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PROMOTE THE
AWARENESS OF...



THERAPEUTIC RECREATION!



By: Danny Pettry

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THERAPEUTIC RECREATION!

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Danny Pettry (the author) is a good-standing member of the American Therapeutic Recreation Association, the West Virginia Therapeutic Recreation Association, and actively holds Certified Therapeutic Recreation Specialist credentials.

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Promote the Awareness of Therapeutic Recreation

By: Danny Pettry, M.Ed., M.S, CTRS

Introduction

My first passion is helping others. I knew from an early age that I wanted to be in the helping profession.

I have always loved my profession, therapeutic recreation ever since I first discovered it while completing a 40-hour-week volunteer/ observation at HEALTHSOUTH Rehabilitation Hospital in Huntington, West Virginia during the summer of 1999. This volunteer week was part of the requirements to get accepted into nursing school. I discovered two Recreational Therapists, Rick and Marci healing patients through the use of relaxation sessions, horticulture, arts and crafts, and socialization. There was so much to therapeutic recreation. I knew I had to get involved.

I immediately changed majors so that I too could one day be a recreational therapist too. Marci a recent graduate of Marshall University (Huntington, West Virginia) told me what I needed to do. I was so excited that I read David Austin's *Introduction to Therapeutic Recreation* textbook before my fall class started. I wore a *therapeutic recreation* t-shirt that I had purchased from the National Therapeutic Recreation Society (NTRS) web-site to class as well. I have been dedicated to serving people through the use of therapeutic recreation since the beginning.

I love my profession so much that I was inspired to write a short book on therapeutic recreation. First, I had to ask myself, do recreational therapists need a book on promoting the field? Aren't there other people who promote the field for us?

My answers are: *yes, we could use book of techniques for promoting therapeutic recreation and I don't know if there are other people, especially those outside of the profession who are prompting what we, recreational therapists do.*

In my personal opinion, the two best advocates at prompting our profession are *the American Therapeutic Recreation Association and the National Therapeutic Recreation Society*. These organizations are operated by people in our profession.

I am a good-standing member of the American Therapeutic Recreation Association (ATRA), not an official spokesperson. I invite you to get involved. If you haven't done so already, join one or both of your professional associations.

Your friend,
Danny

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Ten Ways You Can Promote Therapeutic Recreation

1. Provide educational materials for co-workers (print-outs are included in this e-book.) Additional educational publications can be printed from the National Council for Therapeutic Recreation Certification (NCTRC) web site: <http://www.nctrc.org/standardsandpublications.htm>
2. **Posters: therapeutic recreation promotional flyers (print-outs are included in this e-book).**
3. Throw a therapeutic recreation party! Invite co-workers from your hospital to attend.
4. Have a contest at your workplace. Give away a prize from the Therapeutic Recreation department at your hospital.
5. Send greeting cards to co-workers just to wish them a happy summer or anything and sign from the therapeutic recreation department
6. Recognize Therapeutic Recreation Specialists. Provide honors and recognition certificates to all the therapeutic recreation specialists at your facility. Have them posted for other professionals to see.
7. Contact a reporter at your local newspaper. Just call the newspaper and ask to speak to a reporter. Tell them that it is Therapeutic Recreation week and ask him/ her to write a story. Be available for a quick interview. Provide educational materials and handouts from professional associations.
8. Send a quick email to announce "Therapeutic Recreation Week."
9. Provide an in-service on "What is Therapeutic Recreation?"
10. Use therapeutic recreation promotional items. (See the next page).

Therapeutic Recreation Promotional Items

Go to: www.cafepress.com/teachleisure
to get great therapeutic recreation promotional items.

T-shirts, sweaters, hats, and more...



You can also get promotional items at these places:

1. Charlie Dixon's Recreation Therapy Store
<http://www.recreationtherapiststore.com>
2. American Therapeutic Recreation Association (ATRA)
<http://www.atra-online.com/storeindex.cfm?findprimarycategory=2218>

What is Therapeutic Recreation (TR)?

American Therapeutic Recreation Association
(1986) definition:

Therapeutic Recreation is the provision of Treatment Services and the provision of Recreation Services to persons with illnesses or disabling conditions. The primary purposes of Treatment Services, which are often referred to as **Recreational Therapy**, are to restore, remediate or rehabilitate in order to improve functioning and independence as well as reduce or eliminate the effects of illness or disability. The primary purposes of Recreational Services are to provide recreation resources and opportunities in order to improve health and well-being. Therapeutic Recreation is provided by professionals who are trained and certified, registered and/or licensed to provide Therapeutic Recreation

National Council for Therapeutic Recreation Certification (2007) definition:

The primary purpose of **recreation therapy** practice is to improve health and quality of life by reducing impairments of body function and structure, reducing activity limitations, participation restrictions, and environmental barriers of the clients served. The ultimate goal of recreation therapy is to facilitate full and optimal involvement in community life.

