



園藝治療專業文憑課程 Professional Diploma in Horticultural Therapy

課程簡介 Course Introduction

利用園藝活動改善人身心健康的做法可追溯至古埃及時代，到了十九世紀，美國開始應用園藝活動於精神病患者上，直至上世紀二十至三十年代，「園藝治療」被認可為一種正式的治療方法。時至今天，在美國多地，園藝治療已列為診所治療的一部分，屬於輔助性的治療方法。根據美國園藝治療協會(AHTA)的定義，園藝治療是由受過專業訓練的園藝治療師策劃和帶領，讓服務對象參與園藝活動，達致治療效果；園藝治療須有既定的治療計劃，著重活動的過程。現時，園藝治療已於世界多地日漸普及，應用於不同年齡、不同背景及不同能力的對象，如長者、老年癡呆症患者、中風病人、兒童、青年、精神病患者、康復服務使用者、酗酒者、吸毒者等。

The use of gardening to enhance well-being could be traced back to the ancient Egyptian era. Until the 19th century, horticultural activities were employed to help mentally ill patients in the United States. Since the 1920s and 1930s, “horticultural therapy (HT)” has been recognized as a proper treatment modality. Today, in many parts of the US, horticultural therapy has been included as part of the clinic treatment and is an adjuvant therapy. According to the American Horticultural Therapy Association, HT is planned and facilitated by professionally trained horticultural therapists to achieve specific therapeutic goals through horticultural activities. HT requires an established treatment plan and focuses on the participation of activities. Nowadays, the use of HT is growing in many countries of the world. HT is applied to persons of different ages, backgrounds and abilities, such as the elderly, dementia patients, stroke patients, children, youth, mentally ill patients, rehabilitation service users, alcoholics, drug abusers and so on.

本課程共分 5 個單元，課程由註冊園藝治療師及資深園藝導師授課，各單元的課時如下：

The course consists of 5 modules and each module is taught by Registered Horticultural Therapists and experienced gardening instructors. The hours of each module are as follows:

單元 Module	單元名稱 Module Title	時數 (小時) Hours
1	園藝治療基礎課程 Horticultural Therapy Elementary Certificate Course	17
2	園藝治療中級課程 Horticultural Therapy Intermediate Certificate Course	30
3	園藝治療高級課程 Horticultural Therapy Advanced Certificate Course	30
4	園藝治療實務操作課程 Certificate in Horticultural Therapy Practice	40
5	園藝治療應用 Certificate in Horticultural Therapy Application	60
總 課 時 Total hours		177

