

# **SOUTHEAST RECREATIONAL THERAPY SYMPOSIUM**



**Port of Call for Outcome Based Practice**

**April 1-3, 2015  
Hilton Savannah Desoto  
Savannah, Georgia**

# AGENDA

## WEDNESDAY, April 1

9:00 - 12:45      REGISTRATION

1:00 - 2:30      WELCOME AND KEYNOTE ADDRESS

◆ **The Access to Inpatient Rehabilitation Therapy Act: What it Means for You (K1) Cumberland Room**

Public policy is the business of every recreational therapist. This session will introduce the "Access to Inpatient Rehabilitation Therapy Act of 2015" and the role of the practitioner in influencing public policy. Historical perspectives of public policy for the profession and action steps of the individual will be discussed. Learning Objectives: Participants will: 1) State the key intent of the Access to Inpatient Rehabilitation Therapy Act, 2) Identify at least 3 initiatives the profession has taken to influence public policy, 3) Identify at least 2 actions the individual practitioner can take to influence public policy.

*Thomas Skalko, Ph.D., LRT/CTRS, FDRT, East Carolina University*

2:30 - 2:45      BREAK

2:45 - 4:15      CONCURRENT SESSIONS

◆ **Recreational Therapy's Role in Bereavement Support (Part 1 of 2) (A1) Sapelo Room**

Every one of us will lose someone we love and struggle in our grief. Understanding grief and how to support those who have experienced loss is an important part of our work as recreational therapists. Learning Objectives: Participants will be able to: 1) Describe 3 essential topics for the CTRS to address in bereavement group work, 2) Describe the 4 tasks of mourning, 3) State 2 differences between grief and depression.

*Debbie Robinson, MS, CTRS/L, FACHE, ATRA President, New Hampshire Hospital*

◆ **Ice Breakers and Interventions for Adolescents and Adults in a Behavioral Health Setting (A2)**

**Pulaski Room**

This session will provide participants with a variety of interventions to use with adolescents and adults in behavioral health. Participants will have the opportunity to learn and participate in multiple types of interventions including therapeutic art, music, leisure, humor, and teambuilding. Learning Objectives: Participants will: 1) Demonstrate knowledge of 6 of the 8 new RT interventions for use in a behavioral health setting, 2) Identify at least 3 RT interventions for clients/patients in a behavioral health setting, 3) Implement at least 2 RT interventions within a small group.

*Alexa Walker, MS, CTRS, Coastal Harbor Health System*

*Amanda Black, CTRS, Coastal Harbor Health System*

◆ **Measuring Recreational Therapy Outcomes During and After Civilian and Military Rehabilitation (A3) Ossabaw Room**

Recreational therapy has the potential to assist patients with increasing function and activity participation during and after rehabilitation. Various physical, cognitive, social, emotional, and community reintegration outcomes through RT can be achieved and measured. However, RT clinical practice settings remain slow to adopt standardized instruments that measure clinical outcomes in rehabilitation settings for civilians and military personnel. This session will review the literature supporting RT services and treatment modalities in both civilian and military rehabilitation, help practitioners with identifying existing or potential standardized outcome measures appropriate for their setting, and how to properly collect data that can be analyzed to evaluate treatment effectiveness and improve RT practice. This session will also include a discussion of how to incorporate these measures into everyday practice. Learning Objectives: Participants will: 1) Identify 3 empirical articles that support RT in rehabilitation, 2) Identify and practice 3 outcome measurement tools that can be used by RT clinicians, 3) Discuss at least 3 steps of data collection to evaluate the outcomes of RT.

