

Recreation Therapists Of Indiana 2012 Annual Conference

November 1&2, 2012
Bradford Woods, Martinsville, Indiana



Thursday, November 01, 2012

7:30 –9:00 am Breakfast, Registration and Check in: BAXTER DINING HALL

9:00-9:15 am-Opening remarks and announcements: Marieke & Shay

9:15- 10:15 am .1 CEU

CEU Session #1: Baxter Dining Hall

NCTRC: Leading the Way to a Sustainable Future for Therapeutic Recreation

Bob Riley, Ph.D., CTRS

Session description: This session will provide an overview of the **NCTRC Vision 2020**, an emerging plan to ensure the sustainability of the TR profession. More specifically, this session will address the inter-related areas of state licensure, certification, and specialty certification within the realm of RT. A proposed marketing strategy to advance the field will be presented along with an individual mandate for each CTRS to engage in the process of self promotion.

Learning outcomes:

The session participant will:

1. Develop an understanding of the role that NCTRC plays in the advancement of competency issues within the profession of TR/RT.
2. Comprehend the current trends that affect the TR/RT profession and to identify strategies for improvement.
3. Comprehend the relationship between NCTRC certification and state licensure.
4. Understand the potential role that individual CTRSs can play in the advancement of the profession.

10:15 - 10:30 am Break

Snacks in Baxter Dining Hall

10:30 – 11:30 am .1 CEU

CEU Session #2: Baxter Dining Hall

Exploring Group Process through Icebreakers and Other Activities: Applications for TR

Patricia Thomas, MPA, CTRS

Session description: Group process is key to RT interventions in facilitating change in many adult and youth behavioral health settings. This session will review the key components of group process and applications to TR. Examples of student icebreakers and other activities from the University of Wisconsin Milwaukee (UWM) TR Certificate Program will be shared. This session will require participation in active, paper and pencil and computer activities.

Learning outcomes:

By the completion of the session, participants will be to:

1. Increase awareness of the value group process to effect behavior change through active engagement in experiential activities.
2. Distinguish the difference and purpose between icebreaker, doing and debriefing activities as it relates to the TR process
3. Identify 2 or more new activities to utilize in practice

CEU Session #3: Carr Center

Taking Charge of Recreational Therapy in Long Term Care

Sharon Nichols, CTRS/L and Janet Turner, Ed.M., CTRS, MSCS

Session description: With the dramatic changes occurring in healthcare today, there are tremendous opportunities to demonstrate and substantiate the benefits of recreational therapy for persons in skilled nursing and long term care facilities. This session will not only explore the changes and identify

evidenced based practice interventions that are applicable in skilled settings but will also explore potential reimbursement opportunities for RT in LTC settings.

Learning outcomes:

1. Participants will be able to describe CMS changes that have a direct impact on RT services in skilled nursing facilities
2. Participants will be able to identify at least 3 evidenced based interventions that can be applied with persons in skilled nursing facilities
3. Participants will be able to recognize approaches that will maximize opportunities for reimbursement of RT services.

11:30 am -12:30 pm

Baxter Dining Hall

Lunch with NCTRC board members- a great opportunity for networking!!

12:45-1:45 pm .1 CEU

CEU Session #4: Carr Center

Building Resiliency and Therapeutic Recreation: A Natural Fit

Teresa Beck, Ph.D., CTRS, Past Chair NCTRC

Session description: Factors that promote resiliency in people are often inherent in therapeutic recreation interventions. By recognizing these factors, practitioners can be more thoughtful in intervention approaches to consciously build resiliency in their clients.

Learning outcomes:

Participant will be able to:

1. Identify the 5 of the 8 protective factors for building resiliency.
2. Identify the seven individual factors needed for building resiliency.
3. Identify 4 methods for incorporating resiliency building into Therapeutic Recreation interventions.

CEU Session #5: Baxter Dining Hall

Efficacy Based Aquatic Therapy

Ellen Broach, Ph.D., CTRS and Susan Boeve, CTRS, ATRIC, CPO

Session description: This is an introductory session to aquatic therapy. The presentation is designed to increase the participants understanding of the effects of immersion on a person and how to use this knowledge to implement appropriate aquatic based interventions. A case study will be presented reviewing recreational therapy goals and outcomes pertaining to AT intervention for a client with spinal cord injury. Participants will also be provided with resource information for aquatic therapy certifications and training.

