

# **Connection Between People Through Plants: Japanese Horticultural Therapy Workshop**

## **Lecturer:**

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**Time:** 13:00-14:30

**Room:** 104

**Minimum number of participants:** 10

**Estimated capacity:** 30

**Participation fee per person:** 500 JPY

## **Learning Objectives**

The learning objectives in this workshop has two.

-To be able to understand the outline of Japanese horticultural therapy.

-To experience craft making using plants, one of the programs carried out in horticultural therapy practice

## **Outline**

Horticulture and farming have long been used in occupational therapy in Japan. Horticultural therapy was established in the U.S., because of the high success rate of horticulture in occupational therapy at the Veterans Affairs Hospitals. Horticultural therapy was introduced to Japan in the 1980s. Nowadays, horticultural therapy is used in many hospitals, elderly facilities, and communities in Japan.

Recently, agriculture and welfare have collaborated. Japanese horticultural therapy is based on the calendar, the source of Japanese culture, and uses plants that change with four seasons.

In this workshop, we introduce horticultural therapy in Japan, and making keychains using pressed flowers. We hope that participants will be able to experience Japanese culture through making crafts, and that the workshop will provide an opportunity for exchange and co-creation.

If you use horticulture or farming in occupational therapy or would like to do in the future, please join us for this workshop.