

SOME OF THE PSYCHOLOGICAL ASPECTS OF ESTABLISHING
A HORTICULTURAL THERAPY AND/REHABILITATION
PROGRAM FOR USE IN A WOMEN'S/PRISON

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Section 1

INTRODUCTION

Recently, the Kansas Correctional Institution for Women requested help in setting up a Horticultural Therapy and Rehabilitation Program. Traditionally, most prisons have used some type of horticultural activity such as farming, but the emphasis was on hard labor and producing food rather than changing attitudes and producing useful citizens.

In order to bring about effective change, it is necessary to define the psychological makeup of the female criminal. The underlying social and emotional problems which have caused her ineffective means of dealing with life must be understood. Then horticultural activities designed to meet her needs can be developed and implemented. A program which would give these women an opportunity to increase their self-awareness and improve self-concept, develop their capacity for sensible judgment, emphasize planning ability, and encourage initiative, while training in job skills. A Horticultural Therapy and Rehabilitation Program, headed by a competent and trained horticultural therapist, would be beneficial to both the inmate and society.

Section 2

THE PSYCHOLOGY OF FEMALE CRIMINALS

Women who commit crimes are failures, they have failed to meet societies expectations, they have failed themselves, they have even failed in crime (6). This failure syndrome causes her to have a very poor self-concept, which is further aggravated by the confusion over women's roles in our society, resulting in frustration and tension. Unfortunately, prisons as they are presently set up are destructive of the remaining dignity and self-worth, and the vocational training is concentrated mainly in institutional maintenance. Therefore, it would be beneficial to the inmate and society if a different approach to treatment were implemented.

Women criminals rarely represent an overt danger to society. The crimes they commit are usually related to sex or property and instead of harming others, they tend to harm themselves (11). Their involvement in these crimes is passive, instead of robbery-a forceful method of obtaining money, female criminals use forgery, cash bad checks, or embezzlement where no one is threatened. Even in crimes such as child abandonment or neglect the woman has acted passively and usually has not physically harmed the child.

Women criminals are viewed differently by our society. They are most often seen as disgraced and dishonored because traditionally their most frequent offenses were violations of the normative

codes with respect to sex and drunkenness (10). Anglo-Saxon criminal laws tend to define the woman as a dependent, to be protected, not fully responsible person, incapable of many actions (2).

Female offenders are characterized as being weak, dependent, and helpless (16). They have a confused and poor self-concept, lack planning ability and mental organization, act impulsively without anticipating the consequences of their behavior, and fail to plan for the future (15). They experience an intolerance for tension manifested in a tendency to act without thinking and an inability to delay responses (12), thus pointing out their need for immediate gratification. Female delinquents have been discriminated from non-delinquents on the basis of their internal chaos and impulsivity; they were shown to have a "faster internal clock" resulting in future time being constricted, time passing slowly, and less accuracy in time judgment (12).

Alienated from herself and the rest of society, the female criminal experiences loneliness and self-hatred, because her self-concept is totally bound to her acceptance as a woman (13). For a woman in our society to commit a crime the pressures towards deviance must be great, because the generally accepted role for her is one of conformity and submission - or at least so it has been until recently (4). General cultural expectations that a woman is somebody kind, good, beautiful, and non-aggressive, are painful reminders of the discrepancy between what she is and what she should be as a representative of her sex (13).

Criminal women and delinquent girls often perceive themselves as compelled, driven, "broken in initiative" (2). Their

deviance from their socially ascribed role is so great that it calls for a reflection, in the eyes of others, of abnormality and even illness. Having failed to contribute to the social function of "pattern maintenance" entrusted to women in our western societies, having offended the family values of which they have been guardians, they therefore must be regarded as "sick" and/or as pitiful, victimized and manipulated beings (2). In a study by Bertrand (2) the self-perception of the female criminal as objects, in four out of seven of her groupings, was so great as to indicate a serious psycho-social pathology. She commented that in as much as this illness was reinforced by prisons, reformatories, and training schools they were a misplacement and a waste.