Learning outcomes:

1. Participants will be able to define Aquatic Therapy (AT).
2. Participants will be able to state the unique effects of immersion.
3. Participants will identify outcomes and indications for AT practice.
4. Participants will be able to generate specific AT goals and interventions for the patient with spinal cord injury.
5. Participants will be able to identify at least 3 certifications or specialty areas pertaining to the practice of AT.

1:45- 2:00 BREAK

2:00- 3:00 pm .1 CEU

CEU Session #6: Carr Center

NCTRC Certification: All You Need to Know to Become a CTRS

Bob Riley, Ph.D., CTRS

Session description: This session provides an in depth coverage of the NCTRC Certification Standards. The presentation will include the requirements for application, application process, exam information, and requirements to maintain your certification. Discussion opportunities as well as a Q and A segment will be provided.

Learning outcomes:

The session participant will:

1. Participants will be able to describe the NCTRC Certification Standards.
2. Participants will be able to describe the application process for Professional Eligibility.
3. Participants will demonstrate awareness of the NCTRC Exam.

CEU Session #7: Baxter Dining Hall

Guided Imagery as a Therapeutic Recreation Modality to Reduce Pain

Vincent Bonadies, MS, CTRS

Session description: Guided imagery can be an effective intervention when used as a therapeutic modality for a variety of symptoms and conditions including pain. This session will give an overview of guided imagery and its application to pain management for recreation therapists.

Learning outcomes:

1. Participants will be able define pain.
2. Participants will be able to understand TR's role in pain management.
3. Participants will be able to define guided imagery.
4. Participants will be able to assess the appropriateness of guided imagery for pain management.
5. Participants will learn a guided imagery technique for pain management.
6. Participants will learn the application of guided imagery as presented in a case study.

3:00- 3:15 pm BREAK

Snacks at Baxter Dining Hall

3:15- 4:15 pm (.1 CEU)

CEU Session #8: Carr Center

Positive Behavior Support: Implications for TR Practice

Karla Belzer, MS, CTRS

Session description: This session will explore the concepts of Positive Behavior Support in working with a variety of populations. Stages of the crisis cycle as well as interventions at each stage will be discussed. Discover how to implement PBS techniques in TR practice.

Learning outcomes:

Participants will be able to:

1. Verbally identify at least four characteristics of positive behavior support
2. State the four foundational concepts of positive behavior support
3. Identify and state appropriate intervention of at least three stages of the crisis cycle
4. Identify at least three best practice approaches in implementing positive behavior support in TR practice

CEU Session #9: Baxter Dining Hall

Social Stigma on Disability and the Impact on Therapeutic Recreation (TR) Practice

Duane "Red" Jensen, NCTRC Consumer Representative, Patricia Thomas, MPA, CTRS, NCTRC Vice Chair

Session description: The portrayal of persons with disabilities in our popular culture may influence the values, beliefs and stereotypes of the individuals we serve. The stereotypes may also impact the delivery of RT services. This session will allow participants to reflect on these messages, the impact and how to become a change agent. First person examples of stigmas and stereotypes will be imbedded throughout the presentation.

Learning outcomes:

By the completion of the session, participants will be to

1. Increase their awareness of how disability is portrayed through the media
2. Identify ways the negative messages may impact the individuals served by qualified RT professionals
3. Identify ways the negative message may impact professional behavior of qualified RT professional (present and future CTRS)
4. Identify 1 way to be a change agent for the positive portrayal of disability in the media

THURSDAY 6 pm – 9 pm

RTI SOCIAL- TRO PIT- next to administration building and Baxter Dining Hall



Friday, November 02, 2012

Breakfast and Check in 7:00- 8:00 am Baxter Dining Hall

8:00 – 9:00 am (.1 CEU)

CEU Session #10: Baxter Dining Hall

State Licensure in Indiana

Heather J. Sedletzeck, CTRS & Julie Foster, MS, CTRS

Session description: In 2011 RTI's Public Policy committee established a Licensure Taskforce to explore opportunities for state licensure. Since that time, we have been exploring the licensure process, reviewing other states licensure bills, and coordinating efforts among committee members. In this session we will inform participants on progress made, what we have learned and future efforts.

