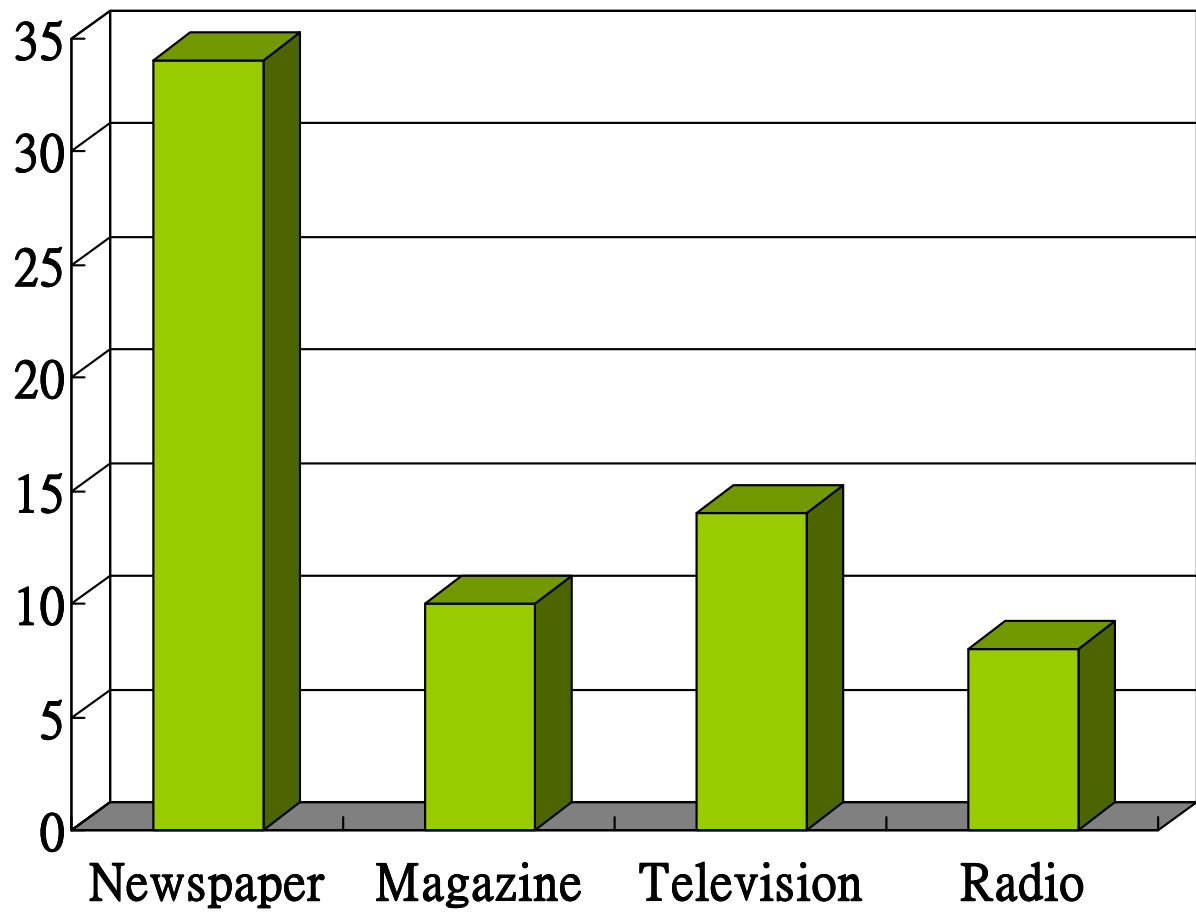
Horticultural Therapy Development in Hong Kong