Cochrane (5), while investigating the structure of value systems in male and female prisoners, found that a woman who is sent to prison has probably violated the social norms set for female behavior much more strongly than a male offender has violated male norms. That overall, female prisoners have a much more "masculine" value system. Women prisoners place more emphasis on "an exciting life", "a sense of accomplishment", "freedom", "being broadminded", "independent", "intellectual", and "logical" than the female control group. They will obviously encounter difficulty in fitting easily into the feminine role patterns drawn up by society. He postulated it could be due to either a certain amount of male identification or a rejection of the female role as they are outside the normal societal limits of female behavior. The relatively high importance assigned by the prison groups to the values "wisdom", and "self-controlled"

was tentatively explained as the recognition that these characteristics are not only valuable but that the prisoner conspicuously lacks them, and that is subjectively seen as being one of the roots of the personal problem encountered by the prisoners (5).

Society is undergoing a period of transition. It is changing the basic family structure, with the father as head of the household, to a democratic entity with more equalitarian roles for husband and wife. It is slowly bringing about the acceptance of women as individuals who can derive their satisfaction in life from varying degrees of family involvement and occupational careers, where as traditionally the female's life goal is achieved mainly through marriage and child rearing. These changing ideas about women's roles is causing much confusion and tension. Our present society talks of women having equal opportunity with men, yet denies the female the chance to attain this new status. The rejection of a status of equality is one of the significant factors in precipitating delinquent behavior in the adolescent girl (13).

As women in America have been freeing themselves of the bonds of children, church and kitchen they have moved into roles that require adventuresomeness, aggressiveness, and competitiveness. Even those women who do not live in the exciting manner they desire, continue in fantasy with a self-image of living dangerously. This disparity between their wishes and the very limited fulfillment of them in reality leads to a deep sense of frustration and tension, often resulting in explosive acting out. Much of the acting out seen in crime and otherwise is an attempt

to relieve unbearable tensions (4). As long as a woman is expected to play a clear cut role at least everyone knows what is at stake. However, when the perception of the role is confused; anxiety, anger, and aggression are inevitably aroused (4).

Though thousands of lower class women will have to make a living whether they stay single or get married, the dream of "being taken care of" prevents them from seeking an education and preparing for some permanency in working life (13).

Most female criminals are from the lower socio-economic class, they have had little or no job training, did poorly in school, and were not able to hold down a respectable job, and possibly because of her low self-concept, saw no legitimate method of supporting herself and her family. A high percentage of women criminals are black and must face the additional problem of racial prejudice when seeking employment.

Section 3

THE WOMEN'S PRISON

The major goals of imprisonment are to protect society from dangerous and maladapted persons and to rehabilitate the inmates so that upon release they can become productive and useful citizens. Imprisonment involves the deprivation of liberty; isolation from family, relatives, and friends and their support; loss of civil rights; and moral rejection by the community; the deprivation of goods and services; the deprivation of heterosexual relationships; the deprivation of autonomy; inability to make choices; receive information about decisions such as the bases for parole denial; and the deprivation of security; and confinement with others with histories of violence or aggressive homosexual behavior (19).

There is less danger to the female prisoner from physical attacks by other prisoners and guards. However women are very frustrated in trying to determine frames of reference for behavior and devise efforts which will help them win parole. All these deprivations constitute a severe attack on the prisoners self-image and mode of living and so they react defensively (22). The prison situation produces institutionalized uncertainty resulting in the inability of prisoners to predict what is going to happen to them because of indeterminate sentences, and the inability to get information which would permit the establishment of patterns of expectation (22). Upon entrance to the prison the criminal experiences a series of abasements,

degradations, humiliations, and profanations of self-associated with feelings of guilt, anxiety, fear and embarrassment (22). Former identities are seen as accidental or illusory and the person now perceives what she was all along (9). She accepts herself as a "bad" person. The removal of all identifying personal possessions, even wedding rings if they have stones, results in a "role dispossession". The inmate is then given prison clothes, she isn't allowed to retain any individuality (22).

One of the most serious and least understood problems of women's institutions today is the psychological harm done to the inmates. Arguably all prisons are psychologically harmful, but the typical women's prison inflicts graver damage in spite of its more attractive appearance. In fact, the outward attractiveness of the prison not only confuses the inmates, but works to deaden any impetus for change (11).

While convention requires women's prisons to look like minimum security institutions, economic reality decrees that they cannot be minimum security. A minimum security institution can choose the best risks and send its failures somewhere else, a women's prison must accept every woman offender in the state. So, all must live by rules which are established for the control of a very few (11). The result is an atmosphere that is very tense and oppressive. The rules and regimentation restrict the inmates ability to make choices. As one inmate said

"The routine is the same from day to day.