*Brent Hawkins, Ph.D., LRT/CTRS, Clemson University*

*Marieke Van Puymbroeck, Ph.D., CTRS, FDRT, Clemson University*

◆ **Wellness Wednesdays: Outcomes from a Solutions-Focused Leisure Coaching Program for Adults with Intellectual Disabilities (A4) Cumberland Room**

This session will explore a unique strengths-based leisure coaching program designed and implemented as a service learning project for graduate TR students at University of Wisconsin, La Crosse in early 2014. The speaker will cover 'Foundational Knowledge' of the basic concepts and methods utilized in this program (i.e., solutions-focused leisure coaching main concepts), and will connect the theoretical underpinnings to actual practice of TR/RT (strengths-based assessment, documentation, implementation and evaluation). Different evaluation methods and outcomes will be discussed, and participants will apply concepts to the mock design of a program for

their specific populations. The speaker will also share video segments from the documentary created during all stages of this program. Learning Objectives: Participants will: 1) Identify and explain at least 2 solutions-focused communication techniques relevant to RT service delivery, 2) Explain how a RT leisure coaching program can be both strengths-based and evidence-based in design, 3) Create a leisure coaching RT intervention specific to the participant's setting.

*Stephen Lewis, Ph.D., CTRS, Clemson University*

**4:15 – 4:30 BREAK**

**4:30 - 6:00 CONCURRENT SESSIONS**

◆ **Recreational Therapy's Role in Bereavement Support (Part 2 of 2) (B1) Sapelo Room**

See session description of A1

*Debbie Robinson, MS, CTRS/L, FACHE, ATRA President, New Hampshire Hospital*

◆ **Kids In The Kitchen: Cultural Cooking In Recreational Therapy (B2) Pulaski Room**

During this session, presenters will teach strategies/techniques, safety considerations, and implementation of cooking interventions for patients in the mental health setting. Learning Objectives: Participants will: 1) Identify at least 3 benefits of cooking/cultural as a modality in RT, 2) Provide at least 3 safety considerations when using cooking as an RT intervention, 3) Identify at least 3 RT cooking interventions to use with patients in a behavioral health setting.

*Lauren Cox, CTRS, Coastal Harbor Health Systems*

*Hayley Tate, LRT/CTRS, Coastal Harbor Health Systems*

◆ **From Dope to Hope: A Dialogue Between a Recreational Therapist and a Former Patient (B3) Ossabaw Room**

In an examination of a therapeutic alliance over a number of years, this session will explore this relationship from the perspectives of a recreational therapist, and a behavioral health consumer. This client was treated in an inpatient addictions rehabilitation setting, continued with treatment in an intensive outpatient program, and now leads peer groups on a weekly basis. RT made an impact on her treatment in several ways. From the therapist perspective, her path to recovery and ongoing growth has provided lessons for this RT. The therapist and client have continued to interact in the recovery phase, as she provides weekly peer groups. RT can play a role in the promotion of peer groups in a behavioral health setting. Learning Objectives: Participants will: 1) Specify 2 RT interventions impacting the consumer's recovery, 2) Describe the therapeutic alliance continuum between a RT and client, 3) Define peer groups as a modality and the role RTs can play in facilitating, 4) Specify 3 guidelines to follow in utilizing peer groups.

*Bob Raynor, MS, CTRS, FDRT, MUSC Institute of Psychiatry*

*Carrie King*

◆ **Evidence-Based Health Promotion Programs for Recreational Therapists to Facilitate Productive Aging Among Community-Dwelling Older Adults (B4) Cumberland Room**

This session will focus on evidence-based health promotion programs that recreational therapists can facilitate with community-dwelling older adults. Learning Objectives: Participants will: 1) Describe the rationale for providing evidence-based health promotion programs for RTs to implement with community-dwelling older adults, 2) Identify at least 3 evidence-based programs and the evidence supporting each program's benefits for RTs to utilize, 3) Develop awareness of available resources for RTs implementing health promotion programs.

*Diane Skalko, MS, LRT/CTRS, Pitt County Council on Aging*

**6:30 OPENING NIGHT SOCIAL - Hors d'oeuvres and Symposium Social – 15<sup>th</sup> Floor Harborview Room**

**THURSDAY, April 2**

**7:30 – 8:30 CONTINENTAL BREAKFAST**

**8:00 - 8:30 REGISTRATION**

**8:30 – 10:00 CONCURRENT SESSIONS**

◆ **Changes in Health and Well-Being with Age: Treatment Areas for Recreational Therapy with Older Adults (Part 1 of 2) (CT1-A) Sapelo Room**

