



TRSSW

Therapeutic Recreation Symposium for the Southwest

Breaking Barriers and Building Dreams: Therapeutic Recreation at Work

November 13 – 15, 2019

CEU pre-approval is in process. ATRA and NCTRC cannot guarantee that every session offered for this continuing education opportunity will be granted CEUs.

Wednesday, November 13, 2019
Pre-Symposium Workshop
Children's Health Trinity Towers
2777 N. Stemmons Freeway
Dallas, TX 75207

Transportation provided from Holiday Inn Dallas Market Center to the Pre-Symposium

12:30 – 1:00 p.m. Registration

1:00 – 5:30 pm	Pre-Symposium	#1 Energy In vs Energy Out: A New Stress Management Paradigm	Stress over time can be one of the major negative impacts on our physical and mental health. According to NIH, "Long term stress may contribute to or worsen a range of health problems...like digestive disorders, headaches, sleep disorders, depression and anxiety..." With much of the	Michael Denmeade, BS, CTRS, CBIS Director Therapeutic Recreation Department Mt. Ascutney Hospital and Health Center
.4 CEU				

			current research and literature pointing to stress as a major factor effecting our health, come learn about this new paradigm to manage stress and to utilize in your therapeutic recreation practice.	
Thursday, November 14, 2019 Texas Scottish Rite Hospital for Children T. Boone Pickens Conference Center 2222 Wellborn Street Dallas, TX 75219				
7:30 – 8:30 a.m.		Continental Breakfast and Registration		
7:30 – 11:45 a.m.		Registration		
8:30 – 9:00 a.m.		Welcome AUDITORIUM		
9:00 – 10:30 .15 CEU	Keynote	#2 Flourishing Through Leisure: Building Dreams and a Life Well Lived	Flourishing – joy of living, zest, exuberance, savoring, happiness – is an aspiration we all have for our daily lives and in our quest for well-being. Leisure plays a central role in well-being and is at the heart of the profession of therapeutic recreation. In this session, we will explore the strengths approach in therapeutic recreation, as articulated through the Flourishing through Leisure Model: An Ecological Extension of the Leisure and Well-Being Model and the Upward Spiral Theory of Lifestyle Change, as a framework for why and how leisure can drive sustained positive lifestyle change, well-being, and joy. When recreation therapists design services around the person’s unique strengths,	Lynn Anderson, Ph.D., CTRS, CPRP Distinguished Service Professor Director, Inclusive Recreation Resource Center SUNY Cortland

			goals, and aspirations, instead of a person's disability or deficits, we help others flourish. We help others build their dreams!	
10:30 – 10:45	Break			
10:45 – 12:15 .15 CEU	<p>#3 Utilizing TR Interns in Community Recreation; The Inclusion 360 Internship <i>AUDITORIUM</i></p> <p>Laurel Heizelman, CTRS Recreation Program Coordinator City of Austin Parks and Recreation Department</p> <p>Are you struggling with accepting Therapeutic Recreation Interns? Or has accepting interns become monotonous? Then this presentation is for you. We will talk about renewing and invigorating the desire to learn from the up and coming professionals. We will cover professional relationships with various universities and how to meet NCTRC standards as well as university standards.</p>	<p>#4 Recreation Therapy in IP Mental Health: Civilian versus Military <i>WOODLAWN A</i></p> <p>Natasha Eldridge, CTRS Lead Recreation Therapist Rock Springs Hospital Allyson Rodriquez, CTRS Rock Springs Hospital Ava Skrabanek, CTRS Rock Springs Hospital</p> <p>Session will discuss common therapeutic recreation interventions used in In-patient Mental Health Hospital, related goals, considerations and potential barriers. Focus will be given to differences in treating civilian versus military patients.</p>	<p>#5 Blended Tai Chi and Medical Qigong Techniques for Accessible Evidence Based Practice in TR <i>MAPLE A&B</i></p> <p>Lyn Litchke, Ph.D., CTRS Associate Professor Texas State University</p> <p>This session will provide an overview of purpose and outcomes for Tai Chi and medical Qigong for TR practice based interventions. Facilitation and engagement in accessible adaptation techniques for physical disabilities and discussion on mental health benefits for various disorders.</p>	<p>#6 NCTRC Recertification <i>WOODLAWN B</i></p> <p>Noelle Molloy, MEd, CTRS Credentialing/Test Development Specialist NCTRC</p> <p>This session provides an in depth coverage of recertification standards and requirements for the specialization area designation. Continuing education, professional experience, and re-examination will be described in detail. Utilization of the 2014 NCTRC National Job Analysis Study in relation to recertification requirements will be discussed.</p>
12:30 – 1:30 .1 CEU	<p>Lunch <i>REVERCHON</i></p>	<p>#7 ATRA- Empowering Recreational Therapists</p>	<p>Within the profession of Recreational Therapy, the American Therapeutic Recreation</p>	<p>Brent Wolfe, Ph.D., CTRS, FDRT Treasurer</p>