園藝治療發展在香港



Promotion – Mass Media 傳媒訪問

Newspaper 報紙	34	Magazine 雜誌	10
Television 電視	14	Radio 電台	8

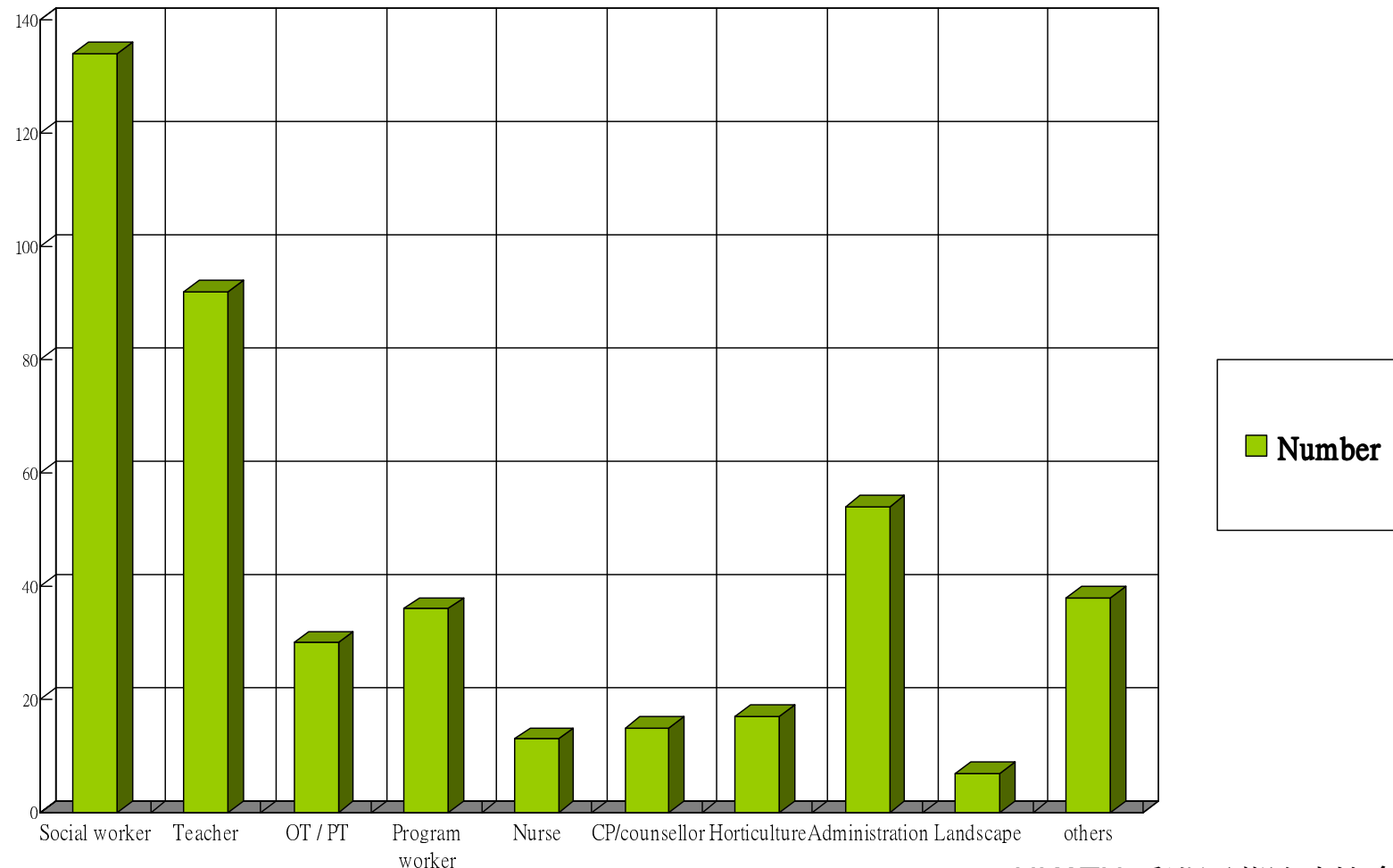


Training 訓練課程

