



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

Therapeutic Outcomes of Journaling

Therapeutic Recreation Knowledge Area

Implementing the Individual Intervention Plan: Stress Management: Journaling

Clock Hours of Continuing Education

Five (5) Clock Hours

0.5 CEUs

Notice: Ten clock hours are equal to 1.0 CEUs

Course Goal

This course is intended to improve the participant's master of implementing journaling when appropriate for an individualized intervention plan. The focus will be on the stress management and overall health outcomes through the use of journaling.

Course Objective

Participant will be able to identify concepts needed for effective journaling and the therapeutic outcomes of journaling as evidenced by scoring a 70% or greater on the course exam before the end of the course timeframe.

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/dp4journaltx.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

Pennebaker (1997) argues that inhibition (the holding back of thoughts and emotions) Hint: page 9

Which topic is more important for journaling according to Pennebaker (1997)? Hint: p. 40

Would it be beneficial for those unable to write or simply do not like to write to keep an audio-journal with the use of a recording device? Hint: p. 41

Pennebaker (1997) recommends writing in a quiet place about deepest emotions for what amount of time? Hint: p. 42

Pennebaker (1997) argues that both physical and psychological health. Hint: p.56

According to Pennebaker (1997), which is more effective? Hint: p. 72

An entry on self-reflection would include writing about: What are my thoughts, how do they make me feel, why do I feel that way, and what are some possible solutions to this problem? Hint: p. 72

Pennebaker (1997) argues that the use of positive emotion words has been linked to an increase in health?

Pennebaker (1997) argues that hitting a pillow as if it were a person we would like to punch would? Hint: p. 195

Pennebaker (1997) argues that benefits for writing, journaling, talking, or using other forms of self-expression is to: reach an understanding and to resolve the need to block the negative thoughts. Hint: p. 107

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

Petry 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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