This two-part session will provide information about common health-related changes and needs of older adults that can affect recreational therapy service provision. Specifically, the first session will address common physical and

cognitive changes that adults experience with age, as well as identify some of the stereotypes and misconceptions related to physical and cognitive aspects of aging. The second session will focus on the psychosocial health and needs of the aging population, including changes that are common among this age group, specific needs to be addressed, and stereotypes and misconceptions related to mental and social wellbeing. Many therapists working with the aging population lack a formal education in gerontology. Thus, these sessions aim to increase the foundational knowledge of aging for RTs working with this population. Awareness of older adults' needs and abilities plays an important role in accurately assessing this population, as well as planning and implementing appropriate interventions for treatment. Learning Objectives: Participants will be able to: 1) Identify 4 common physical and/or cognitive changes of aging that relate to RT treatment, 2) Provide 3 stereotypes or misconceptions about psychosocial health issues with the aging population, 3) Identify how RTs can address the physical, cognitive, social, and psychological needs of aging clients.

*Megan Janke, PhD, LRT/CTRS, East Carolina University  
Jo Lewis, MS, CTRS, Clare Bridge Place*

◆ **Assessment of Wellbeing in Recreational Therapy (C1) Ossabaw Room**

During this session, two new assessment instruments, along with supportive documents, will be shared. These tools can facilitate assessment of clients and programs in the context of promoting well-being and identifying strengths. Participants will identify the relevance of the scales and activities to their practice and develop plans of action specific to utilizing them. Learning Objectives: Participants will: 1) Identify the components of wellbeing and the evidence supporting the utility of each component specific to individual client assessment in RT, 2) Identify the components of wellbeing and the evidence supporting the utility of each component specific to program assessment in RT, 3) Specify applications of both the individual and program assessment scales/activities to their practice of RT.

*Jeffery Witman, CTRS, FDRT, York College of Pennsylvania*

◆ **The Utilization of Cycling in a Therapeutic Recreation Setting (C2) Pulaski Room**

This session will introduce the use of trike's and hand-cycles for therapeutic exercise and leisure training. This course will give an overview of different styles of trikes and hand-cycles and different uses of each. Functional outcomes of trike and hand-cycle use will be discussed. Learning Objectives: Participants will: 1) Identify 2 adaptations to cycling in daily TR service delivery, 2) Demonstrate knowledge of at least 3 key principles for using trikes and/or hand-cycles safely, 3) Identify at least 3 functional outcomes in a therapeutic cycling program.

*Alison Nuckols, CTRS, Brooks Rehabilitation Hospital  
Aubrey Lash, CTRS, Brooks Rehabilitation Hospital*

◆ **Utilizing Animals in the Delivery of Recreational Therapy Services (C3) Cumberland Room**

There are many benefits of animal facilitated interventions in the delivery of recreational therapy services. Attendees in this interactive session will learn from a four-legged pro how animals in the employment of RT services can have a positive impact on the human lives they touch. Learning Objectives: Participants will: 1) Identify 3 benefits of animal facilitated interventions in the delivery of RT services, 2) Describe at least 3 key components of a successful animal based RT program, 3) Facilitate a RT intervention utilizing a trained therapy dog.

*Maureen Meador, CTRS, Shepherd Center  
Kellie Cosby, Cosby's Therapy Animals Incorporated*

**10:00 – 10:15 BREAK**

**10:15 – 11:45 CONCURRENT SESSIONS**

◆ **Changes in Health and Well-Being with Age: Treatment Areas for Recreational Therapy with Older Adults (Part 2 of 2) (CT1-B) Sapelo Room**

See description of (CT1-A)

*Megan Janke, PhD, LRT/CTRS, East Carolina University  
Jo Lewis, MS, CTRS, Clare Bridge Place*

◆ **From Application to Graduation: A Roadmap to Higher Education in Recreational Therapy (D1) Cumberland Room**

Have you considered graduate school? Do you need help weighing the pros and cons of pursuing a masters or doctoral degree? This session can help you with your decision! This session will facilitate discussion on the need and opportunities for graduate education in recreational therapy. We will address the need for graduate education at the masters and doctoral level, cover different types of graduate education, share experiences with graduate school, inform you of current graduate opportunities, weigh the benefits and challenges to pursuing a graduate degree, and how to navigate graduate school from application to graduation and beyond. Learning Objectives: Participants will be able to: 1) Identify at least 3 benefits to graduate education in RT, 2) Discuss at least 3 challenges to graduate education in RT, 3) Identify at least 2 accessible opportunities for graduate education in RT

via online or in-person programs.