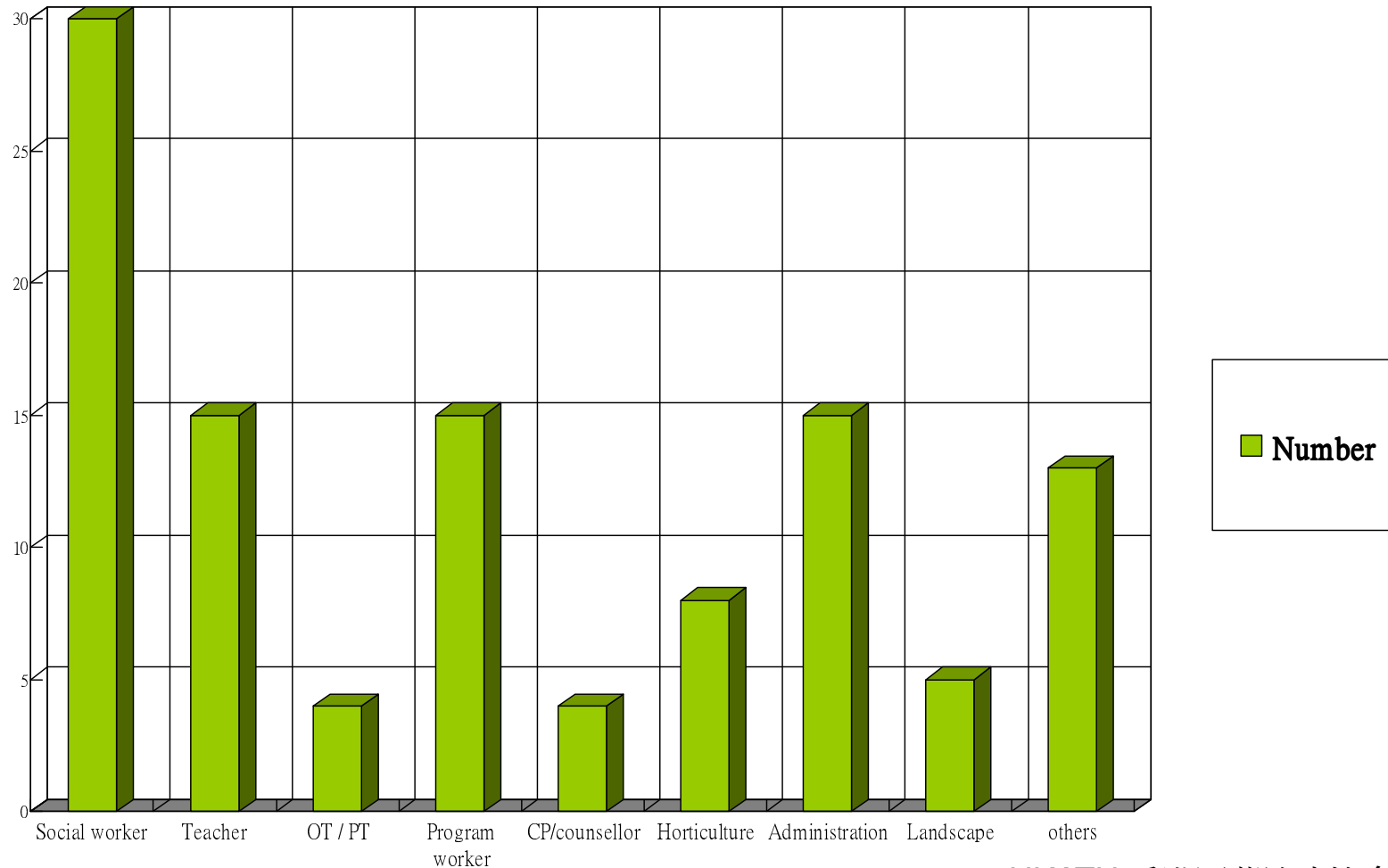
- Introductory Course
簡介課程
- Stress Management Course
壓力處理課程
- Professional Certificate Course
專業訓練課程



