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39	A	B	C	D	E

PRACTICE QUESTIONS

American Horticultural Therapy Association (AHTA)

HT-BC

Horticultural Therapy - Board Certification Exam

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for American Horticultural Therapy Association (AHTA) HT-BC , each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, HT-BC
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

Which definition most accurately reflects the contemporary professional scope of horticultural therapy as practiced by a registered horticultural therapist (HTR)?

- ☐ **A** Any use of plants and gardens in a long-term care setting to improve the morale of residents
- ☐ **B** A vocational training program that teaches greenhouse skills to high school students with disabilities
- ☒ **C** The engagement of a client in gardening-related activities facilitated by a trained horticultural therapist as part of an individualized treatment plan, with documented goals and outcomes
- ☐ **D** A relaxation technique in which a passive participant views a garden landscape for stress reduction

ANSWER C

WHY Option C captures the active, goal-directed, and professionally facilitated nature of horticultural therapy as defined by AHTA, including individualized treatment planning and outcome documentation. Options A, B, and D describe adjacent but distinct practices (recreational gardening, vocational horticulture, and passive garden viewing/therapeutic horticulture) that fall outside the HT-BC scope of registered horticultural therapy practice.

QUESTION 2

SINGLE CHOICE

When planning horticultural therapy sessions for a population of older adults with reduced fine-motor strength and potential cognitive impairment, which plant characteristic should the therapist prioritize to maximize therapeutic success and safety?

- ☐ A High-maintenance species requiring precise watering schedules
- ☐ B Toxic or irritating plants with strong fragrances for sensory stimulation
- ☐ C Plants with sharp thorns but visually striking blooms
- ☒ D Non-toxic, easy-grip plants with predictable growth habits and forgiving cultural requirements

ANSWER D

WHY Safety, predictability, and ease of handling are core plant-selection criteria for HT-BC practitioners working with older adults. Option D reflects those priorities: non-toxic materials protect against accidental ingestion, easy-grip containers and large-handled tools accommodate reduced fine-motor strength, and forgiving species (e.g., hardy succulents, coleus) tolerate inconsistent care. Options A, B, and C introduce unnecessary risks or maintenance demands that work against therapeutic success in this population.

QUESTION 3

SINGLE CHOICE

An HTR is writing measurable goals for a client recovering from a stroke who will engage in transplanting seedlings as a therapeutic activity. Which goal statement is most consistent with professional horticultural therapy documentation standards?

- ☐ A Client will enjoy working with plants during sessions.
- ☐ B Client will feel happier by the end of the eight-week program.
- ☒ C Client will increase left-hand fine-motor coordination, as evidenced by successfully transplanting seedlings within 60 seconds per plant in 4 of 5 trials by week 6.
- ☐ D Client will participate more often in group activities.

ANSWER C

WHY Option C is observable, measurable, time-limited, and links a defined therapeutic activity (transplanting seedlings) to a specific functional domain (fine-motor coordination), which is the structure required of HT-BC-level documentation. Options A and B rely on subjective emotional terms ("enjoy," "happier") that are not reliably measurable. Option D is vague ("participate more often" lacks frequency, duration, and criterion).

QUESTION 4

SINGLE CHOICE

For an outpatient horticultural therapy program serving adults with diagnosed post-traumatic stress disorder (PTSD), which session design choice is most consistent with trauma-informed horticultural therapy practice?

- ☐ A Surprise participants with sudden schedule changes to build tolerance for unpredictability
- ☒ B Structure sessions with predictable routines, offer choices in tasks, and provide a quiet space for self-regulation
- ☐ C Require all participants to work in one large group at a shared table with no breaks
- ☐ D Focus exclusively on competitive gardening tasks to engage participants

ANSWER B

WHY Trauma-informed HT-BC practice emphasizes psychological safety through predictable structure, informed consent, choice, and access to regulation strategies. Option B operationalizes each of these. Options A and C remove predictability and choice, which can reactivate trauma responses, and Option D's emphasis on competition contradicts the safety and empowerment goals of trauma-informed care.