Who is a Therapeutic Recreation Specialist?

Therapeutic Recreation Specialists, also referred to as *recreational therapist*, provide treatment services and recreation activities for individuals with disabilities or illnesses. Using a variety of techniques, including arts and crafts, animals, sports, games, dance and movement, drama, music, and community outings, [recreational] therapists improve and maintain the physical, mental, and emotional well-being of their clients (U.S. Department of Labor, 2007, Dec. 17).

Recreational therapists are healthcare providers who use recreational therapy interventions for improved functioning of individuals with illness or disabling conditions. (ATRA, 2013).

Educated

Recreational therapists have a minimum of a Bachelor's degree in Therapeutic Recreation, Recreational Therapy or in Recreation with a focus in Therapeutic Recreation. Advanced practitioners have a Master's degree or Doctorate.

Trained

The National Council for Therapeutic Recreation Certification (NCTRC) requires that an individual completes a 480-hour internship in Therapeutic Recreation.

Qualified

The qualified recreational therapist holds Certified Therapeutic Recreation Specialist (CTRS) credentials, which is granted by NCTRC.

Where Does a Therapeutic Recreation Specialist Work?

The Therapeutic Recreation Specialist (a.k.a.) Recreational therapist works in a variety of treatment and community-based settings.

Four primary treatment settings that recreational therapist work include:

- Inpatient physical rehabilitation treatment facilities
- Inpatient psychiatric treatment facilities
- Partial hospitalization treatment facilities; and
- Skilled nursing facilities

Four primary community-based settings include:

- Park and recreation agencies
- Group homes
- Summer camps
- Community centers

You *could* find a Recreational Therapist working in any of these settings:

Public Schools	Burn Unit
Nursing Homes	In-Home Health
Pediatric Units	Mental Health Services
Hospitals	Residential Settings
Charity/ Volunteer Agencies	Gym/ Fitness Center