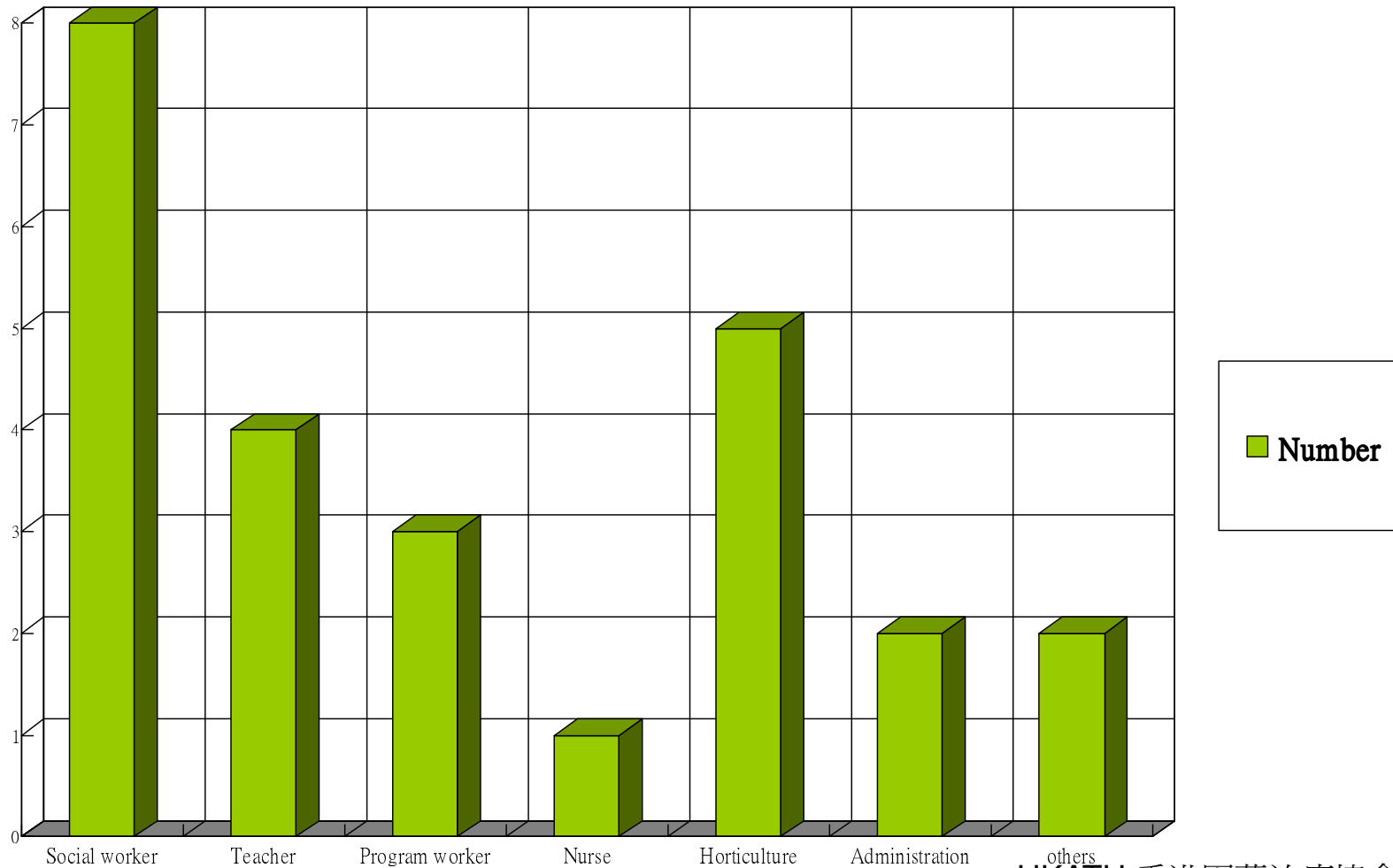
- 24 HT elementary certificate courses have been conducted between Feb 2006 till Jan 2011.
- 436 participants, 70% of them are professionals.



- 6 HT intermediate certificate courses have been conducted from July 2009 – Jan 2011.
- 109 participants



- The 2 HT advance certificate courses have been conducted from July 2010 till Jan 2011.
- 26 participants.