*Brent Hawkins, Ph.D., LRT/CTRS, Clemson University*  
*Brandi Crowe, Ph.D., LRT/CTRS, University of North Carolina Wilmington*  
*Marieke Van Puymbroeck, Ph.D., CTRS, FDRT, Clemson University*

◆ **Understanding and Applying the ICF in RT Practice (D2) Ossabaw Room**

This session will assist the practitioner in understanding the International Classification for Functioning, Disability and Health and its application in RT practice. Learning Objectives: Participants will be able to: 1) Use ICF codes to classify one example for Body Structure, Body Function, and Activities and Participation as it relates to RT practice, 2) Explain the use of the ICF in addressing functioning in RT services, 3) Identify at least 2 ways to implement the ICF into RT practice.

*Thomas Skalko, Ph.D., LRT/CTRS, FDRT, East Carolina University*

◆ **Adapting Experiential Interventions for Clients with Cognitive Deficits in Recreational Therapy Practice (D3) Pulaski Room**

This interactive and experiential session will address the challenges of implementing experiential techniques in the practice of recreational therapy with persons who have cognitive impairments. Attendees will participate in 3 group based experiential initiatives that address social skills, memory, problem solving, and compensatory strategies. Learning Objectives: Participants will be able to: 1) Identify 3 factors in the practice of RT to consider when making adaptations for clients with mild to moderate brain impairments, 2) Facilitate an experiential problem solving challenge addressing the use of compensatory strategies for clients with cognitive related RT goals, 3) Demonstrate the ability to adapt an experiential RT intervention to meet the needs of clients with varying cognitive capabilities.

*Maureen Meador, CTRS, Shepherd Center*

**11:45 – 1:20 LUNCH and GENERAL SESSION**

◆ **NCTRC Professional Issues Update (K2) – Madison Room**

This session will focus on the recently conducted NCTRC Job Analysis (JA) Study and NCTRC CTRS Profile Study. The JA Study results are utilized in the design of the NCTRC Certification Exam as well as it informs CTRSS about areas of acceptable continuing education. The results of this comprehensive study and its implications to new applicants and recertification will be addressed. In addition, an update regarding the RT state licensure movement will be presented to include a discussion of the implications for state and national certification. Learning Objectives: Participants will: 1) Review and analyze the Job Analysis Study methodology as it relates to RT settings, 2) Interpret and incorporate the results of the JA Study findings to TR/RT practice, 3) Apply the outcomes of the JA Study to the NCTRC recertification process.

*Bob Riley, Ph.D., CTRS, Executive Director of NCTRC*

**1:30 – 3:00 CONCURRENT SESSIONS**

◆ **Assessment of the Older Adult: Utilizing Standardized Tools for Recreational Therapy Treatment With Geriatric Clients (CT1-C) Sapelo Room**

This session will address Recreational Therapy Practice through the assessment of older adults. The first step in the APIE process, assessment is the cornerstone for RT treatment. Assessments that address cognitive abilities, physical functioning skills, psychological/ psychosocial needs, and pain for older adults will be discussed. We will also address the importance of utilizing standardized assessment tools and internet resources available to the recreational therapy practitioner. Learning Objectives: Participants will: 1) Identify 3 standardized assessment tools that may be utilized in RT treatment with older adults, 2) Verbalize 2 benefits of utilizing standardized assessments during RT treatment, 3) Utilize internet resources for standardized assessment tools in RT practice with older adults.