There is little to challenge the ability of a four-year old much less an adult. One loses the power, if she is not careful, to make

even a small decision, or harbor an original thought (22)."

In assessing the harm done by the tense, oppressive atmosphere and multiplicity of rules and punishments, it should be noted that delinquent women are already characteristically weak, dependent and helpless (16). Most State penal institutions are located in remote isolated areas of the state inaccessible to populated urban areas. This makes for difficulties in family visits. For women this hardship is greater because almost 3/4 of women incarcerated have children. While male prisoners are also parents, society does not place upon the father the responsibility for the details of daily care as it does upon the mother. The mothers separation from her children, and the major change in her role strikes directly at her essential personal identity and her self-image as a woman (11). Women suffer more from separation from families and disruption of familial roles.

The majority of female offenders must support themselves, and often others as well, after release from prison. Unfortunately vocational training programs for women in prison are orientated towards institutional maintenance, they lack up to date equipment, lack incentive pay, and lack placement services (11).

Although women now constitute 38% of the labor force (21), most women do not really view themselves as wage earners. Women are conditioned from an early age to view getting married and raising a family as their highest goal and working as secondary to her traditional role. Instead of seeking the independence of a job skill, they seek "someone" they can depend upon.

The available training is orientated toward "women's work", the traditional low pay, low status jobs that women hold in such numbers in our society. Scrubbing floors becomes "vocational laundry". Almost half the entire population is concentrated in such jobs as cooking, cottage maintenance, sewing household items for general prison use, and weaving. These programs have no market value but only serve needs of the institution (10).

The problems of meeting a monthly production quota function to stabilize work routines. Specialization of function promotes efficiency, and proficiency developed by an inmate in operating one machine may be taken up by the formal organization, thereby limiting an inmates experience to the operation of a single task (10). Thus, women in prison are trained for jobs for which the only opportunity for these women to use these skills again is upon return to prison.

Perhaps the best way of giving prisoners valuable work experience is to release them for jobs in the public and private sector. Working full time during the day and returning to the prison at night, the prisoner will be under some discipline and control without being removed completely from the economic mainstream. Out of the prisoners earnings maintenance costs can be repaid, she can be given an allowance, and her family can be supported or she can save a nest egg to cushion her release. Rather than wasting her prison time in unproductive work, she can be making a positive contribution to society (20).

One possible drawback for any prison vocational training program is that when inmates are released it reminds them of an

experience they would rather forget (6). After release from prison, besides having to face racial and economic handicaps, now the female offender is labeled as an "ex-con" and feels ostracized by the community. She becomes even more discouraged about ever fulfilling her ambitions and even more evasive of any attempt to find employment or prepare for it (13).

It is clear that the women criminal's underlying emotional and social problems have contributed to the conditions leading to her incarceration, and that prison only teaches her how to be a good prisoner not how to be a functional member of society. To truly rehabilitate her it is necessary to deal with both these problems through a program aimed at changing the attitudes and beliefs of the inmate, by emphasizing the dignity of the individual while training her in a marketable job skill. Frequent community involvement during her imprisonment is important. The inmate subculture is subverted when the offender has daily contact at school and work with people who generally accept the standards of the outside community (11).

Section 4

HORTICULTURE THERAPY PROGRAMS FOR PRISONS

Horticulture has been used as an effective means of increasing self awareness in the mentally ill through the development of a relationship between patient and horticultural therapist. This relationship allows for the questioning and confrontation of inappropriate behaviors and attitudes, with suggestions for more realistic methods of dealing with the situation. This type of supportive relationship could also prove very beneficial to the female prisoner. The peculiar traits of the female offender; dependency, verbosity, and the desire for approval can be positive factors if they are understood. The woman offender is more ready to accept a relationship with a "helping person" just because she is excessively dependent (7).

An essential part of every therapy is to make the patient aware of her reality and enable her to cope with it (13). Learning to cooperate with and consider others, learning to be responsible for living plants dependent upon her, learning and understanding her dependency on nature and plant life, developing a greater appreciation and enjoyment in the plant world that surrounds her, being able to accept the disappointments that inevitably come when working with living materials, developing a tolerance to the frustrations of a partnership with nature (and thus to other disappointments) - we hope that these things are therapeutic (14).

Plants place demands upon their owners for care, without water and the proper light requirements they will wither and die. A potted plant in the inmates room provides her with something she can lavish her attention and tender loving care on, and it will respond to her care. She becomes involved in the growth of another living organism, this can evoke a sense of worth as she begins to realize that she can accomplish something constructive. Another benefit of ownership of a plant is that it allows her some individuality, it can help give her a sense of identity, uniqueness.

