



Hungarian University of Agriculture and Life Sciences
Buda Campus
Institute of Rural Development and Sustainable Economy
Horticultural Engineering Bachelor's Education

**SUGGESTIONS FOR STRENGTHENING HORTICULTURE AS A
THERAPEUTIC MEDIUM IN HUNGARY**

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Horticulture can positively impact wellbeing and can therefore be used as a therapeutic medium. In this thesis, I introduce the history of horticulture as a therapeutic medium in the U.S. and in Hungary through the review of literature, explored its current status in both countries through information collected in interviews with American and Hungarian professionals, presented the interviewees' insights, and proposed suggestions for strengthening horticulture as a therapeutic modality in Hungary based on the above information.

I introduce each interviewee, their background and qualifications, the setting in which they utilize horticulture as a therapeutic medium, the population groups they serve, and the type and nature of the therapy they provide. I present insights they shared recommendations they made for strengthening the profession.

Finally, based on the information presented in the thesis, I make the following six proposals for strengthening horticulture as a therapeutic medium in Hungary, as well as suggestions for further research:

- The development of a strong network among professionals interested in horticulture as a therapeutic medium.
- The formation of an organization.
- The development and implementation of a certification and registration process.
- The launching of university-level courses.
- The utilization of social media and advertising and the exposure of students to horticulture as a therapeutic medium.
- The conduction of research and dissemination of its results.