QUESTION 5

SINGLE CHOICE

A client with limited grip strength due to arthritis wants to independently water container plants during horticultural therapy sessions. Which adaptive solution best supports both independence and the therapeutic goal of active participation?

- ☐ **A** Having a staff member water the plants for the client each session
- ☒ **B** Providing a lightweight, long-spout watering can with an enlarged, padded handle and demonstrating its use
- ☐ **C** Switching all session activities to dry-flower arranging so watering is not required
- ☐ **D** Using only a heavy, standard metal watering can to build hand strength

ANSWER B

WHY Adaptive tools are central to HT-BC practice: they enable the client to perform the activity as independently as possible while still achieving therapeutic goals. Option B is a textbook adaptive-tool recommendation matched to the impairment. Option A removes the client's agency; Option C abandons the goal; Option D is unsafe and counterproductive given the documented diagnosis.

QUESTION 6

SINGLE CHOICE

A community garden coordinator at a public botanical garden leads open drop-in gardening activities for visitors, with no individual treatment plans, documentation, or clinical goals. Under AHTA scope-of-practice guidance, this activity is best classified as:

- ☐ A Horticultural therapy delivered by an HTR
- ☒ B Therapeutic horticulture
- ☐ C Social horticulture prescription requiring a physician order
- ☐ D Vocational horticulture programming

ANSWER B

WHY AHTA distinguishes therapeutic horticulture (TH) from horticultural therapy (HT). TH is a process facilitated by a horticultural therapy practitioner — or in some settings another trained facilitator — that uses plants and plant-related activities to support well-being for participants; it does not require the individualized treatment plans, goals, and outcomes that define HT. The scenario describes a general well-being program without clinical documentation, which fits TH, not HT. It is not vocational (no job-skill focus) and not a "prescription" category in AHTA terminology.

QUESTION 7

SINGLE CHOICE

Which hygiene practice is required of all participants and staff in horticultural therapy sessions that involve direct soil and plant contact, to reduce infection-control risk?

- ☒ A Handwashing before and after handling soil, plants, and shared tools
- ☐ B Wearing sterile surgical gloves for the entire session regardless of activity
- ☐ C Skipping hand hygiene if gloves are used
- ☐ D Rinsing hands only at the end of the day

ANSWER A

WHY Standard infection-control practice in HT-BC settings calls for handwashing before and after soil, plant, and tool contact, which is supported by CDC and AHTA-aligned guidance for horticultural activities. Option B is excessive for routine programming and not a HT-BC standard. Options C and D describe practices that increase cross-contamination risk.

QUESTION 8

SINGLE CHOICE

An HTR is asked by a participant's family member to share copies of the client's session notes so the family can "help at home." Under the AHTA Code of Ethics, what is the correct course of action?

- ☐ A Share the notes immediately because family members are always considered part of the care team
- ☐ B Refuse to release any information and end the professional relationship
- ☒ C Release information only with appropriate written authorization from the client (or legal guardian, when applicable) and within the limits of the facility's privacy policies and applicable law
- ☐ D Post the session notes on a community bulletin board for general reference

ANSWER C

WHY Confidentiality is a core AHTA ethical principle. Information about a client may be shared only with proper written consent (from the client or legally authorized representative) and in accordance with applicable privacy law and facility policy. Option A violates confidentiality; Option B is unnecessarily absolute; Option D is a clear breach.

QUESTION 9

MULTIPLE CHOICE

When designing a horticultural therapy session, which of the following elements must the HTR include in the written session plan? (Choose two.)

- ☒ A Clear, measurable client goals that the session activities are designed to address
- ☐ B A detailed marketing flyer for the next open house
- ☒ C Identification of materials, tools, and adaptive equipment required
- ☐ D A list of unrelated staff scheduling grievances from the prior week

ANSWER A - C

WHY A documented HT session plan must connect the activity to identified client goals (A) and specify the materials and adaptive tools needed to support participation (C). A marketing flyer (B) and unrelated staff issues (D) are not part of the session plan.