

Concurrent Sessions – October 14, 2011

8:45 a.m. – 10:15 p.m.

A-1

Certification Debate in Canada :Explaining the Mosaic Certification Framework to Alberta Therapeutic Recreation Specialists.

Canadian Therapeutic Recreation certification is a topic of considerable controversy. In May 2009 the Canadian Therapeutic Recreation Association and the United States National Council for Therapeutic Recreation Certification (NCTRC) agreed to a partnership where the NCTRC certification credential - CTRS (Certified Therapeutic Recreation Specialist) would be the recognized certification credential in Canada. Although the Mosaic Certification Framework was a new certification structure designed for certification in Canada, which would give provincial and territorial therapeutic recreation organizations a high degree of autonomy, the CTRA adopted the United States NCTRC model of certification. The purpose of this presentation is to outline the strengths and weaknesses of the Mosaic Certification Framework and the NCTRC model and underscore that provincial and territorial therapeutic recreation organizations can continue to persuade CTRA to re-think its adoption of the NCTRC model

Room: A

Presenter: Rodney B. Dieser, Ph.D.

B-1

The Evolution of Recreation Therapy and Technology

We live in a digital age, where we are surrounded by emergent trends and technology. As Recreation Therapists we are driven by the persistent need to adapt the world around us to fit the specific, and sometimes challenging, needs of our clientele. By embracing and in some ways re-purposing existing and developing technology trends, we are able to improve the quality of life of our populations, emotionally, physically, and socially. Join us as we present our journey through the evolution of our residents; from technologically downtrodden, to tech-savvy users of computers, gaming consoles and of course, the ever popular ipod/ipad. By making technology more accessible, we can see how it allows our residents to become more independent, vibrant, and even active participants in the ever-growing cyber community.

Room: B

Presenter: Judy Dravucz and Kristina McGowan

C-1

Brilliant and Slightly Bad-Ass Ways to Provide Leisure Counseling

In any mental health care provision, the greatest strength of any Recreation Therapist is an ability to create a paradigm shift within another human being. The methods to provide leisure counseling often go far beyond the reach of the mere basics of textbook instruction. This session will be candid discussion of Brandi's experiences and many tried and true intervention techniques. It is possible to be a vital part of creating alternatives for individual beyond hopelessness, suicidality, addictions, and profound depression.

Room: C

Presenter: Brandi Hubl

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10:35 a.m. – 12:05 p.m.

A-2

Using Attribution Retraining and Positive Psychology Interventions in TR Practice to Help People with Depression and Similar Mental Health Disorders.

Attribution retraining is a form of cognitive therapy that is based on the notion that correcting negative beliefs and maladaptive thinking can reduce depression. This session will present research highlighting how attribution retaining has been used in various disciplines (e.g., education, psychology), including therapeutic recreation, to develop mental health among people with depression and similar types of mental health disorders

Room: A

Presenter: Rodney B. Dieser, Ph.D.

B-2

Social Contact and Community Participation: Perspectives of Younger Residents in Long Term Care

In Alberta the number of younger residents in Long Term Care is growing, and yet little is known about this population. In this presentation Emily Dukeshire will share her work and research experience with the under 65 population in Long Term who live with a mental health diagnosis. Get a glimpse into the struggles eight younger individuals in Long Term Care faced when connecting with the community and social contacts. Also, discover the remarkable resources they have tapped into to overcome these barriers. Come away with new ideas to enhance your programming for this unique population.

Room: B

Presenter: Emily Dukeshire

C-2

It's Not Easy Being Me: Awakening the Playful Person Within

This session will highlight a unique recreation program offered to minimally responsive, severe brain injury survivors that goes beyond olfactory sensory kits and entertainment! Borrowing from approaches in sensory stimulation, augmentative communication and basic motor rehabilitation, meaningful recreation activities are formed which rouse participants and compel them to participate to their fullest. Preferences and strengths are acknowledged while small functional skills that are often ignored post rehab, are drawn upon and celebrated. The information presented in this session would be beneficial to any therapist working with minimally responsive clients including severe acquired brain injured as well as any late stage progressive neurological conditions. A brief overview of the Association for the Rehabilitation of the Brian Injured and its Community Integration Program will also be provided.

Room: C

Presenter: Helen McDonald Bohan

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1:30 p.m. – 3:00 p.m.

A-3

Therapeutic Recreation: Inter-Professional Education and Collaboration in Health

Inter-professional collaboration and education at the post-secondary level in health and human services is critical to the development of competent professionals. This presentation will provide information on the development of a unique university course designed to enable students to learn from, with and about each other through lecture, role play, small group discussions, and issue based learning. This team taught course, led by five faculty members from different academic units, has been delivered for two consecutive years and has included students from therapeutic recreation social work, psychology, human justice, education and nursing. This course has required students and faculty to move from an individual professional scope of practice educational approach to a patient/client centred approach that requires care and treatment to go beyond the skill and competency in any one profession.

Room: A

Presenter: Douglas Cripps

B-3

The Use of Horticultural Activities as Therapy in a Health Care Setting

Horticultural activities provide an excellent means of engaging patients in therapeutic pursuits, since the perceived “therapy” is often removed. Through indoor and outdoor gardening activities, patients can work to improve or develop fine and gross motor skills; improve emotional well-being; cultivate social skills; and develop creative outlets. The very presence of soil, plants, and other natural elements has been shown to create a calming effect and improve recovery times. This session will highlight the successes of the Horticultural Therapy Program at the Alberta Children’s Hospital and will provide an overview of horticultural activities that could be easily integrated into Recreation Therapy program for both children and adults.

Room: B

Presenter: Becky Feasby

C-3

Adventure-based Activities in an Acute Care Psychiatric Setting

This session will be a discussion on the development and implementation of an Adventure Therapy program as a component of the inpatient Recreation Therapy programming on an acute care psychiatric unit.

Room: C

Presenter: Allen Rees

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3:20 p.m. – 4:50 p.m.

A-4

“Steady As U Go”- Balance and Fall Prevention for Seniors

“Steady As U Go” is an outcomes based balance and fall prevention program implemented to meet the needs of the designated assisted living population. This session will include a program overview, development process, implementation, positive outcomes, specific case studies, and an opportunity for all participants to challenge their own balance.

Room: A

Presenter: Brandee Bowman

B-4

“The Java Music Club: Building A Culture of Positive Mutual Support in Health Facilities”.

This workshop will describe the development of a mutual support program in the long-term care homes. The program, called the *Java Music Club*, was based on a study at Simon Fraser University. Resident reports indicated a decrease in loneliness and an increase in a sense of belonging. Staff report finding the program meaning full and easy to implement. Study results and program components will be presented and a new application of the program to enhance traditional Resident Councils discussed.

Room: B

Presenter: Kristine Theurer

C-4

ELECTRONIC CONNECTIONS

The current research of Neuroplasticity tells us that repetition and having meaningful activity is integral for positive outcomes. Observations made from several case studies shows us that repetition and meaningful activity with the help of electronic connections is a strong motivator. Social interaction development, decrease isolation and improved computer skills will be examined. At the end of the session the audience will be invited to share other related “electronic” outcomes and discuss how Recreation Therapy service deliver needs to change with the times. Research possibilities will also be discussed in terms of Neuroplasticity.

Room: C

Presenter: Janis McGregor Grace