Development of HT in Macau 園藝治療在澳門

Elementary Certificate Course on HT

Date: 25,26/8/07, 26,27/9/09

Participants: 25, professionals

Teacher, SW, OT, counsellor

園藝治療初級証書課程

日期：25, 26/8/07, 26, 27/9/09

參加者：25, 專業人士

教師、社工、心理輔導員、職業治療師



Mackay Hospital (Taiwan) Training

台灣馬偕安寧中心

HT Elementary Cert Course

園藝治療初級證書課程

26,27/11/09

24人

HT Intermediate Cert Course

園藝治療中級證書課程

30/11-3/12/09

17人



Horticultural Therapeutic Groups / Projects

園藝治療小組 / 計劃

Elderly: Depressive Mood
Dementia
Physical Impairment
Life Education

長者：情緒抑鬱、老年痴呆症、體弱、生命教育

Students: Elementary School
High School

學生：小學 中學

Rehabilitation: Mental & Physical Impairment
復康服務：認知障礙、身體殘障



Therapeutic Landscape

Horticultural Therapy Corner

治療景觀 -- 園藝治療閣

Kadoorie Farm & Botanic Garden --
Horticultural Therapy Garden

嘉道理農場暨植物園 -- 園藝治療花園



Hong Kong Association of Therapeutic Horticulture 香港園藝治療協會(HKATH)

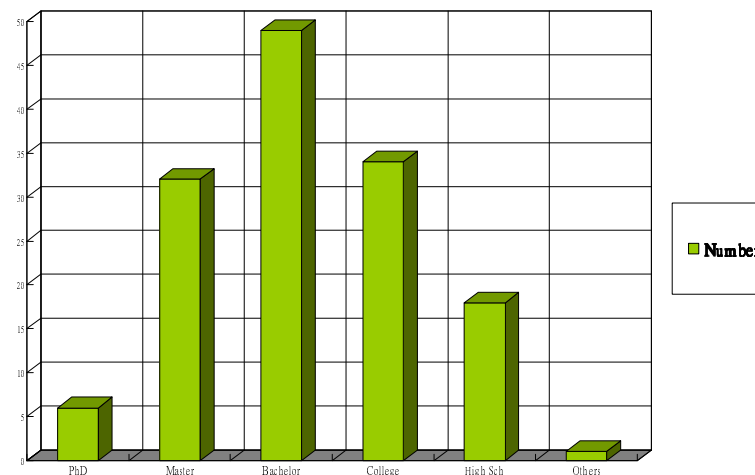
- Established in January 2008.
- To promote HT.
- Consultant from US, Canada, Taiwan and HK.
They are expertise in HT, therapeutic landscape and counselling.
- 於2008年1月成立
- 推廣園藝治療
- 協會顧問來自美國、加拿大、台灣及香港。他們專長於園藝治療、治療性景觀設計及輔導。



Hong Kong Association of Therapeutic Horticulture 香港園藝治療協會(HKATH)

- As the statistics at Sept 2010, we have 140 members. 17 of them are from Taiwan.
- Education Background

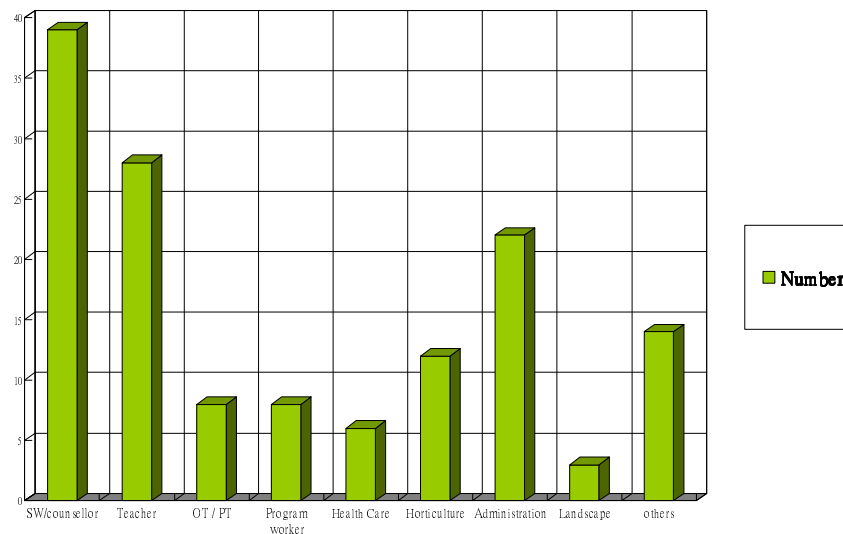
PhD	6人	4%
Master degree	32人	23%
Bachelor degree	49人	35%
College	34人	24%
High School	18人	13%
Other	1人	1%