備註：如學員已獲取「香港園藝治療中心」相關課程的證書，有關的單元可申請豁免，而最多可豁

免三個單元，及豁免的時數最多為總課時的一半以內。豁免費用詳情請向澳門科技大學博雅學院查詢。

課程內容 Course Outlines

單元 Module	教學目標 Teaching Objectives	教學內容 Module Description
1	<p>認識及掌握園藝治療基本要素，透過體驗園藝治療活動，認識園藝治療其治療效果</p> <p>Understand and master the basic elements of horticultural therapy, and understand the therapeutic effects of horticultural therapy through hands-on experiences</p>	<ol style="list-style-type: none"> 1. 園藝治療概覽 2. 設計園藝治療項目的考慮因素 3. 項目計劃：評估 I、目標及活動、工序分析 4. 室內園藝治療 5. 戶外園藝治療、戶外園藝治療場地的管理 6. 園藝治療活動操作及應用：組合盆栽、乾花擺設 <ol style="list-style-type: none"> 1. Overview of Horticultural Therapy 2. Factors to be Considered in Designing a Horticultural Therapy Program 3. Program Planning: Assessment I, Goals & Activities, Task Analysis I 4. Indoor Horticultural Therapy 5. Outdoor Horticultural Therapy, Outdoor Site Maintenance 6. Horticultural Therapy Activities and Applications: Plant Propagation, Plant Arrangement, Dried Flower Arrangement
2	<p>園藝治療的全面概述，編寫園藝治療小組的建議書及工序分析的基本技巧，以及認識治療景觀設計的基本要素</p> <p>A comprehensive overview of horticultural therapy, proposal writing skills for horticultural therapy groups and basic techniques for task analysis, and understanding the basic elements of therapeutic landscape design</p>	<ol style="list-style-type: none"> 1. 人和植物的關係； 2. 園藝治療的歷史及相關專業團體 3. 園藝治療專業守則 4. 園藝治療活動設計：工序分析 II 5. 治療性景觀設計概覽及流程 6. 療癒庭院、感官花園及無障礙花園 7. 改良式工具 8. 園藝治療應用於不同服務對象 I：長者(老年痴呆症、情緒抑鬱及紓緩服務) 9. 戶外場地考察 10. 園藝治療活動操作及應用：壓花畫、陶盆彩繪 <ol style="list-style-type: none"> 1. People & Plant Relationship; 2. History of Horticultural Therapy and Related Professional Bodies 3. Code of Ethics for Horticultural Therapy 4. Horticultural Therapy Activity Design: Task Analysis II 5. Overview of Therapeutic Landscape Design and its Process 6. Healing Gardens, Sensory Gardens and Enabling Gardens 7. Adaptive Tools 8. Application of Horticultural Therapy to Different Clients I:

		<p>Elderly (Dementia, Depression and Palliative Care Services)</p> <p>9. Outdoor Site Surveys</p> <p>10. Horticultural Therapy Activities and Applications: Pressed Flower Picture, Pot Painting</p>
3	<p>深入學習園藝治療活動設計和操作技巧</p> <p>In-depth knowledge in designing horticultural therapy activities and its practical skills</p>	<ol style="list-style-type: none"> 1. 善用治療師本身特質 2. 園藝治療項目計劃：評估 II、工序分析 III 3. 庭園使用後檢討 4. 療癒庭園：老年痴呆症庭園、靜修庭園、兒童花園、寧養花園 5. 課堂實習及角色扮演：園藝治療小組 6. 園藝治療應用於不同服務對象 II：視覺障礙 7. 園藝治療應用於不同服務對象 III：認知障礙及身體殘障 8. 園藝治療應用於不同服務對象 IV：兒童及青年 <ol style="list-style-type: none"> 1. Use of Self – Horticultural Therapist 2. Program Planning: Assessment II, Task Analysis III 3. Post Occupancy Evaluation of Healing Gardens 4. Healing Gardens: Dementia Gardens, Meditation Gardens, Children's Gardens, Hospice Gardens 5. Classroom Practice and Role Playing: Horticultural Therapy Activities and Groups 6. Application of Horticultural Therapy to Different Clients II: Visual Impairment 7. Application of Horticultural Therapy to Different Clients III: Cognitive and Physical Disability 8. Application of Horticultural Therapy to Different Clients IV: Children and Youth
4	<p>園藝理論實踐學習，應用於園藝治療上</p> <p>Integrating horticulture theory with practice, and applying horticulture and using plants in horticultural therapy</p>	<ol style="list-style-type: none"> 1. 如何將園藝應用於園藝治療； 2. 植物學簡介：植物分類、結構、生長過程、養分；土壤及植料 3. 植物繁殖：播種、扦插、分株 4. 園藝治療適用的植物：室內植物、時花、香草、蔬菜 5. 有機種植 6. 植物護理：修剪、施肥、病蟲害、澆水 7. 於園藝場地內即場操作，理論與實踐結合 <ol style="list-style-type: none"> 1. How to Use Plants in Horticultural Therapy Programs 2. Introduction to Botany: Plant Classification, Structure, Growth Process, Nutrients; Soil and Planting Materials 3. Plant Propagation: Sowing, Cutting, Division 4. Plants for Horticultural Therapy: Indoor Plants, Seasonal