	A&B	REVERCHON A&B	Association is the only professional organization supporting the issues pertinent to ALL Recreational Therapists. This session will describe current trends within the field of Recreational Therapy and how ATRA is uniquely positioned to aid Recreational Therapists as they encounter and wrestle with these different professional issues. Particular attention will be given to current trends and issues relevant to Recreational Therapy and how Recreational Therapists can be on the cutting edge of advancing the profession. Finally, this session will highlight several reasons how all Recreational Therapists benefit when we all support a single mission in the advancement of our profession, and how individuals can get involved and make a difference.	American Therapeutic Recreation Association, Professor Georgia Southern University
1:45 – 3:15 .15 CEU	#8 Autism Fitness MAPLE A and B Jacqueline Gonzalez, CTRS, FRCms Scroggins Therapies With Autism Fitness you will learn WHY it's important for this population to move and how to increase body awareness, body control, implement behavioral cues, and also increasing confidence, physical and	#9 PTG: Growth from Adversity AUDITORIUM Shelby Jackson, CTRS Warrior Transition Unit-JBSA Fort Sam Houston, TX Forever the optimists, recreation therapists understand the potential positive outcomes resulting from trauma. From natural disasters unifying communities,	#10 RT Business 101: How to Start and Run Your Own Successful Recreational Therapy Business (Part I) WOODLAWN B Nathan Lamester, CTRS Owner/Founder SMART CEUs Hub, LLC, RecTherapyJobs.com & My CEU Wallet mobile app Learn what it takes to start and run your own recreational therapy business whether that be brick and mortar or online. Learn	#11 Evidence Based Health and Wellness Programs for Older Adults WOODLAWN A Liz Salinas, CTRS The Village at the Triangle Evidence Based Health, & Wellness programs offer proven ways to promote health and wellness among older adults. Older adults who

	cognitive function. Learn how to utilize Autism Fitness as a therapeutic recreation intervention.	cancer survivors becoming motivational speakers to abuse victims establishing nonprofits and support systems. There can be unimaginable outcomes from adversity and now there is a way to identify it, Post Traumatic Growth (PTG). Join us as we define PTG and discuss the significant role TR can play in facilitating this change.	about entrepreneurship and how creating more RT businesses will advance our profession, how to legally form and run a business, how to brand and market your services and/or products, how to use social media, SEO and joint ventures to grow your brand, and learn more helpful tools you can use for your business. In this session we will form groups to practice creating our own fictitious businesses.	participate in programs can lower their risk of falls and improve long-term effects of chronic diseases, as well as providing skills and techniques for improving quality of life. Three specific Evidence Based programs for Older Adults approved and funded through the Administration for Community Living (ACL) will be discussed and participants will learn about where to find resources in their communities for the programs that are most appropriate for older adults.
3:15 – 3:30 Break				
3:30 – 5:00 .15 CEU	#12 Fieldwork in Recreational Therapy: Exploring Pathways for Success AUDITORIUM Brent Wolfe, Ph.D., CTRS, FDRT Treasurer American Therapeutic Recreation Association, Professor Georgia Southern University Fieldwork (internships and practicum) are a vital	#13 Functional Fitness for Brain Health and Brain Recovery MAPLE A & B Jen Hawles, CTRS, CBIS Recreation Therapist and Certified Brain Injury Specialist Rachel Hazzi, CTRS Recreation Therapist Baylor Scott and White Rehabilitation/Frisco Using an unconventional approach to physical and cognitive rehabilitation	#10 RT Business 101: How to Start and Run Your Own Successful Recreational Therapy Business (Part II) WOODLAWN B Nathan Lamester, CTRS Owner/Founder SMART CEUs Hub, LLC, RecTherapyJobs.com & My CEU Wallet mobile app Learn what it takes to start and run your own recreational therapy business whether that be brick and mortar or online. Learn about entrepreneurship and how	#14 Developing Therapeutic Recreation Programs for Students with Intellectual Disability WOODLAWN A Carissa Stratton, CTRS Graduate Student Texas State University Jan Hodges, Ph.D., CTRS Associate Professor Texas State University Based on data collected from parents who