*Jo Lewis, MS, CTRS, Clare Bridge Place*  
*Megan Janke, PhD, LRT/CTRS, East Carolina University*

◆ **Utilizing Geocaching in Recreation Therapy Settings (Part 1 of 2) (E1) Pulaski Room**

Geocaching is a worldwide scavenger hunt blending technology (GPS or a smartphone) and the outdoors! Geocaching takes people to interesting places often previously unknown! This session will provide attendees with an introduction to Geocaching, examples of RT settings in which Geocaching may be utilized, therapeutic benefits of Geocaching and an opportunity to go outdoors and find some geocaches! Learning Objectives: Participants will: 1) Gain an understanding of internet and media resources pertaining to Geocaching in a RT setting, 2) Identify 3 or more RT settings in which Geocaching may be utilized, 3) Identify 3 or more functional outcomes of Geocaching.

*Susie Montgomery, MS, CTRS, Shepherd Pathways*

◆ **Therapeutic Interventions in Recreational Therapy for Acute Psychiatric Settings (E2) Cumberland Room**

This experiential session will focus on implementation of evidence-based interventions for acute pediatric psychiatric populations. This session will focus on inpatient populations and will be presented with brief experiential activities. Learning Objectives: Participants will: 1) Identify 3 benefits of evidence-based RT practice, 2) Be able to incorporate 2 of the benefits into their repertoire of interventions, 3) Be able to identify 3 treatment objectives for acute care psychiatric inpatients.

*Holly-Ann Boyle, CTRS, MUSC Institute of Psychiatry*

◆ **What is Wellness Without Recreational Therapy? (E3) Ossabaw Room**

This session will introduce the role of recreational therapy in developing a successful quality of life for those with mental health/substance abuse disorders. Theories/concepts in mental health/substance abuse will be addressed. Implementation of the concepts in RT practice will be presented. Learning Objectives: Participants will: 1) Describe the theories and concepts of mental health/substance abuse and the role of RT in recovery, 2) Identify and explain each step in the recovery path (awareness, coping skills etc.) and the role of RT in recovery, 3) Be able to explain the pathway of recovery in enhancing one's quality of life and the role of RT in the process.

*Antravese Stanton, CTRS, Wekiva Springs Center*

*Jennifer Limberg, CTRS, Wekiva Springs Center*

**3:00 – 3:15      BREAK**

**3:15 – 4:45      CONCURRENT SESSIONS**

◆ **Providing Effective Recreational Therapy Interventions for Geriatric Clients (CT1-D) Sapelo Room**

In this session, we continue to build on the knowledge base for recreational therapy practice with geriatric clients. During this session, interventions that meet the cognitive, physical, psychological/ psychosocial needs as well as interventions to address pain will be reviewed. Evidence-based practice and the criteria established for RT treatment will also be discussed. Learning Objectives: Participants will: 1) Identify 3 evidenced based interventions for RT treatment for older adults, 2) Verbalize the criteria established by CMS for RT treatment, 3) Verbalize the steps needed to implement RT treatment.

*Jo Lewis, MS, CTRS, Clare Bridge Place*

*Megan Janke, Ph.D., LRT/CTRS, East Carolina University*

◆ **Utilizing Geocaching in Recreation Therapy Settings (Part 2 of 2 ) (F1) Pulaski Room**

See session description of E1

*Susie Montgomery, MS, CTRS, Shepherd Pathways*

◆ **Principles of Ethical Decision Making in Recreational Therapy (F2) Ossabaw Room**

The purpose of this session is to use case study examples as an overview of: Principles of Medical Ethics, Professional Code of Ethics, Virtue Ethics, Narrative Ethics, and Thought Experiment as a Foundation Knowledge and Practice of Recreational Therapy Services. Learning Objectives: Participants will: 1) Identify the 4 principles of medical ethics as it relates to the profession of RT, 2) Discern amongst principles of medical ethics vs. professional codes of ethics vs. virtue ethics vs. narrative ethics in approaches for RT practice, 3) Determine deontology and utilitarianism in moral theory practice of RT service.