Hong Kong Association of Therapeutic Horticulture 香港園藝治療協會(HKATH)

Occupation 職業

Social worker	39人	28%
Teacher/researcher	28人	20%
Program worker	8人	6%
OT/PT	8人	6%
Horticulture	12人	8%
Administration	22人	16%
Landscape Design	3人	2%
Health Care	6人	4%
Others	14人	10%



A Way Forward -- HT at HK Flower Show 2008

香港花卉展覽2008 - 園藝治療

□ The theme of KFBG Display – *Horticultural Therapy*.

□ This display includes:

- Volunteer trainings
- HT landscape features display
- HT activities demonstrations
- Public talk.

嘉道理農場暨植物園展覽攤位主題 - 園藝治療

- 計劃內容包括：義工訓練、治療景觀設計展覽、園藝治療活動示範、講座。

The HT Display got the “*Hong Kong Flower Show Grand Award For Design Excellence (Landscape Display)—Local*”.



Need of Sichuan Earthquake Survivors

四川地震倖存者的需要

- Body, mind, spirit transformation
- Establish community support and network
- Community re-build

- 身、心、靈的重整
- 建立社交網絡及支援
- 社區環境的重建



HT & Body, Mind, Spirit Transformation – Sichuan Earthquake Survivors

園藝治療與身、心、靈重整 –四川地震倖存者

- Horticultural Therapy –
 - Human & Plant interaction → Human & Nature interaction
- Reflection and new meaning to life
- Emotional restoration
- Human & Nature / Land reconciliation
- 園藝治療 —— 人和植物的互動→人和大自然的互動
- 反思，對人生意義新的看法
- 恢復情感上的和諧
- 人與大自然關係的修和



Sichuan Project I : 12-17 April 2009

- Site Visits, networking & HT presentations
- Connie, 2 HKATH members & 2 Korean horticultural therapists
- Deyang: HT presentation to teacher of Huangxu Secondary School, total 50 teachers attended the workshops.
- Jinnan: HT presentation to social workers there
- 考察、機構聯絡、園藝治療簡介
- Connie、二位協會會員、二位韓國園藝治療師
- 德陽：於德陽黃許初中作園藝治療簡介，關50位老師參加
- 劍南：於棉竹市劍南社工站（板房區）作園藝治療簡介



Sichuan Project I : 12-17 April 2009

- Beichuan: HT workshop for earthquake survivors services agencies there. 30 people attended.
- Dujianjun: HT presentation for the staff at Longxi-Hongkou National Nature Reserve Administrative Bureau. 30 staff attended.
- 北川：中國科學院心理研究所舉行社會工作與園藝治療研討會、視察北川災區現場、永興板房區
- 都江堰：龍溪 - 虹口國家級自然保護區管理局舉行園藝治療簡介及職員分享會、華西亞高山植物園參觀及交流、慰問園內遇難職員家屬



Sichuan Project II: 15-21 Oct 2009

- Site Visits, HT workshops, networking & HT presentations
- Connie & 7 HKATH members
- Deyang: 2 HT workshop at Huangxu Secondary School, total 50 students attended the workshops. Visited HK Red Cross Deyang Rehab and P&O Centre
- 考察、園藝治療工作坊、機構聯絡、園藝治療簡介
- Connie及七位協會會員
- 德陽：於德陽黃許初中舉辦兩場園藝治療工作坊，共50位學生參加。參觀紅十字會復康及假肢中心。



Sichuan Project II : 15-21 Oct 2009

- Meinchuan: 2 HT workshops at ShuiMo Primary School & 40 students attended. A HT presentation to teachers & 70 teachers attended.
- 汶川：在水磨鎮八一小學舉辦兩場園藝治療工作坊，共40位學生參加，並向70位老師們簡介園藝治療
- Dujianjun: 1 HT workshop for the staff at Longxi-Hongkou National Nature Reserve Administrative Bureau. 14 staff attended.
- 都江堰：龍溪 - 虹口國家級自然保護區管理局舉行園藝治療工作坊，共14位職員參加。
- Maichun: visited Amity Foundation Woyun Village Project and have presentation to Woyun Village Reconstruction committee. 40 members attended.
- 綿竹：參觀愛德基金會卧雲村重建項目，並向40位重建委員會會員簡介園藝治療。



Horticultural Therapy Workshop

8 May 2010

- Over 82 participants
- Apart from HK speakers, Korean horticultural therapist and Taiwan scholars were invited to be speakers.