Job training in horticulture can be very diverse, it could include landscaping, nursery production, flower gardening, or floral arrangement. While gaining competence in a skill many secondary benefits are also available.

Landscaping can enhance an area by screening undesirable views, delineating land uses, emphasizing entranceways, and by providing privacy and beauty. The first step is to make a survey of all existing buildings and vegetation, and the topography. The identification of the present vegetation can be an interesting challenge. Keying down plant genus and species increases the inmates mental organization, it forces her to observe closely the fine details while giving her a classification system for sorting and storing this information. It also makes a more understandable world, the more she knows about the environment the more control she has over her interactions with it.

While landscaping an area, the existing structures are mapped in relation to topographic features of the area - possibly one may already be available or this skill could be taught in simplified manner. Topography will influence the design and choice

of plant materials because slopes, low areas and high points can present difficulties with mowing, planting, and air drainage.

Specific land uses and areas for these should be decided and then marked on the map. Then a new plan can be drawn showing all existing vegetation, structures, labeled land use areas, and all proposed plant materials that will be used to modify the landscape.

In order to make this plan it is necessary for the inmate to think in terms of the future. She must keep in mind the nature, height, and spread of each plant, its rate of growth, how much light is available, whether it fits the need, seasonal color variation, texture, the soil type, and climatic variations of the area. She might consider some additional benefits plants can offer such as; retarding soil erosion, deadening sound, screening unpleasant views, atmospheric purification, and climatic variations of the area (17). With the help of the therapist she will co-ordinate all these factors into a satisfying picture. This wide variety of choices and the influencing factors will necessitate many decisions on her part. This will give her some practice in making sensible judgments. It will train her to begin thinking in "if-then" terms which can carry over to her personal life decisions.

It is important to create in the inmate socially acceptable goals and then proceed to mobilize her internal resources to plan her life (15). A possible scheme for the landscaping activity is to have each participating inmate make a plan, then one plan could be chosen and that inmate would be in charge of having her plan implemented, the other inmates comprising the crew. Then

for the next Landscaping project a different inmate could be in charge. This scheme would give the inmate responsibility, she must take the initiative. She would experience visual reward as her plan becomes reality. Praise from others would increase her self-esteem, creating within her socially acceptable goals. She can derive pride from accomplishing a task that is meaningful, an actual change in the environment. She can be proud of her increased knowledge and skill which no one can take away or diminish.

Many of the plant materials needed for landscaping can be produced by the inmates in a nursery operation. This would make their horticultural knowledge more complete increasing their mental organization, rather than presenting several apparently unrelated fragments, which might tend to confuse them. Nursery production involves the learning of the techniques of plant propagation; division, cuttings, root cuttings, seeding, grafting, and layering. It also includes a lot of digging, pruning, hoeing, etc. . . This strenuous physical labor can provide a socially acceptable release of aggression, tension, and hostility. Society does not have many acceptable ways for women to release their hostile impulses, this method will still be available to her even after her release. She will have learned to use her anger constructively rather than destructively.

Growing plants in a nursery situation is bound to result in an insect or disease problem at some time because of the high density planting. This may present a good opportunity to discuss ecology; ie, biological vs. chemical control. The intricate balance of nature is a fascinating subject and is sure to catch the interest of many inmates. The study of ecology involves

investigating a system that ultimately affects the inmate, she is a part of the ecosystem, her actions affect all the other organisms in the chain. It can bring increased self-awareness, help her decide where she fits into life. It will also help her better understand the current controversy over pollution and how it will affect her.

Long term inmates can find special interest and satisfaction in plants that develop slowly and require high maintenance. Grafting several varieties of apple on to a single rootstock could have exciting and unusual results and hold her interest during the years until maturity and fruit production. Some nursery stock would be terrific material for bonsaiing. Twisted or misshapen trunks, usually a deficit, could be turned into an asset. This ancient art produces beautiful aged-looking dwarf trees grown in containers or in an oriental garden. Careful consideration of the tree from all aspects before attempting to remove a branch is important in order to achieve the most striking shape. The type of tree; evergreen, deciduous, or flowering will partially determine the style chosen, single trunk, multiple trunk, curving or twisted trunk, horizontal or vertical trunk. Special methods for shaping the tree, thickening the trunk, and achieving the weathered appearance are long processes requiring continuing maintenance and patience.