Learning Outcomes:

1. Participants will be able to define state licensure.
2. Participants will be able identify 2 states who currently have RT licensure.
3. Participants will be able to identify 2 steps in the licensure process.

9:00-9:15 BREAK

9:15-10:15 (.1 CEU)

CEU Session #11: Carr Center

Teaching Social Skills through Art and Theatre Activities

Michelle Davenport, MA, RDT, CTRS

Session description: During the session, participants will participate in activities that promote social skills and social awareness. Participants will create a piece of artwork that identifies their social relationships and network. Professionals will discuss how this intervention can be adapted for all populations.

Learning Outcomes

1. Participants will be able to identify the five stages of drama therapy.
2. Participants will identify three activities/interventions that they can implement in their facility.

CEU Session #12: Baxter Dining Hall

Therapeutic Groups for an Adult Behavioral Health Population

Jessica Putney, MS, CTRS

Session description: This is an interactive/ experiential session designed to demonstrate a variety of groups that can be utilized when working with an adult population in a behavioral health setting.

Learning outcomes

1. Participants will be able to verbally identify least 3 behavioral health group activities
2. Participants will be able to verbally identify how to utilize them with an adult population.

CEU Session #20: Interpretive Center (limit 25 participants)

Has Your Flame Gone Out?

Heather J. Sedletzeck, CTRS

Session Description: Feel like you're in a rut? Need to hear some positive words about our profession? If you answered YES to either of these questions, this session is for you!

Can you remember what experience or the person sparked your interest in the field of Recreation Therapy and lit your fire? In this session, we will share stories on what experiences lead us to make

the choice to pursue Recreation Therapy as a profession and the best success story/memory of treating a client with the ultimate goal of reaching inside ourselves to pull out the excitement that we had as new therapists! Information will be shared that you can do to rekindle your flame and fan that flame once you get back to the everyday grind.

Learning Outcomes:

1. Participants will be able to identify about choosing a career.
2. Participants will be able to identify 2 personal experiences that stand out to them as the most successful experiences they have had as a therapist.
3. Participants will be able to list 3 ways they can rekindle their flame.

10:15- 10:30 Break

10:30- 11:30 am (.1 CEU)

CEU Session #13: Carr Center

Using Animal Assisted Activities/Therapy (AAA/AAT) in Recreational Therapy settings

Rachel Griffin, CTRS

Session description: This session will include an overview of how recreational therapist can utilize animals (specifically dogs) in a therapeutic setting, and background on the legal differences between therapy dogs, service dogs, and emotional support dogs. It will also cover ideas for interventions based on population, considerations/issues with using animals, and resources for how to get started with AAA/AAT.

Learning outcomes:

1. Participants will be able to identify the difference between a service animal, therapy animal, and emotional support animal.
2. Participants will be able to name at least three animal assisted activities used in recreational therapy settings
3. Participants will be able to identify at least two benefits from using animals in a therapeutic setting

CEU Session #14: Baxter Dining Hall

Give P's a Chance: The Power of Positive Psychology and Personal Medicine

Jacque Phillips, MS, CTRS

Session description: This session will provide a basic overview of Positive Psychology and the concept of Personal Medicine. Theory application to the field of recreation therapy will be discussed along with exercises and resources.

Learning outcomes:

1. Participants will be able to identify four basic areas of Positive Psychology.
2. Participants will select at least two activities of those presented that can reinforce positive attitudes in their participants.

11:30-12 pm LUNCH and BUSINESS MEETING- Baxter Dining Hall

12:00 -1:00 pm (.1 CEU)

CEU Session #15: Baxter Dining Hall, Carr Center

TREATMENT NETWORKS

Treatment networks will break clinicians and students in to areas of practice and will allow each group to exchange contact information and discuss concerns/trends within that area of practice. Each treatment network group will have the opportunity to develop an action plan for the coming year.

Learning Objectives:

1. Individuals will be able to identify 3 other clinicians/students who work or have an interest in their particular area of practice.
2. Individuals will be able to identify at least 2 concerns facing Recreational Therapists in their particular area of practice.

