



Digging for Victory: Horticultural Therapy for Veterans for Post-Traumatic Growth

Joanna Wise

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Horticultural Therapy is ideally suited to engage veterans alienated from traditional civilian healthcare routes who present with a range of complex and challenging healthcare needs. It presents, on the surface, as a deceptively simple and accessible activity. Carried out by trained professionals, it is an evidence-based, effective and cost-effective treatment. By targeting specific client-centered goals, it is able to integrate improved individual physical, emotional, cognitive and social outcomes with broader opportunities to transition successfully into civilian society through learning a valuable skill set and a meaningful occupation.

This book provides a comprehensive introduction to the methods of Horticultural Therapy as applied to this unique client group. It describes the type of combat training and experiences veterans may have had, and sets out the common issues and pitfalls civilian therapists often face when working with the military. Looking to the future, it also identifies promising avenues in terms of how we may improve the treatment we offer to best serve the needs of these ex-service men and women who fight on our behalf.

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