



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:	Treating depression: techniques for promoting happiness
TR Knowledge Area:	Foundation knowledge: psychology and related impairments
Clock Hours:	Five (5) contact hours or 0.5 CEUs Please note that 10 contact hours is equal to 1.0 CEUs.
Course Goal:	The participant is to increase awareness, ability, and skills for treating depression.
Course Objective:	Participate will read Shimoff (2007) <i>Happy for no reason: 7 steps to being happy from the inside out</i> and demonstrate an understanding of techniques for prompting happiness as evidenced by scoring at least a 70% or better score before the end of the one-year course timeframe.
Required Reading:	Shimoff, M. & Kline, C. (2007). <i>Happy for no reason: 7 steps to being happy from the inside out</i> . Free Press.
Bookstore:	The required text can be purchased from Danny Pettry's online bookstore at the link below: http://astore.amazon.com/dannypettry-20 Recommendation: Go to local public library to rent book.

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 listed above.
2. Review the study guide shown on the next page of this course outline
3. Take the online exam and earn at least a 70% score or better. You can re-take the exam as often as needed within a one-year timeframe.

Go to this link to take your exam:

<http://www.dannypettry.com/txdepression.html>

You should be able to click on the link above to open it.

Click "allow."

FAQ: What if my computer does not allow me to click on the exam link above? You can type the link in your browser.

4. **Print the results page as proof of completion.**

FAQ: What if I don't have a printer? Send an email to Danny@DannyPettry.Com after completing the course with your name, address, and course completed, and title of the course and one will be sent to your email address.

Study Guide for the Online Exam

1. The World Health Organization (WHO) predicts that depression will be ranked:
Helpful Hint (Shimoff, 2007, p.12)
2. Gail Ironson, PhD, MD, found that people with HIV who believed in a universal power that was loving:
Helpful Hint (Shimoff, 2007, p. 40)
3. A study published in the *International Journal of Behavioral Medicine* (2005) found that productivity is a trait that is related to optimism and happiness. Based on this study, which of the following would be a good technique for recreational therapists and allied professionals to use:
Helpful Hint (Shimoff, 2007, p. 50)
4. Dr. Michal Fordyce (1977) published this amazing result of an experiment in his book *The Psychology of Happiness*:
Helpful Hint (Shimoff, 2007, p. 51)
5. Shane Frederick of MIT and George Loewenstein of Carnegie Mellon University performed a study that showed:
Helpful Hint (Shimoff, 2007, p. 64)
6. In ¹Zainab's Story (p. 71), Zainab argues that research confirms that burying or "bottling up" trauma results in shorter, unhealthier, and unhappy lives. A recreational therapist or allied professional could provide a person in treatment with trauma with the following:
7. Dr. Fred Luskin's research has shown that people who forgave were:
Helpful Hint (Shimoff, 2007, p. 138)
8. Studies show that participating in which the following everyday [recreational] activities can naturally increase chemicals that are related to happiness:
Helpful Hint (Shimoff, 2007, p. 150)

¹ Zainab argues in her story (p. 71) that research shows that people who bury trauma are not healthy and live shorter lives. I (Danny P.) have read similar research by James Pennebaker in his (1997) book *Opening up: the healing power of expressing emotions*. For more information, sign-up for my course topic: "Therapeutic Outcomes of Journaling." Go online: http://www.dannypettry.com/main/page_courses.html

9. ²Shimoff (2007, p. 151) pointed out research which argues that happy people:
10. John Ratey's research on athlete's show that chemicals related to happiness, including: dopamine, serotonin, and nrepinephrine were all increased after exercise. Shimoff (2007) points out that additional studies show that exercise is often as effective as prescribed medicine. A recreational therapist could help patients who are depressed by getting them involved in:
Helpful Hint (Shimoff, 2007, p. 171)

² Danny P: There is a growing need for evidenced-based practice in healthcare. Practitioners, including recreational therapists and allied professionals can't simply provided interventions because they have a hunch that it is good. Interventions provided must be based on solid and current evidence and research. Providing your employers and stakeholders with research with supporting evidence can help justify services being provided, including: singing, gardening, journaling, listening to relaxing music etc. Helpful hint: get a folder and collect research articles based interventions you provided. If you find one article per month you could have 12 pieces of evidenced-based research supporting your program in one-year. A new course on evidenced-based practice is coming soon to DannyPettry.Com. Watch out for this upcoming course at the link below: http://www.dannypettry.com/main/page_courses.html

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:

101 Dee Drive, Suite 102, Charleston, WV 25311-1620

Tel: 304.558.3596 or 877.743.NURS (6877) Fax: 304.558.3666