	<p>part of a student’s educational process; however, there can be confusion from students, practitioners, and educators regarding expectations. In July 2018, the ATRA Higher Education Task Force reported its findings from a year long study examining RT curriculum, and two of their five recommendations related to fieldwork experiences. Using the findings from the ATRA Higher Education Task Force, this interactive session will explore the purpose of internships from three perspectives - students, practitioners, and educators. Ultimately this will be a time to open lines of communication and improve fieldwork experiences for students, practitioners, and educators alike. The session will conclude with a time for practitioners to advertise open internships and other opportunities so students are encouraged to bring their resumes for this time of networking!</p>	<p>through the use of functional fitness to enhance overall brain health and brain recovery.</p>	<p>creating more RT businesses will advance our profession, how to legally form and run a business, how to brand and market your services and/or products, how to use social media, SEO and joint ventures to grow your brand, and learn more helpful tools you can use for your business. In this session we will form groups to practice creating our own fictitious businesses.</p>	<p>completed the TRAIL Leisure Assessment Battery, this session will examine the role and opportunity for recreation therapists to provide services to support the transition of students with intellectual disability. Evidence about successful transition programs, outcomes, interventions, and more will be explored.</p>
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5:15 – 6:15 p.m. Dinner

6:30 – 8:00 .15 CEU	Evening Session REVERCHON A & B	#15 Darius Goes West	Documentary	TBA
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Friday, November 15, 2019
Texas Scottish Rite Hospital for Children

7:30 – 8:30 a.m. Continental Breakfast and Registration				
8:30 – 10:00 .15 CEU	<p>#16 Natural High: A 12 Step Recreation and Recovery Ministry for Addiction, Anxiety, and Depression (Part I) MAPLE A & B</p> <p>Lyn Litchke, Ph.D., CTRS Associate Professor Texas State University Baylie Mikeska TR Student Texas State University</p> <p>This session will give an overview of a novel college program based on the 12-steps of Alcoholics Anonymous (AA) rooted in Christianity and Recreation Therapy (RT). Evidence Based Practice will be presented focusing on connection between spirituality,</p>	<p>#17 NCTRC Internship Guidelines: Ensuring a Quality Internship WOODLAWN A</p> <p>Noelle Molloy, MEd, CTRS Credentialing/Test Development Specialist NCTRC</p> <p>The internship experience is an integral part of preparing the future professional for practice as a successful Certified Therapeutic Recreation Specialist. The internship supervisor is the link between education and practice for the new professional. In order to best prepare the student, it is necessary that all individuals involved in the internship experience be aware of the current standards for the internship experience. This session provides an in depth</p>	<p>#18 Research in Social Skills Interventions for Adolescents and Adults with Autism WOODLAWN B</p> <p>Amy Foxman, M.Ed., BCBA, LBA President/Board Certified Behavior Analyst Ability ABA</p> <p>Diagnostic criteria for ASD includes deficits in social communication and relationships, including impairments in social-emotional reciprocity and difficulty maintain, developing, and understanding relationships. Research suggests that deficits in social skills are one of the most significant challenges for adolescents and adults with ASD. This session will focus on research-based studies and evidence-based practices for social skills interventions for</p>	<p>#19 Recreation Therapy Outcomes and Equine Assisted Activities and Therapy AUDITORIUM</p> <p>Logan Miller, CTRS Graduate Student Texas State University Jan Hodges, Ph.D., CTRS Associate Professor Texas State University</p> <p>Health professionals are increasing their awareness of the functional outcomes associated to equine assisted activities and therapies (EAAT). An overview of EAAT practices and PATH standards of practice will be shared, followed</p>

