



## 園藝治療專業文憑課程

### Professional Diploma in Horticultural Therapy

#### 課程簡介 Course Introduction

美國園藝治療協會於 1973 年成立，以推廣園藝治療及執行專業註冊制度。透過園藝活動達至治療效果。園藝治療可追溯至古埃及時代，直到十九世紀，美國開始應用園藝治療於精神病患者上，二十至三十年代，園藝治療被認可為一種治療方法。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。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。園藝治療是有既定的治療計劃，著重活動的過程。園藝治療可應用於不同年齡、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 American Horticultural Therapy Association was established in 1973 to promote horticultural therapy and execute professional registration systems. Horticultural therapy could be traced back to the ancient Egyptian era. Until the 19th century, horticultural therapy was applied to mentally ill patients in the United States. In the 1920s and 1930s, horticultural therapy was recognized as a therapy. Today, in many parts of the United States, horticultural therapy has been included as part of the clinic treatment and is an adjuvant therapy. Horticultural therapy is planned and facilitated by professionally trained horticultural therapists to engage the horticultural activities in order to achieve specific therapeutic goals. Horticultural therapy has an established treatment plan and is an approach that focuses on participation of activities. Horticultural therapy can be 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. The course is taught by Registered Horticultural Therapists and experienced gardening instructors. The hours of each module are as follows:

單元 Module	科目名稱 Course 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	園藝治療應用及實習 Certificate in Horticultural Therapy Application & Fieldwork	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，但最多只可豁免三個單元，且豁免的時數最多為總課時的一半以內。

課程內容 Course Outlines

單元 Module	教學目標 Teaching Objectives	教學內容 Course 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，認識園藝治療的治療效果</p> <p>Understand and master the basic elements of horticultural therapy, and understand the therapeutic effects of horticultural therapy by experiencing horticultural therapy activities</p>	<ol style="list-style-type: none"> <li>1. 園藝治療概覽</li> <li>2. 設計園藝治療項目的考慮因素</li> <li>3. 項目計劃：評估 I、目標及活動、工序分析</li> <li>4. 室內園藝治療</li> <li>5. 戶外園藝治療、戶外園藝治療場地的管理</li> <li>6. 園藝治療活動操作及應用：組合盆栽、乾花擺設</li> <li>7. 戶外課：戶外種植、參觀</li> </ol> <ol style="list-style-type: none"> <li>1. Overview of Horticultural Therapy</li> <li>2. Factors to be Considered in Designing a Horticultural Therapy Program</li> <li>3. Program Plan: Assessment I, Goals &amp; Activities, Task Analysis I</li> <li>4. Indoor Horticultural Therapy</li> <li>5. Outdoor Horticultural Therapy, Outdoor Site Maintenance</li> <li>6. Horticultural Therapy Activities and Applications: Propagation, Plant Arrangement, Dried Flower Arrangement</li> <li>7. Outdoor Class: Outdoor planting, Visit</li> </ol>
2	<p>園藝治療的全面概述，編寫園藝治療團體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, writing skills for horticultural therapy groups proposal and basic techniques for task analysis, and understanding the basic elements of therapeutic landscape design</p>	<ol style="list-style-type: none"> <li>1. 人和植物的關係；</li> <li>2. 園藝治療的歷史及相關專業團體；</li> <li>3. 園藝治療專業守則；</li> <li>4. 園藝治療活動設計：工序分析 II；</li> <li>5. 治療性景觀設計概覽及流程；</li> <li>6. 療癒庭院、感官花園、無障礙花園；</li> <li>7. 改良式工具；</li> <li>8. 園藝治療應用於不同服務對象 I：長者(老年痴呆症、情緒抑鬱及舒緩服務)；</li> <li>9. 跨專業應用；</li> <li>10. 戶外實習課；</li> <li>11. 園藝治療活動操作及應用：壓花畫、陶盆彩繪</li> </ol> <ol style="list-style-type: none"> <li>1. People &amp; Plant Relationship;</li> <li>2. History of Horticultural Therapy and Related Professional Bodies;</li> <li>3. Code of Ethics for Horticultural Therapy;</li> <li>4. Horticultural Therapy Activity Design: Task Analysis II;</li> <li>5. Overview of Therapeutic Landscape Design and its Process;</li> <li>6. Healing Garden, Sensory Garden, Enabling Garden;</li> <li>7. Adaptive Tools;</li> <li>8. Applications of Horticultural Therapy for Different Clients I: Elderly (Dementia, Depression and Palliative Care Services);</li> <li>9. Multi-disciplinary Collaboration;</li> <li>10. Outdoor Class: Site Survey;</li> </ol>

