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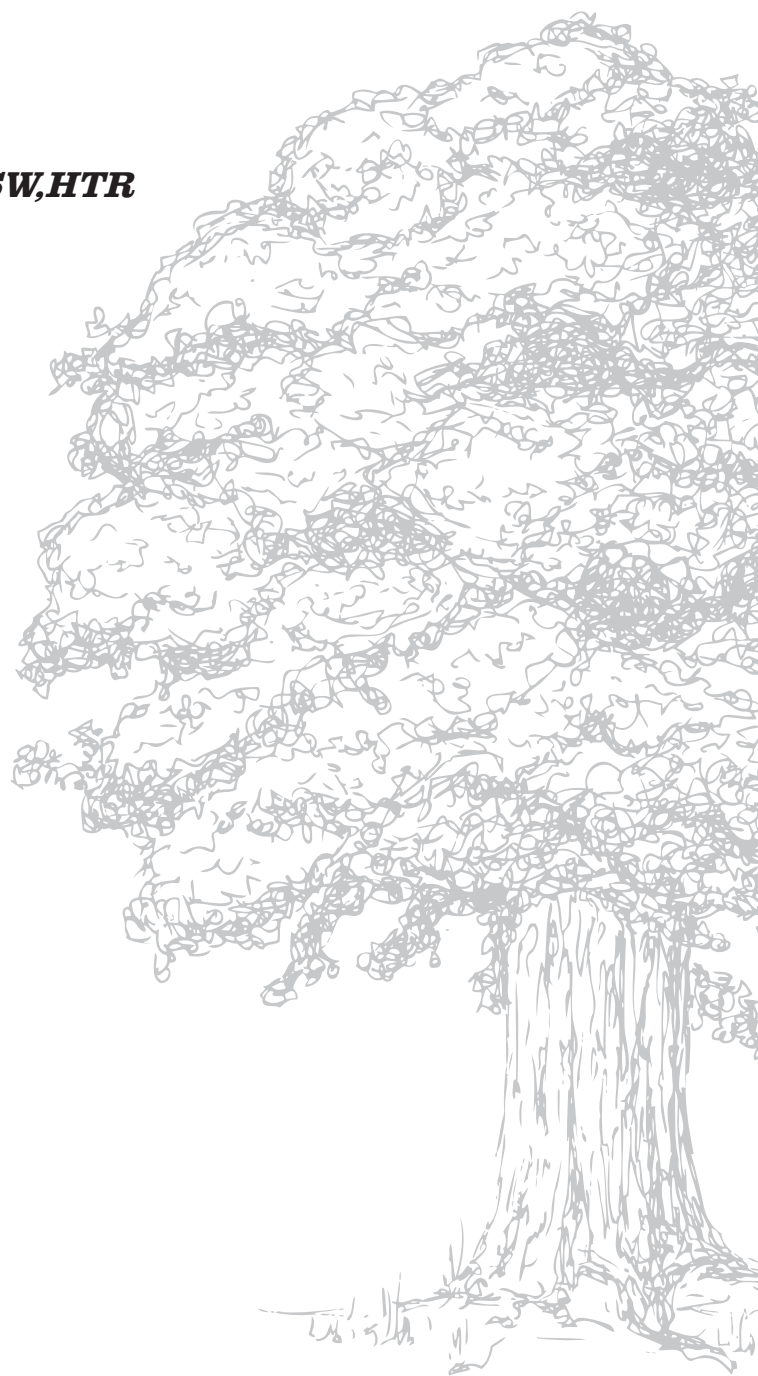
Book Review: Digging for Victory-Horticultural Therapy with Veterans for Post-Traumatic Growth

Joanna Wise

Karnac Books. 2015. 336 pgs.

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Reviewed by: Matthew Wichrowski MSW,HTR



With an influx of veterans returning from service, many having sustained both physical and psychological injury, providing helpful programs have become a priority. Horticultural therapy has a long history of being utilized with veterans. The current surge of vets has created renewed interest in developing horticultural therapy programs to meet their needs.

Joanna Wise's *Digging for Victory*, from Karnac books, provides the reader with the tools to meet the diverse needs of veterans. She begins with some background to help the reader understand the perspectives and needs of veterans. For those without a military background the information provided helps gain an understanding of the subtle and not so subtle ways this experience influences one's outlook on life. This insight and understanding is invaluable in designing successful programming for this particular group.

Another strong point of the book is the excellent explanation of the neuropsychology of post-traumatic stress disorder. Etiology, psychosocial effects, and working effectively to aid the adjustment of those impacted by this condition are explored. Concrete examples of utilizing HT for PTSD are offered along with recommendations for staff support, supervision, and training, to assist the clinician in their work.

Digging for Victory is written in a scholarly yet approachable style. There are abundant citations of current research, but not so much as to make it too heavy a read. Joanna provides a solid explanation of both active and passive benefits of nature-based programs. These features alone make it a valuable resource for the student or practitioner. In addition, boxes with quotes from clinicians and participants provide an informative first person perspective on the topics covered.

As well as providing a solid clinical background, the book further addresses in detail the nuts and bolts of setting up a program. Developing the physical space, designating effective goals and outcome measures, evaluation, and activity analysis are detailed. A calendar of activities is also provided, although geared towards gardeners in the United Kingdom.

Overall, *Digging for Victory* is a valuable resource helping the reader to gain a better understanding of the perspectives and needs of soldiers, and others coping with stress related disorders, including post-traumatic stress disorder. The broad scope and thorough review



Digging for Victory

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of current literature makes this publication a useful resource for anyone interested in horticultural therapy, and a great addition to one's library. All proceeds from sales of will be donated to UK charities to work with veterans with post-traumatic stress disorder.