		Flowers, Herbs, Vegetables 5. Organic Farming 6. Plant Care: Pruning, Fertilizing, Pests and Diseases, Watering 7. Integrating Theory with Practice in Outdoor Sites
5	園藝治療應用於小組 Application of horticultural therapy in groups	1. 園藝治療應用於小組 2. 園藝治療小組實習 3. 園藝治療小組實習報告及反饋 1. Planning HT sessions 2. Group skills and guidelines 3. Horticultural Therapy Fieldwork - Reporting and Feedback

教學對象 Target Audience 適合對園藝治療有興趣者，或從事相關專業者，如社會工作、護理、物理治療、教育及輔導等人士。Suitable for anyone interested in horticultural therapy or practitioners in related sectors, such as social work, nursing, physical therapy, education and counseling, etc. ,

入學資格 Admission Requirements 中五或以上程度，或具有同等學歷 Form 5 or above or equivalent

授課語言 Medium of Instruction 廣東話 Delivered in Cantonese

證書 Certificate

單元 1 至 4(園藝治療基礎課程、園藝治療中級課程、園藝治療高級課程、園藝治療實務操作課程)各單元出席率均達 80%及單元 5(園藝治療應用)出席率達 100%，並通過評核者，可以獲澳門科技大學博雅學院及香港園藝治療中心(www.hkhtcentre.com)聯合頒發之證書。該證書將獲香港園藝治療協會(www.hkath.org)園藝治療師認證制度認可。成功完成 5 個單元的學員可以向澳門科技大學博雅學院申請頒發「園藝治療專業文憑」。

The participants with at least 80% attendance for Modules 1, 2, 3, 4 and 100% attendance for Module 5, plus passing all the assessments will be awarded the certification presented by both Macau University of Science and Technology and Hong Kong Horticultural Centre (www.hkhtcentre.com). The certificate will be recognized by the professional certification system of the Hong Kong Association of Therapeutic Horticulture (HKATH). Participants who have successfully finished the 5 modules can apply to M.U.S.T. for the “Professional Diploma in Horticultural Therapy”.

學員如達至相關學歷及實習要求，可向香港園藝治療協會申請為「助理園藝治療師」或「註冊園藝治療師」。詳情可至 <http://www.hkath.org/> 瀏覽。

If participants have the required academic qualifications and fulfilled the internship requirements, they can apply to register with HKATH as Assistant Horticultural Therapist or Registered Horticultural Therapist. Find out more on <http://www.hkath.org/>.

報名地點 Venue for Enrollment

澳門氹仔偉龍馬路澳門科技大學 O 座 6 樓 博雅學院

上課地點 Venue for Class

理論課：澳門氹仔偉龍馬路澳門科技大學（確實地點將於確認開課時以手機短訊通知）

實習課：澳門路環市區農地、澳門合作機構或香港園藝治中心指定地點

*** 報名注意事項 * 報名時間：星期一至五(9:00 - 13:00;14:30-20:00) [公眾假期除外]**

1. 首次報讀本院短期課程者，請先登入**網上報名系統**（網址：<https://scs.must.edu.mo/oasc/PersonalInfo.do>）或掃瞄以下的 QR Code，選擇 **<社會及行為科學>** 類別，預先登記個人資料（不需上傳身份證），填妥資料後，待本院通知後，帶備身份證正、副本至本院辦理報名。
2. 所有費用一經繳交，恕不退還（本院取消開辦該課程除外）或轉讓。
3. 如課程報名人數不足，本院保留課程取消或延期的權利。
4. 如掃二維碼或無法用微信登錄報名系統，可以使用 Chrome 瀏覽器複製鏈接打開。



查 詢 電話：8796 1998 電郵：sla@must.edu.mo

網頁：<https://www.must.edu.mo/sla/diploma-certificate-programs>

- 如欲收到本院之課程資料，可發電郵至 sla@must.edu.mo 並提供閣下之電郵地址，標題主旨為“加入通知群組”。
- 本院亦為機構/政府部門/學校等提供內部培訓，按各機構不同之要求(主題/時間/地點/對象)而訂定培訓內容，請與我們聯絡。