Group 1: Laurie Lee, MS, CTRS
Behavioral Health Treatment Network

Group 2: Brittany Mendenhall, CTRS and Mary Myers, CTRS
Rehabilitation Treatment Network

Group 3: Patricia Whitener, CTRS
Long-Term Care Treatment Network

Group 4: Mandy McQueeney, CTRS and Michelle Davenport, MS, CTRS
Developmental Disabilities Treatment Network

1:00- 1:15 pm BREAK

1:15- 2:15 pm (.1 CEU)

CEU Session #16: Carr Center

Coping with Difficult Behaviors in a Group Session Among a Mental Health Population

Jessica Putney, MS, CTRS

Session description: This interactive session will demonstrate how to therapeutically cope with disruptive behaviors while conducting a group in a behavioral health setting with examples from child, adolescent, adult, and geriatric populations.

Learning outcome

1. Participants will be able to ID at least 3 rules for coping with disruptive behaviors.

CEU Session #17: Baxter Dining Hall

Why Fun is Good for You: Positive Emotion as a Recreational Therapy Outcome

Bryan McCormick, PhD, CTRS; Alysha Walter CTRS & Jared Allsop MS, CTRS

Session description: Recreational therapy is often pleasurable in experience, yet pleasure is rarely considered as an outcome. This session presents positive emotion in function and strategies for measuring it as an outcome.

Learning outcomes

1. Participants will be able to state the value of negative emotion in human function
2. Participants will be able to state the value of positive emotion in human function
3. Participants will be able to explain concepts of broadening and building as functions of positive emotion
4. Participants will be able to identify at least one method for measuring positive emotion

2:15-2:30 BREAK

2:30-3:30 pm (.1 CEU)

CEU Session #18: Carr Center: Limit first 20 participants

Putting RT Together Piece By Piece through Teamwork, Cooperation, and Creativity

Beth Robinson, MS, CTRS and Indiana Tech students

Session description: After a brief discussion about the activity and its benefits, participants will practice creativity, teamwork, communication, and listening skills by attempting to complete the puzzle activity with a twist.

Learning Outcomes:

1. Participants will be given the tools on how to successfully conduct the game and will be able to plan and implement the activity in the future.
2. Participants will demonstrate cooperation, communication, and active listening skills through the completion of this activity.
3. Participants will practice the use of effective teamwork by working with others to complete the challenge.

CEU Session #19: Baxter Dining Hall

Brain Injury treatment- Intervention according to Rancho Level and level of care.

Beth Edwards, CTRS

Session description: Activity ideas and general treatment approaches to persons with acquired brain injury at various stages of recovery as well as RT involvement according to level of care.

Learning Outcomes:

1. Participants will be able to identify appropriate interventions for patients with traumatic brain injury according to Rancho Level.
2. Participants will be able to determine the level of involvement necessary to produce functional outcomes in patients with acquired brain injury.

CEU Session #21: Interpretive Center: Limit first 25 participants

Blind Leading the Blind

Melissa Winters, CTRS

Session Description: This session will explain the training that is provided to veterans who are in Blind Rehabilitation, the role of recreation therapy, and modifications that are used for visually impaired.

Learning Outcomes

1. Participants will be able to name and explain the 5 different skill areas of Blind Rehabilitation.
2. Participants will be able to list 3 duties of the recreation therapist in Blind Rehabilitation.
3. Participants will be able to name modifications they can easily do for at least 3 different activities.

Please take the time to make sure your membership info is up to date.

Plan to visit the RTI store for new items and some old favorites! All items include the RTI logo!

**Have a session idea? Want to hear about a particular treatment modality?
Have a suggestion for next year?
Be sure to fill out your conference evaluation and tell us what you think!!!**

**On behalf of the 2011-2012 Recreation Therapists of Indiana Board of Directors,
Thank you for attending the conference and we look forward to seeing you next year!**

**Marieke Van Puymbroeck, Ph.D., CTRS, President
Mandy McQueeney, President-Elect
Laurie Lee, CTRS, Treasurer
Patricia Whitener, CTRS, Secretary
Brittany Mendenhall, CTRS Member at Large
Mary Myers, CTRS Member at Large
Jennifer Piatt, Ph.D., CTRS, Member at Large**

**Marieke Van Puymbroeck, Ph.D., CTRS, RTI Past President 2011-2012
RTI originated in 1993.**

**Don't forget to turn in your CEU form to the CEU table prior to leaving the
conference!**