		11. Horticultural Therapy Activities and Applications: Pressed Flower Picture, Pot Painting
3	<p>深入學習園藝治療活動設計和操作技巧 In-depth knowledge in designing horticultural therapy activities and its practical skills</p>	<p>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：身體殘障 8. 園藝治療應用於不同服務對象 IV：兒童及青年</p> <p>1. Use of Self – Horticultural Therapist 2. Horticultural Therapy Program Plan: Assessment II, Task Analysis III 3. Review of the Use of the Garden 4. Healing Garden: Dementia Garden, Meditation Labyrinth, Children's Garden, Hospice Garden 5. Classroom Practice and Role Play: Horticultural Therapy Activities Group 6. Applications of Horticultural Therapy for Different Clients II: Visual Impairment 7. Applications of Horticultural Therapy for Different Clients III: Physical Disability 8. Applications of Horticultural Therapy for Different Clients IV: Children and Youth</p>
4	<p>園藝理論實踐學習，應用於園藝治療上 Integrating horticulture theory with practice, and applying horticulture and using plant in horticultural therapy</p>	<p>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、養份；土壤及植料； 3. 植物繁殖概覽：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. 有機種植概論； 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，理論與實際結合。</p> <p>1. How to Use of Plants in Horticultural Therapy Programs; 2. Introduction of Botany: Plant Classification, Structure, Growth Process, Nutrients; Soil and Planting Materials; 3. Overview of Propagation: Sowing, Cutting, Division; 4. Plants Suitable for Horticultural Therapy: Indoor Plants, Seasonal Flowers, Herbs, Vegetables; 5. Overview of Organic Farming;</p>

		6. Plant Care: Pruning, Fertilizing, Pests and Diseases, Watering; 7. On-site Operation in the Horticultural Field, Integrating Theory with Practice
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 session 2. Group skills and guideline 3. Horticultural Therapy Fieldwork  Horticultural Therapy Fieldwork Reporting and Feedback

**教學對象 Target Audience** 適合對園藝治療有興趣，從事相關專業，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 related sector practitioners, 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

出席率〈單元 1〉至〈單元 4〉達 80%及〈單元 5〉達 100%，並通過評核者，可獲澳門科技大學持續教育學院及香港園藝治療中心（[www.hkhtcentre.com](http://www.hkhtcentre.com)）頒發證書。本課程之證書將獲香港園藝治療協會（[www.hkath.org](http://www.hkath.org)）園藝治療師認證制度認可。完成 5 個單元後，則可獲澳門科技大學持續教育學院頒發的〈園藝治療專業文憑〉。

The participants with at least 80% attendance for Units 1, 2, 3, 4 and 100% attendance for Unit 5, plus passing all the assessments will be awarded the certification presented by both MUST and Hong Kong Horticultural Centre ([www.hkhtcentre.com](http://www.hkhtcentre.com)). The certificate of this course will be recognized by the horticultural therapist professional certification system of the Hong Kong Association of Therapeutic Horticulture (HKATH). Participants, who finished 5 module units, will be awarded the “Professional Diploma in Horticultural Therapy” by MUST.

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 the participants have reached the relevant academic qualifications and 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 2 樓 持續教育學院  
School of Continuing Studies, 2/F Block O, Macau University of Science and Technology, Avenida Wai Long, Taipa, Macau

### 上課地點 Venue for Class

澳門氹仔偉龍馬路澳門科技大學  
Macau University of Science and Technology, Avenida Wai Long, Taipa, Macau

## \* 報名注意事項 Enrollment Notes \*

報名時間：星期一至五(9:00 - 20:00)、星期六(9:00 - 13:00) [公眾假期除外]

Operation hours: Monday to Friday (9:00 – 20:00) ; Saturday (9:00 - 13:00) [Close at Public Holidays]

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>）或掃描以下的 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，帶備身份證正、副本及相片 1 張至本院辦理報名。

For those who enroll for our courses for the first time, please go to <https://scs.must.edu.mo/oasc/PersonalInfo.do> or scan the QR Code below, choose the category of **< Social & Behavioral Sciences >**, and input personal information (no need to upload ID copy). After registration online successfully, please come to our school to make payment. You should bring along with your ID card and copy, and a passport size photo.

2. 報讀者可以現金/本票或劃線支票（抬頭請寫“澳門科技大學持續教育學院”或“SCHOOL OF CONTINUING STUDIES MACAU UNIV. OF SCIENCE AND TECHNOLOGY”）繳付學費及材料費，**現金收費上限為澳門幣/港幣 5,000 元**。

Tuition fee and materials fee (if any) should be paid by cash or by cheque/Cashier Order (Please make payable to “SCHOOL OF CONTINUING STUDIES MACAU UNIV. OF SCIENCE AND TECHNOLOGY” ). **Cash is accepted for payment of not more than MOP5,000.**

3. 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。

All payment made is not refundable (except that the course is cancelled by the School) or transferable.

4. 如課程報名人數不足，本院保留課程取消或延期的權利。

The School reserves the right to cancel or postpone the courses if minimum class size is not reached.



## 查詢 Enquiries

Tel: 8796 1998      Email: [scs@must.edu.mo](mailto:scs@must.edu.mo)

Website: <http://www.must.edu.mo/scs/diploma-certificate-programs>

持續教育學院致力開拓終身學習機會，如欲收到本學院之課程資料，可發電郵至 [scs@must.edu.mo](mailto:scs@must.edu.mo)，並提供閣下之電郵地址，標題主旨為“加入通知群組”。

The School of Continuing Studies develops life-long learning opportunities. Should you wish to receive information on our programs / courses, please send us an email (to [scs@must.edu.mo](mailto:scs@must.edu.mo)) stating your email address in your email and “Join the mailing list” in the Subject line.

我們亦為機構/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。

We also offer in-house training for corporations/Government Departments/schools, tailor-made with respect to your choices of topics, time, place, and group of attendees. Please contact us for more information.