



Danny Pettry's

Independent Education Program

Email: Danny@DannyPettry.Com

Thank You . . . for choosing
 Danny Pettry's Independent Education Program
 for your continuing education needs.

Notice: You most often get out of home study education what you put into it.

Course Outline

Course Topic:	Using Psychology Techniques to Change People
TR Knowledge Area:	Foundation Knowledge: principles of behavior change
Clock Hours:	FIVE (5) HOURS or (0.5) CEUs Notice 10 hours = 1.0 CEUs
Course Goal:	To understand the psychological techniques for changing other people's attitude, behavior, feelings, or beliefs
Course Objective:	The student will demonstrate awareness psychology techniques for changing people's attitude, behavior, feelings, or beliefs as evidenced by scoring at least a 70% or higher on the course examination before the end of the course.
Required Reading:	Lieberman, D. (2005) <i>How to change anybody: proven techniques to reshape a anyone's attitude, behavior, feelings, or beliefs</i> .St. Martin's Press: New York.
Bookstore:	The required text can be purchased from Danny Pettry's online bookstore at the link below: http://astore.amazon.com/dannypettry-20

Contact Information

Course Instructor:	Danny W. Pettry, II, MS, CTRS
Office:	107 Albert Avenue Beckley, West Virginia 25801-2001
Office Hours:	Hours vary. Contact Danny by email or phone.
Email:	Danny@DannyPettry.Com
Phone:	304.412.4065
Online:	http://www.DannyPettry.Com

Course Requirements: What you'll need to do to complete this course:

1. Read the required reading. This is listed in the outline above.
2. Take the required exam for the course and pass with at least a 70% score or better. The online exam link should have been included in your email with this outline. Email Danny@DannyPettry.Com if you need the link to take your exam.
3. Print out the page that says "Passed" as proof of the continuing education units that you've earned. Put the form in a safe place so that you'll have it when it is time for re-certification. Don't have a printer – don't worry. There is a place on the course evaluation form that you can check to have a certificate of completion mailed to you.
4. Complete the course evaluation form. This is required. You will be automatically redirected to the course evaluation form once you complete the online exam.

Study Guide for the Online Exam

- According to Lieberman (2005) in *a note to the reader*, he suggests psychological techniques will work if:

- a. You want to help a person because it is in their best interest to become a better person
- b. If you want to force a person to comply with your wants and demands

- According to Lieberman (2005) in chapter 1:

- a. Most people want to change for the better
- b. Most people want to continue self-destructive behavior

- According to Lieberman (2005) in chapter 3: a therapist could reshape a person's self-concept by:

- a. Telling the person that they are bad and they need to change
- b. Letting the person know we believe them to be a good person who is capable of change

- According to Lieberman (2005) in chapter 5: positive change can occur if:

- a. A highly successful and respected person explains that the change is good
- b. If the therapist belittles the patient for not changing

- According to Lieberman (2005) in chapter 9: change is more likely to happen if:

- a. A person is in a good (positive) mood
- b. A person is in a bad (negative) mood

- A Recreation Therapist could put a person in a better mood by getting him/ her exciting about upcoming recreation programs. (Hint: chapter 9)

- a. True
- b. False

- According to Lieberman (2005) in chapter 7: we can promote positive change by:

- a. Letting the person know that we expect more and that we will only accept them if they change
- b. Letting a person know we care about them, are proud of them and their efforts and progress and that we will continue to care for them regardless of set-backs

- According to Lieberman (2005) in chapter 8: We could help a person overcome depression “blue days” by
 - a. Telling a person to snap-out-of-it because we are tired of their attitude
 - b. Getting him or her to focus on future long-term goals

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Instructor Bio

Danny Pettry is a Certified Therapeutic Recreation Specialist (CTRS). Pettry has a Master of Science degree in Therapeutic Recreation from Indiana University, Bloomington, Indiana and a Bachelor of Science degree in Park Resources and Leisure Services with an emphasis in Therapeutic Recreation from Marshall University, Huntington, West Virginia.

Pettry has provided recreation therapy services for children between the ages of 7 to 13 on who are in treatment for abuse and reactive behaviors since 2003. Pettry has also worked for in-patient skilled nursing and psychiatrics in Recreation Therapy for three Huntington, West Virginia facilities: Woodlands Retirement, HealthSouth Rehab, and St. Mary's Hospital.



Mr. Danny Pettry, II

Pettry has been an active and good-standing member of the American Therapeutic Recreation (ATRA) since 2000. He won the Peg Connolly Scholarship to the 2004 national conference in Kansas City. He was awarded an advocate of the year in 2005 by ATRA for outstanding efforts with the Recreational Therapy – Medicare Project. He served on the Peg Connolly scholarship committee in 2007 and 2008. Pettry is also an active member of the West Virginia Therapeutic Recreation Association (WVTRA) branch of ATRA.

Pettry has provided in-services throughout the state of West Virginia on:

- What is Recreation Therapy and the Importance of the Medicare Project
- How to Lead Group Activities for Diversion: training for technicians.
- Discovering the Secrets to Enjoying Work
- Teambuilding Workshops
- Writing Functional Outcome Goals
- The Therapeutic Benefits of Journaling

Important Notice

As with any continuing education agency, The National Council for Therapeutic Recreation Certification (NCTRC) does not pre-approve any continuing education courses for re-certification. All of the continuing education programs designed by Danny

Pettry follow the job analysis knowledge areas set by NCTRC, including:

- a. Foundation knowledge
- b. Practice of Therapeutic Recreation/ Recreational Therapy
- c. Organization of Therapeutic Recreation/ Recreational Therapy Services; and
- d. Advancement of the Profession

The Registered Nurses Board does pre-approve continuing education programs.

DannyPettry.Com is an approved provider of continuing education activities:

Nursing WV 2007-0520RN.

For additional information regarding pre-approval status, contact the RN Board:

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