*Al Kaye, M.S., CTRS, FDRT, CBIS, Patricia Neal Rehabilitation Center*

◆ **Overview of NCTRC Recertification and Specialty Certification Programs (F3) Cumberland Room**

This session provides an in depth coverage of recertification standards and requirements through NCTRC. Learning Objectives: Participants will: 1) Describe the NCTRC CTRS recertification standards including the 2 components, interpretive guidelines and necessary hours required for recertification, 2) Comprehend and describe the purpose of the Specialty Certification Program, including the entry qualifications and application process, 3) Comprehend and describe the recertification requirements of the Specialty Certification program as related to the existing NCTRC Recertification Program.

*Bob Riley, Ph.D., CTRS, Executive Director of NCTRC*

**FRIDAY, April 3**

**7:30 – 8:30      CONTINENTAL BREAKFAST**

**8:00 - 8:30      REGISTRATION**

**8:30 -10:00 CONCURRENT SESSIONS**

**◆ Getting The Most From Your HUMAN Resources: Training Recreational Therapy Paraprofessionals (G1) Sapelo Room**

Many recreational therapists use paraprofessionals to assist with the implementation of RT programs. But, are you providing them with the support they need to be at their best? In this session we will look at how to assess your staff's needs, identify key information for maximizing practice, how to use techniques for facilitating training, and the importance of evaluating employees. Learning Objectives: Participants will identify: 1) At least 3 steps needed to plan an effective staff training for RT support staff, 2) Two techniques for facilitating staff training for RT practice, 3) Three key elements for RT employee evaluations.

*Kathy Williams, CTRS, City of Virginia Beach  
Carolyn Cox, CTRS, MPA, City of Virginia Beach*

**◆ We Need to Talk: Conversations About the Ethical Practice of Recreational Therapy (G2) Ossabaw Room**

Get a sneak preview of an upcoming publication, *Guidelines for the Ethical Practice of Recreational Therapy*, and join the conversation on everyday implications of ATRA's Code of Ethics focusing on the practical application of ethical principles and how they may serve as a guide when resolving difficult situations in the workplace and lead to better RT practice. Learning Objectives: Participants will be able to verbally: 1) Identify a minimum of 3 RT ethical principles and their application in the workplace, 2) Identify 3 behaviors related to the ethical delivery of RT services, 3) State 3 conclusions related to the current stature of ethical practice in RT.

*Wayne Pollock, Ph.D., CTRS, FDRT, Virginia Wesleyan College*

**◆ Strengthening Engagement and Teaching Wellness Skills Using Therapeutic Recreation Techniques (G3) Cumberland Room**

Engagement! You are invited to participate in a combination of lecture and interactive activities that will enhance your competencies in developing meaningful partnerships with persons with mental illness and their identified treatment team members that is centered around strength-based approaches. Learning Objectives: Participants will identify: 1) Three examples of RT promoting strength based relationship building strategies, 2) Three examples of RT promoting resiliency, 3) At least 1 RT Intervention for each Stage of Change (Prochaska and Diclemente).

*Kathy Durden, CTRS, CAC II, CPRP, COO CarePartners of Georgia  
David Crooke, LPP, CEO CarePartners of Georgia*

**◆ Survivor Rehab Style (G4) Pulaski Room**

**\*\*\* Ann James Award Winner 2014**

Survivor "SRTS" style! Come be challenged with mind, body and soul in the ultimate survivor game. You will team up with fellow RT's and demonstrate your "skills" in a variety of "survivor" games which you can bring back to your facility and adapt for use with your consumers. Learning Objectives: Participants will: 1) Identify 4 ways to adapt survivor games for different populations, 2) Describe at least 2 physical and cognitive benefits for each game, 3) Identify 2 processing questions to use with different populations served by RT.

*Julie Bradwell, LRT/CTRS, Wake Forest Baptist Health*

**10:00 – 10:15 BREAK**

**10:15-11:45 CONCURRENT SESSIONS**

**◆ Compassion Fatigue: The Silent Enemy (H1) Sapelo Room**

This session will address the topic of compassion fatigue and its implications to recreational therapists. During the session, participants will have the opportunity to evaluate their own level of compassion fatigue and how to manage and/or avoid it will be examined. Practical implications of compassion fatigue will also be discussed along with current research and research for the future of RT. Learning Objectives: Participants will: 1) Identify if they are or are not at risk for compassion fatigue based on the result of the self-test administered, 2) Identify 3 strategies to avert compassion fatigue, 3) Name and provide 1 example of the three components of compassion fatigue.