A cold frame can be useful in a number of horticultural practices, it can be used to over-winter hardy or near hardy plants and bonsai. It can be used as a rooting chamber for softwood and leafy cuttings if shading is provided, as growing space for vegetable and flower seedlings, or as a sheltered garden for early or late crops of lettuce, radishes, cole crops, etc. A cold frame

can even be used in the absense of a bulb cellar for the forcing of spring flowering bulbs. Because a cold frame has no controls for temperature other than opening and closing the sashes, the lack of automatic machinery leaves the responsibility for plant survival with the people involved. The degree of attention required varies according to the project undertaken, and could be adjusted to different needs (3).

Mulching in the garden, nursery row and around shrubs protects against drying, crusting, cold, and discourages weed growth. The best mulch is composed of composted organic materials because these materials upon break down add valuable nutrients to the soil.

Compost bins can supply fertility for gardens and pot plants, are a means of disposing of organic wastes and are a further example of ecological processes. The current interest in organic gardening can make this an appropriate educational activity. Because the maintenance of a compost pile requires weekly or bi-weekly turning there is ample opportunity for hard work to discharge tension. The utilization of substances usually discarded, and production of fertilizer can be a helpful metaphor to encourage those with low self-esteem. Use of a compost pile also allows for the gardening activity to be presented as a closed coherent system in which the inmates may be involved in all phases. This will support the idea of an orderly and understandable world. The somewhat unusual nature of the compost pile, the transmogrification of refuse, and the heat generated should certainly get the attention of inmates and encourage awareness of the life processes involved (3).

Flower gardening can provide satisfaction in livening up the outdoors with striking splashes of contrasting color. Annual flower beds have the advantage of the possibility of a new design every year. Plans for the annual bed could be a cooperative effort of a group of inmates - this would allow the therapist an opportunity to observe the relationships the inmates have with each other and make sure each inmate has an input in the decision. Perennial gardens are somewhat more permanent so a much more extensive plan is needed. A succession of bloom in the perennial garden is desirable, thus the whole look of this garden can change several times during the growing season. Maintenance of the perennial garden from year to year benefits from a good start, a proper location with well drained soil, and protection from severe winter temperature variations. Written plans for these gardens again involves detailed choices with adequate knowledge of the individual plants requirements and characteristics, giving her more experience in developing good judgment.

Flowers evoke an emotional response..

"Among the creations of God none are more beautiful than flowers. Close companions to the soul of man, they speak for man, expressing his deepest emotion, and the most vital relationships - love, hope, faith, and gratitude - as no other material things can express them.

Since art is the spiritual expression common only to man; those working with flowers assume a challenge to display

them in such a manner that their natural beauty will be shown to the best possible advantage. In floral art this is a challenge whether the worker is arranging flowers for their own pleasure or as a part of the duties of a career (1)."

Flower arranging, creating a display of beauty, helps the inmate develop a feeling for harmony, balance, proportion, and perspective. This can symbolically improve her inner state by also putting her feelings and attitudes in balance. Floral arranging is a job that provides an outlet for creativity, the different designs can set the mood. It allows for a small amount of feminine identification, because flowers are fragile and need careful treatment. Confusion and disorganization, such as the inability to set a pattern, can be recognized as signs of a worsening psychological problem and a referral to be tested can be made. A flower arrangement is very personal, it allows for the expression of feelings - it can set the mood by skillful use of color, texture, and line. Originality can result in the use of unorthodox objects in an arrangement with an unusually pleasing effect.

Although a full scale Horticultural Therapy and Rehabilitation Program would be the most beneficial to the inmates, until a program could be developed or funds appropriated there are still some projects which could be immediately implemented. Inmates during their leisure time could care for potted plants in their rooms, they could have hanging baskets in their windows, terrariums on their dresser tops, cacti dish gardens on their window sill or maybe even vegetables growing hydroponically.