Celebrate

Therapeutic Recreation



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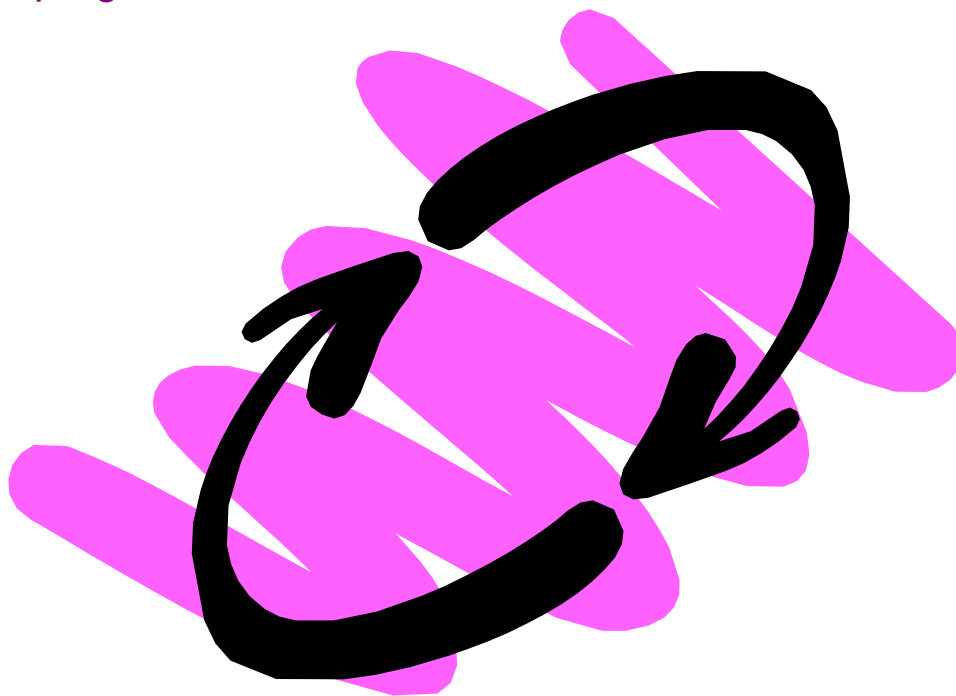
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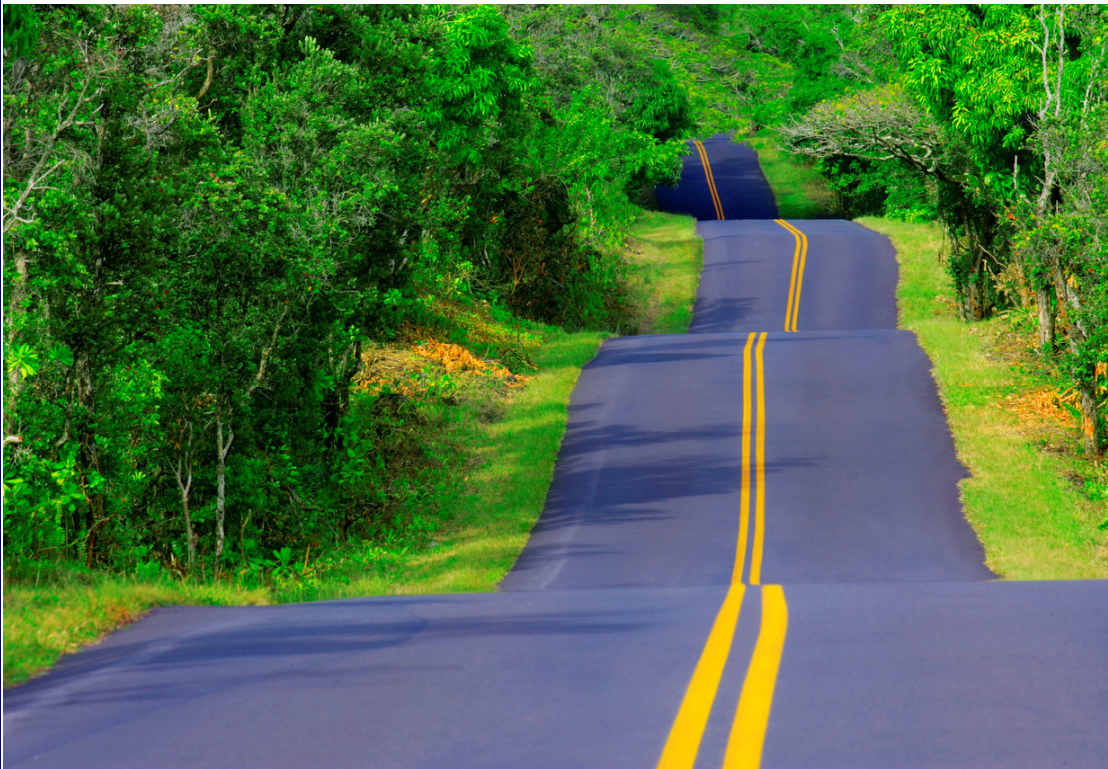
**This is Therapeutic Recreation Month
February 2013**

**The Recreational Therapist uses a
process to bring about outcomes:**

1. Assess the individual's strengths and areas of needed improvement.
2. Develop a treatment plan to help the individual to achieve desired outcomes in these areas: social, physical, cognitive, behavioral, and leisure.
3. Implement recreational therapy interventions to help individual to achieve her/ his goals.
4. Evaluate/ re-assess the individual to determine progress.