*Angela Wozencroft, Ph.D., CTRS, The University of Tennessee  
Steven Waller, Ph.D., D. Min., CPRP, CSPC, The University of Tennessee*

**◆ "We're The Good Guys In This": Using Recreational Therapy Interventions to Treat Behavioral Expressions in the Cognitively Impaired Elderly (H2) Ossabaw Room**

With an increased focus on decreasing the use of psychotropic and benzodiazepines to treat behavioral expressions in the elderly, RTs can help determine the cause of the behavior and utilize therapeutic interventions to redirect, divert, and lessen behaviors without the use of these medications. We can focus on leisure interests, meaningful programming, and adapted programs to better meet the needs of this population. Learning Objectives: Participants will: 1) Identify 3 benefits to using RT modalities over medications to treat behavioral expressions, 2) Use a person's leisure history to identify RT interventions specific to their interests and abilities, 3) Identify how to implement RT interventions in a geriatric setting as a means of preventing and/or managing challenging behaviors.

*Amy Smith, MS, LRT/CTRS, DCP, Brookdale*

◆ **Integrating Self-Determination into Recreational Therapy Through Client Driven Agency Event Planning (H3) Cumberland Room**

This session will review how to use client driven special event planning as an aspect of self-determination and treatment outcomes. Participants will be introduced to a recreational therapy intervention strategy whereby clients focus on distinct treatment goals (e.g., goal planning, time management, task completion, etc.) through agency event planning as an intervention strategy. Using the steps of the APIE process, participants will be introduced to how client assessment information is used in the placement of clients into an agency event planning program as a means to meet identified functional needs, promote self-determination, and address treatment outcomes. Learning Objectives: Participants will: 1) Identify 3 different agency events that lend themselves to addressing the functional needs of clients in a behavioral health setting, 2) Identify 5 specific steps from an administrative standpoint which are vital to the overall success of agency event planning as a recreational therapy intervention, 3) List and identify at least 3 instrumental cognitive outcomes achieved through the intervention.

*Sandra Rangel, MS, CTRS, Coastal Harbor Health Systems*

◆ **Develop a Tai Chi Treatment Modality For Your Recreational Therapy Program: Enhancing Physical, Mental and Spiritual Quality of Life (H4) Pulaski Room**

This session will guide the recreational therapy practitioner to develop foundational knowledge regarding theories and concepts of Tai Chi as it relates to special populations. Participants will also learn the process for the development and implementation of a Tai Chi program. Learning Objectives: Participants will: 1) Be able to describe the methods taught by Grandmaster William Chen to help individuals participate and experience the body mechanics of Tai Chi form, 2) Be able to define and describe 10 client benefits of practicing Tai Chi, 3) Be able to connect the Tai Chi practice competencies with 3 special populations.

*Master Larry Y. Brown, MS, CTRS, University of Tennessee*

**11:45 – 12:00 BREAK**

**12:00-1:00 GENERAL SESSION**

◆ **Recreational Therapy: Together Towards Tomorrow (K3) Cumberland Room**

Together, we strengthen and develop our practice so that future generations can benefit from our services. Let's talk about how to advocate and support change to increase our forward momentum. Let's move RT towards tomorrow, together! Learning Objectives: Participants will: 1) Be able to state an ideal future state for the RT profession, 2) Name 2 opportunities for ATRA members to network about innovative practice, 3) Describe how you as an individual can contribute to the future of RT

*Debbie Robinson, MS, CTRS/L, FACHE, ATRA President, New Hampshire Hospital*

**1:00 CLOSING, FINAL EVALUATION, DOOR PRIZES**



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Kinsey Hammond-Beyer                      UNC Hospitals

**Students:**

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Christian Garner	University of Tennessee
Brenna Godwin	Clemson University
Missy Granish	University of North Carolina Greensboro
Taylor Hooker	Old Dominion University
Alysha Walter	Clemson University

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