While it is possible for inmates to individually grow plants in their rooms, it is very important that there is at least one person around who has enough knowledge of plants to answer questions, and give advice when a plant starts to do poorly. Otherwise there will be a feeling of frustration and a fading or interest with the withering of leaves and stems. The local garden clubs could help tremendously in this area by possibly visiting the prison once a month to discuss gardening and house plant care, share films, demonstrate how to take cuttings, how repot plants, and discuss when to water. These meetings would be beneficial to both the inmate and the community - the inmate would have an opportunity to make relationships with someone other than fellow inmates or staff, and the community would develop a better understanding of the inmates personality and problems and thus dispel community fears. A small group of inmates might be allowed to use the public library to get books on special plant interests. The ideal being to get the inmate back into the community, to get her interested in joining some club or organization so that her release is not such a re-entrance shock. Work release would start to re-integrate the inmate before her parole and allow her to make friends before her release.

A Horticultural Therapy and Rehabilitation program offers much more than any traditional prison rehabilitation program. The therapist attempts to deal with the female offender's underlying emotional and psychological problems, by encouraging self awareness, and change toward more socially acceptable goals. It is the only program that gives the inmate responsibility thus self-respect. By introducing simple techniques first and then

progressively more difficult tasks and concepts success is insured and self-confidence is fostered. Horticulture has special features that make it an especially good vehicle for change. Plants have an advantage over people "They don't care about age, race or social class of the person who waters and takes care of them"(8). A living thing depending on them for care and sustenance can give them the will to go on and an interest in the future(8). As the inmate shows more responsible action and attitude change these could be mentioned to her parole board and reinforce her new identity. A job placement service for the inmate will make her re-entrance into society a process much more likely to succeed.

Section 5

SUMMARY AND CONCLUSIONS

Women criminals have characteristics that differentiate them from other women. These underlying social and psychological differences are factors that can be positively dealt with during their imprisonment. The female criminal's poor self-concept, lack of mental organization, poor planning ability, impulsivity, and lack of confidence can be changed by a program stressing dignity and responsibility.

Women's prisons are psychologically harmful. Institutionalized uncertainty, role dispossession, and the oppressive rules and regulations are a major attack on her self-image. Prisons, as they are presently set up, offer no opportunity for the woman to build on the strength she already has.

A Horticultural Therapy and Rehabilitation Program, as laid out in this paper, would aid the inmate in gaining new inner strengths while drawing on those she already has. It would force her to re-examine her attitudes and belief's. It would train her for employment with a marketable skill. In this way her incarceration can be a period of positive change and she will leave the prison better equipped emotionally and vocationally to be successful.

The program will vary among institutions according to the space available, growing conditions, number of inmates involved, and the type of activities desired. The success of the program

will depend largely upon the prison personnel. Their openness and willingness to trust the inmate and allocate responsibility. In order for the implementation of this new program to be effective the entire prison personnel must change in their treatment and attitudes towards the inmates.

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A review of the current literature depicts the female offender as dependent, weak, and helpless. She is impulsive, does not anticipate the consequences of her behavior, and fails to plan for the future. She has a poor self-concept and a more "masculine" value system.

The changing expectations and roles for women in our society has led to confusion, anxiety, and aggressive acting out. The equality of the sexes is proclaimed but it is not upheld, therefore the rejection of the status of equality is a significant precipitating factor in the delinquency of the adolescent girl.

Women's prisons put the female offender through a series of abasements, degradations, and profanations of self, associated with feelings of guilt, anxiety, fear, and embarrassment. She isn't allowed to retain any sense of individuality or identity. Imprisonment represents a major change in her role. Oppressive rules and regulations make her even more dependent. The lack of vocational training in marketable job skills leaves her with little chance for finding satisfying employment upon her release.

The proposed Horticultural Therapy and Rehabilitation Program would attempt to deal with the inmates underlying emotional and social problems. The formation of a therapeutic relationship between the inmate and the horticultural therapist will facilitate changes in the inmate's attitudes and beliefs. The program places emphasis on giving the inmate responsibility, thus reducing her dependency and fostering maturity. By expecting her to make decisions involving many alternatives her capacity for sensible judgment is increased. Introducing simple

techniques first and then progressively more difficult tasks and concepts insures success and increases self-confidence.

Landscaping, nursery production, lawn care, flower, fruit, and vegetable gardening, and floral arranging are some of the possible horticultural activities that could be used for job training. Each of these involves the creative expression of the inmate while allowing for the release of tension, anger, and aggressive drives through hard physical labor such as digging, hoeing, and pruning.

It is important to have frequent contact with the outside community in order to subvert the inmate sub-culture. Hopefully, the Horticultural Therapy and Rehabilitation Program can make her prison sentence a time of personal growth and change toward more socially acceptable goals, making her return to the community more successful and more permanent.