**Celebrate Therapeutic
Recreation Month!
February 2013**



**Recreational therapists are an important part
of the treatment team.**

**Give a pat-on-the-back to your
Recreational Therapist for going the extra mile!**

Therapeutic Recreation Word Search Puzzle

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I	N	T	E	R	V	E	N	T	I	O	N	A	I	O	P	G	I	S	P	I	O
T	Z	I	P	H	G	V	T	R	E	W	Q	C	V	B	N	M	O	O	H	O	I
R	H	Z	X	C	V	G	Q	W	E	Y	T	I	N	U	M	M	O	C	Y	G	R
E	W	E	X	E	M	O	T	I	O	N	S	L	C	C	C	R	H	I	S	U	I
C	B	C	R	D	E	A	F	G	H	Y	J	K	M	N	O	P	O	A	I	W	E
R	E	R	T	A	Y	L	U	U	L	K	L	H	F	D	C	T	S	L	C	S	M
E	A	T	R	E	A	T	M	E	N	T	C	O	G	H	G	F	P	I	A	X	W
A	I	O	H	N	Q	Y	N	R	S	T	U	V	S	K	L	G	I	Z	L	L	L
T	O	L	H	G	B	O	Q	W	E	L	L	N	E	S	S	M	T	A	U	R	T
I	R	T	Y	U	I	U	I	I	J	H	B	G	F	W	F	Y	A	T	K	K	T
O	M	P	O	T	I	U	A	C	T	I	V	I	T	I	E	S	L	I	Y	T	R
N	A	S	S	E	S	S	M	E	N	T	A	B	C	D	E	F	G	H	I	D	S
A	J	E	K	L	R	M	N	O	A	A	D	D	G	K	L	H	G	G	F	O	P
E	I	V	O	O	E	V	A	L	U	A	T	I	O	N	P	L	M	N	B	W	P
F	D	I	Y	D	S	T	O	M	H	J	H	K	A	A	S	D	F	J	H	B	B
C	C	T	H	C	T	A	D	N	N	D	E	D	L	N	K	L	P	L	K	S	X
X	D	I	Y	T	O	D	A	N	N	Y	R	P	S	S	S	D	D	I	D	S	S
Q	E	N	T	Y	R	F	R	E	E	D	A	H	E	L	L	O	A	R	E	E	E
A	T	G	R	U	E	Y	O	U	C	D	P	M	O	R	E	W	O	R	D	R	P
A	G	O	F	I	C	A	L	M	P	S	Y	C	H	I	A	T	R	I	C	G	E
S	O	C	I	A	L	I	Z	A	T	I	O	N	H	A	P	P	Y	W	V	O	X
D	D	E	D	F	U	N	C	T	I	O	N	A	L	W	V	U	M	U	P	R	S
C	C	D	C	J	J	K	L	P	O	I	T	R	E	W	S	F	G	H	J	P	I
Y	R	E	C	R	E	A	T	I	O	N	A	L	T	H	E	R	A	P	Y	Y	X
R	E	H	A	B	I	L	I	T	A	T	I	O	N	P	P	J	F	D	D	S	P

Activities	Assessment	Cognitive	Community
Emotions	Evaluation	Functional	Goals
Hospital	Intervention	Physical	Progress
Psychiatric	Recreation	Rehabilitation	Restore
Socialization	Therapy	Treatment	Wellness

Recreational Therapy

**Were there any words that you couldn't find?
List them below:**

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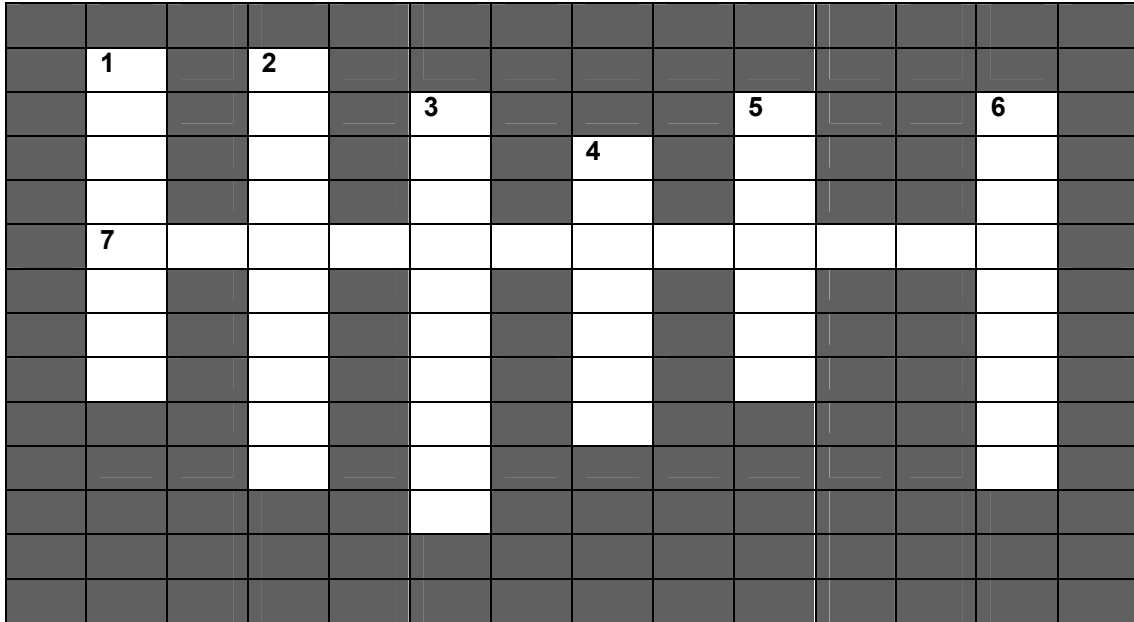
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Therapeutic Recreation Crossword Puzzle

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Down

1. Having our bodies function at the best of their abilities
2. The ability to carry out a purposeful activity.
3. Time used in a manner designed for therapeutic refreshment of one's body or mind
4. Treatment to eliminate or control a disease.
5. Return to its original or usable and functioning condition
6. Function, all the normal processes associated with our thoughts and mental processes.