	<p>managing stress, and RT related to enhancing recovery through inducing relaxation and enhancing theta-wave production and brain-wave synchronization. Active treatment modalities will include Drumming out Drugs and Depression, 12 step Chakra Yoga, and Mala Style Meditation.</p>	<p>coverage of the NCTRC Internship Standards. The information is geared to internship supervisors and will discuss how to successfully develop an internship experience. It will include the requirements necessary to complete an internship experience and requirements to maintain certification.</p>	<p>adolescents and adults with autism spectrum disorder (ASD). The session first will help the attendee identify social skills deficits and resulting risks for individuals with autism. Social skills interventions for adolescents and adults with autism then will be presented based on existing peer-reviewed studies and systematic reviews to bridge the gap between research and practice for attendees to incorporate into recreational therapy practice.</p>	<p>by an exploration of what RT outcomes fit into this model of care.</p>
<p>10:00 – 10:15 Break</p>				
<p>10:15 – 11:45 .15 CEU</p>	<p>#16 Natural High: A 12 Step Recreation and Recovery Ministry for Addiction, Anxiety, and Depression (Part II) <i>MAPLE A & B</i></p> <p>Lyn Litchke, Ph.D., CTRS Associate Professor Texas State University Baylie Mikeska TR Student Texas State University</p> <p>This session will give an overview of a novel college program based on the 12-steps of Alcoholics Anonymous (AA) rooted in Christianity and Recreation Therapy (RT).</p>	<p>#20 Managing Up to Overcome Barriers that Bring You Down <i>WOODLAWN A</i></p> <p>Larry Davis, CTRS Lifestyle Director Belmont at Twin Creeks</p> <p>To encourage actions, patterns of thought, and considerations that will help address the need for coping with stressors or negative climate in the therapeutic recreation work environment.</p>	<p>#21 Let's go to the Playground: Advancing the Objective Measurement of Physical Activity During Free-Play in a Community Playground <i>WOODLAWN B</i></p> <p>Dana Dempsey, CTRS Director, Therapeutic Recreation Department Texas Scottish Rite Hospital for Children</p> <p>Playground play makes up an important component of physical activity (PA), and plays a role in achieving the World Health Organization's (WHO) activity guidelines for children. There has been limited research assessing children's ambulatory and physical activity levels while playing in a community</p>	<p>#22 Trauma Stewardship and Leadership <i>AUDITORIUM</i></p> <p>James Turnage, M.A., LPC-S Director of Supports with Disability Services and Behavioral Health Services Michael Parker, Ph.D. Senior Clinical Director MHMR Tarrant</p> <p>The myth that self-care is for the weak is literally killing us. Accepting our vulnerability is key to living an authentic life. Based upon the work of</p>

	<p>Evidence Based Practice will be presented focusing on connection between spirituality, managing stress, and RT related to enhancing recovery through inducing relaxation and enhancing theta-wave production and brain-wave synchronization. Active treatment modalities will include Drumming out Drugs and Depression, 12 step Chakra Yoga, and Mala Style Meditation.</p>		<p>playground. The aims of our study were: 1.) objectively measure ambulatory metrics and heart rate in children (ages 4-12) during unstructured play in a community playground, 2.) quantify playground feature usage and 3.) investigate the relationship between the various metrics.</p>	<p>Laura van Dernoot Lipsky, Brene Brown and John Maxwell, by confronting our Trauma Exposure Response we can enhance professional and personal growth. We can be present in the face of pain without internalizing it or surrendering to it. Leadership is not based on position, title or education, but merely the willingness to speak up, to share, and to be vulnerable. This session will present the relationship between trauma stewardship and effective leadership. The presentation will show how vulnerability can be a strength when combined with empathy, insight and mindfulness. The results of the Aversive Childhood Experiences (ACE) study along with the 16 warning signs of Trauma Exposure Response will be taught in order to address possible anguish from compassion fatigue.</p>
11:45 – 12:30		Time with vendors/exhibitors		
12:30 – 1:30		Awards Luncheon		

