

Based on the ATRA Competency Study results, the recreational therapy profession is seeking more information on the following topics:

- Modalities | Interventions
 - Relaxation, stress management, mindfulness, mind/body interventions
 - Cooperative, team building, & group games
 - Creative arts
 - Physical activity
 - Assistive technology
 - Problem solving interventions
 - Adventure therapy, outdoor experiences, & nature
 - Animal assisted therapies and activities
 - Sport & adaptive sports
- Facilitation Techniques
 - Metacognitive strategies
 - Predict-perform technique
 - Humanistic therapy techniques
 - Yes sets
 - Socratic questioning
 - Density
 - Lighthouse
 - Pacing for visual neglect
- Education | Training | Counseling Topics
 - Adaptive sports
 - Anxiety management
 - Diagnosis and symptom education, awareness, and management
 - Brain stimulation
 - Managing cognitive distortions
 - Grief and bereavement counseling/support
- Assessments
 - Moss Attention Rating Scale
 - Reintegration into Normal Living
 - Satisfaction with Life Scale
 - Personal Health Inventory
 - Functional Assessment of Characteristics of TR
 - Agitated Behavior Scale
 - Depression, Anxiety, Stress Scale
- Theories
 - Maslow's Hierarchy of Needs
 - Self-Efficacy Theory
 - Learned Helplessness Theory
 - Self-Determination Theory

- Leisure Coping Theory
- Flow Theory
- Self-Expression Theory
- Lifespan Developmental Theory
- Resilience Theory
- Serious Leisure Theory
- Broaden-and-Build Theory of Positive Emotions
- Social Networks and Social Support Theory
- Theory of Gerotranscendence
- Inoculation Theory