- 活動吸引逾82位參加者。
- 除了本地講者外，大會邀請到韓國園藝治療師和多位台灣學者，介紹園藝治療項目和計劃。



Horticultural Therapy Activity Workshop

9 May 2010

- On 9th May, 2010, two activity workshops were held at KFBG introducing Korean and Taiwan Horticultural Therapy activities
- about 73 participants
- 2010年5月9日，舉辦了兩次活動工作坊，介紹韓國和台灣多項園藝治療活動，吸引共73位參加者。



Professional HT Registration in HK

香港的專業園藝治療註冊制度

Start in January 2010. 3 levels in HT registration.

1. Horticultural Therapy Facilitator (HTF)
2. Assistant Horticultural Therapist (AHT)
3. Registered Horticultural Therapist (RHT)

2010年1月開始推行。

專業園藝治療註冊制度共分三級

1. 園藝治療服務員 (HTF)
2. 助理園藝治療師 (AHT)
3. 註冊園藝治療師 (RHT)



Horticultural Therapy Facilitator

園藝治療服務員 (HTF)

- This level is intended for those persons **helping or volunteering** in the HT programs.
- They are expected to have completed HT Elementary Certificate Course and HT Practice Certificate course with **60 hrs HT internship** experience.
- 園藝治療服務員能夠在園藝治療活動中提供協助或擔當義務工作
- 他們必須完成「園藝治療初級證書課程」及「園藝治療活動操作實務證書課程」
- 及包括 60小時園藝治療實習時數。



Assistant Horticultural Therapist

助理園藝治療師 (AHT)

- This level is designed for those persons transitioning into the field of Horticultural Therapy.
- The minimum standard for this level of registration is to have successfully completed HT elementary, intermediate and advanced levels certificate courses
- Include 200 HT internship hours.
- 這級別是讓對園藝治療有興趣人士加入園藝治療的專業行列
- 最低要求是成功完成園藝治療初級、中級及高級證書課程
- 並且累積200小時園藝治療實習時數。



Registered Horticultural Therapist 註冊園藝治療師 (RHT)

- This level is designed as the major grade of registration
- They are expected to have successfully completed HT elementary, intermediate, advanced and intensive levels certificate courses
- Include 400 HT internship hours.
- 這是園藝治療師註冊的主要級別
- 擁有大學學位。若未修讀園藝、人文科學學分，必須修讀相關深造證書課程
- 他們必須成功完成園藝治療初級、中級、高級及深造證書課程
- 並且累積 400小時園藝治療實習時數。



Research 研究

Hong Kong Polytechnic University

- The effect of horticultural activity on agitation exhibited by dementia patients: a pilot study.
2008 Act as adviser
- Horticultural Therapy (HT) for residents with dementia in a nursing home: A pilot study
2010 Act as co-investigator
- Future study: HT & Palliative Care



Challenges 未來挑戰

- To build a solid HT foundation in Hong Kong & Great China.
- Getting recognition & legitimacy for HT registration.
- To conduct HT researches : evidence-based HT practice.
- 建立園藝治療堅固基礎 - 取得園藝治療註冊認可和認受性。
- 建立以証據為基礎的園藝治療 - 進行相關的園藝治療學術研究



Reference 參考書目

- Chan, Cecilia L. W , 2001. *An Eastern Body-Mind-Spirit Approach: a training manual with one-second techniques*. Hong Kong : Dept. of Social Work and Social Administration, University of Hong Kong.
- Kolb, David A., 1984. *Experiential learning: experience as the source of learning and development*. N.J.: Prentice-Hall.