<p>1:45 – 3:15 .15 CEU</p>	<p>#23 PeaceLove & TR: An Exploration of Expressive Arts in TR Practice and Programs (PART I of II) <i>MAPLE A & B</i></p> <p>Amber Havens, MS, CTRS Therapeutic Recreation Program Coordinator, PeaceLove CREATOR North Little Rock Parks and Recreation</p> <p>PeaceLove is a growing non-profit organization that works to promote mental health and wellness through the use of expressive arts. In this session, attendees will get to experience the MAGIC of a PeaceLove workshop while learning about the PeaceLove approach and how it fits within TR practice. The first half of the workshop will be an overview of PeaceLove, applicability to TR practice, and how to get involved. The second half of the workshop will provide hands-on experience through Transformation Collages and will include information for those interested in becoming</p>	<p>#24 Drowning Dangers: The Case for Incorporating Drown Prevention in Your Practice <i>WOODLAWN B</i></p> <p>Jessica Burke, MSRLS, CTRS Education Programs Coordinator Texas Recreation and Park Society Allie Thomas, MSRLS, CTRS Recreation Fieldwork and Internship Coordinator Texas State University</p> <p>Drowning is a leading cause of death for children under 14 years of age in the U.S. and for children with Autism Spectrum Disorder and other related social communication issues, the numbers are even higher. Teaching kids and adults how to swim is undoubtedly a valuable skill but teaching people how to NOT DROWN could save lives. In this session, participants will gain useful information on the ways to implement drown-prevention strategies and increase water safety in aquatic therapy and recreational therapy sessions, discuss methods for assessing, measuring, and reporting success, and learn</p>	<p>#25 Benefits of Indoor Climbing for Veterans with PTSD <i>AUDITORIUM</i></p> <p>Kristyn Olsen, MSRLS, CTRS Graduate Student Texas State University Jan Hodges, Ph.D., CTRS Associate Professor and Coordinator, Master of Recreation and Leisure Services Texas State University</p> <p>This session will review the evidence related to therapeutic benefits of rock climbing. Through a case example of one group of veterans, skill progression, facilitation strategies, and associated outcomes will be discussed. Group interaction will lead to an understanding of generalizable effects with other populations and programs.</p>	<p>#26 A Sampler of Strengths-Based Implementation and Facilitation Strategies in Recreation Therapy <i>WOODLAWN A</i></p> <p>Lynn Anderson, Ph.D., CTRS, CPRP Distinguished Service Professor Director, Inclusive Recreation Resource Center SUNY Cortland</p> <p>In this session, we will explore evidence-based facilitation and implementation strategies useful to recreation therapy practice using a strengths approach. Participants will get hands-on practice in a sampling of evidence-based and emerging practices and explore the research underlying their effectiveness.</p>
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	trained expressive arts facilitators (CREATORS).	about drown-prevention resources.		
3:15 – 3:30 Break				
3:30 – 5:00 .15 CEU	<p>#23 PeaceLove & TR: An Exploration of Expressive Arts in TR Practice and Programs (PART II of II) <i>MAPLE A & B</i></p> <p>Amber Havens, MS, CTRS Therapeutic Recreation Program Coordinator, PeaceLove CREATOR North Little Rock Parks and Recreation</p> <p>PeaceLove is a growing non-profit organization that works to promote mental health and wellness through the use of expressive arts. In this session, attendees will get to experience the MAGIC of a PeaceLove workshop while learning about the PeaceLove approach and how it fits within TR practice. The first half of the workshop will be an overview of PeaceLove, applicability to TR practice, and how to get involved. The second half of the workshop will provide hands-on experience</p>	<p>#27 Taking "Center Stage" Where People with Disabilities find Community and so Much More Through Theater: Implications for TR Practice <i>WOODLAWN B</i></p> <p>Leah R. Chapa Founder Center Stage Possabilities Lyn Litchke, Ph.D., CTRS Associate Professor Texas State University</p> <p>This session will focus on the implications of theater as a TR intervention for persons with IDD in a community setting. Multidimensional benefits will be discussed including: improved socialization/ communication and leadership skills; cognitive vocational skills; emotional development, and self-regulation. In addition, the "how too" on creating a sustainable business model, parent networking, and community/church involvement will be presented, advocating for TR practice with this type of modality/setting.</p>	<p>#28 Golf and Inclusion: What a CTRS can do to help Make it Happen <i>WOODLAWN A</i></p> <p>Dana Dempsey, CTRS Director, Therapeutic Recreation Department Texas Scottish Rite Hospital for Children</p> <p>Golf is becoming more inclusive every year as instructors have better training, adaptive equipment is developed, and the golf industry embraces golfers with disabilities, yet many a CTRS is not sure how to use golf as a way to improve functioning levels of those they serve. Just as confounding can be how to connect those served with golf instructors so inclusion in the golf community happens. This session will lay out strategies for using golf at your facility and developing a pathway to the community.</p>	<p>#29 Legislative Update <i>AUDITORIUM</i></p> <p>Anna Broome, CTRS Blue Sky Abilities</p> <p>Get updates on the key issues & bills from 2019. Learn about the victories and continued challenges facing the many populations that we serve as Recreation Therapists.</p>

	through Transformation Collages and will include information for those interested in becoming trained expressive arts facilitators (CREATORS).			
5:00 – 5:15 Break				
5:15 – 6:45 .15 CEU	Keynote <i>AUDITORIUM</i>	#30 Multi-Sensory Environment: Therapy and Programming. A Peek at the NWSRA Snoozelen Sensory Room	Imagine a room where a child with Autism can feel safe, or a teenager with Asperger's can relax his mind through a multi-sensory experience, or an adult with Down syndrome can feel in control and make choices independently. Through technology and innovative design multi-sensory environments help to create a therapeutic alliance between the client and staff as well as a safe place to develop life skills.	Tracey Crawford, CTRS, CPRP Executive Director Northwest Special Recreation Association (NWRRA) Andrea Griffin, CTRS, CPRP, CPE Superintendent of Recreation Northwest Special Recreation Association (NWSRA)



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