Across

7. Treatment: care provided to improve a situation

Source: Definitions obtained from google web definitions (2008).

Answers: 1. physical; 2. functional; 3. recreation; 4. therapy; 5. restore; 6. cognitive; 7. intervention.

Therapeutic Recreation Word Scramble

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1. aneesmsst _____
2. alog _____
3. evteoirsitnn _____
4. vtonuealsai _____
5. oiraceertn _____
6. elerisu _____
7. Isyaihpc _____
8. nioctegvi _____
9. telnomaio _____
10. nwsllees _____
11. ociasl _____
12. esoretr _____
13. ahber _____
14. aihlstop _____
15. ytmuocinm _____

Answers

1. aneesmsst is assessment.	2. alog is goals.	3. evteoirsitnn is interventions.
4. vtonuealsai is evaluations.	5. oiraceertn is recreation.	6. elerisu is leisure.
7. Isyaihpc is physical.	8. nioctegvi is cognitive.	9. telnomaio is emotional.
10. nwsllees is wellness.	11. ociasl is social.	12. esoretr is restore.
13. ahber is rehab.	14. aihlstop is hospital.	15. ytmuocinm is community.



Certificate of Recognition

Presented to:



**In recognition for outstanding work as a
Recreational Therapist**

**International
Therapeutic Recreation Month
February 2013**

Presented by:

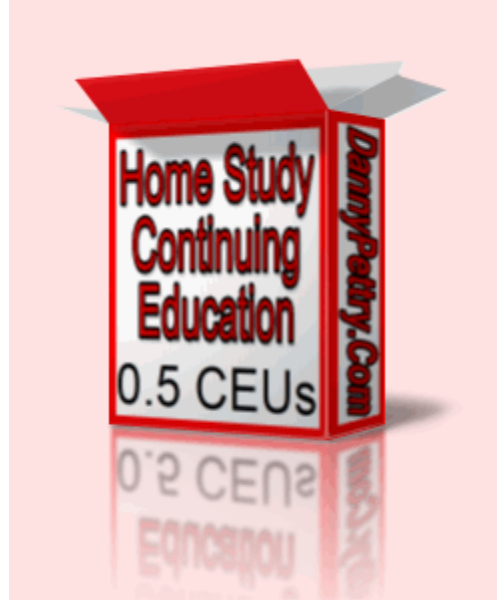


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- Dorothy De Los Reyes, New Jersey

The courses are great! You can do them on your own time and there's no travel.

They are perfect for the busy professional.

- Sadie Wermers, Minnesota

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<http://nctrc.org/documents/NCTRCContEdFinalR.pdf>

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About the Author



Danny Pettry loves coffee and conversation. He also loves reading dystopian novels. His favorite food is cookies. His nephew calls him “Uncle Cookie.”

Pettry was born and raised in Beckley, W.Va. and he has lived in the Huntington, W.Va. area since 2000.

Pettry has two graduate degrees, including a Master of Education degree in Mental Health Counseling from Lindsey Wilson College (Columbia, Kentucky) and a Master of Science degree in Recreational Therapy from Indianan University (Bloomington, Indiana).

Pettry’s undergraduate degree is a B.S. in Park Resources and Leisure Services with an emphasis in Therapeutic Recreation from Marshall University (Huntington, West Virginia).

Pettry has been a good-standing member of the American Therapeutic Recreation Association (ATRA) since 1999. He has been awarded with the prestigious Dr. Peg Connolly Scholarship to the 2004 annual ATRA conference in Kansas City, Missouri. He has also been awarded an **“Recreational Therapy - Advocate of the Year” in 2005** for his efforts with the ATRA – Recreational Therapy – Medicare Project. Pettry assisted with the 2009 Peg Connolly Scholarship Committee.

Pettry has worked as a Recreational Therapist at a treatment facility since 2002.

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