The ATRA Annual Symposium provides a unique opportunity to showcase evidence-based research and practice-based evidence for the professional and personal development of Therapeutic Recreation practitioners.

Bring your passion and come expand your knowledge related to the risks involved with practicing Recreation Therapy.
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<td>7:00 – 8:15</td>
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<tr>
<td>8:15 – 8:30</td>
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<td>10:15 – 11:45</td>
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<td>Bev Suntiens, Samie Sing, Taylor McNalley, Maria Miller: Stepping Forward in Managing Risk with Evidence-Based Practice: Project-Based Learning in Therapeutic Recreation Education</td>
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<td>Trade Show / Poster Presentations &amp; Social Event</td>
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<td>6:30 – 7:15</td>
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<td>TR Educators Breakfast Forum (by invitation)</td>
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<td>Zinia Pritchard: MAID (Medical Assistance in Dying) contingency from AHS</td>
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<td>Neera Garga: Multiple Sclerosis and Recreation therapy: What is the right amount of activity?</td>
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<td>Closing Keynote Speaker</td>
<td>Devan McNeill: Lifelong Learning in Therapeutic Recreation</td>
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<td>4:15 – 4:45</td>
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Thursday, October 20 8:30-10:00AM  
Speaker: Colleen Torgunrud  

Keynote Address: Ethics & Healthcare  
Session Description: “Hold a Hand: Hold a Whole Life”  
Every day, we enter into our work as health care providers mindful of our promise not to abandon those in our care. The work we do can, at times, be supremely joyful; at others times, it can be trying, hard, and, yes, even risky. Moral distress is one risk of our work and, when unaddressed, its burden deepens. This talk will provide an overview of the pitfalls of moral distress and how to mitigate them – at best, perhaps even how to avoid them when we can.

It takes a careful mix of both humility AND courage to hold some of the hands that we do; to do some of the work we have chosen. In tandem with the risks of our work, there are opportunities for virtuous behavior around every corner. In order to recognize those opportunities, we must take care of ourselves, take care of our clients, and take care of one another. The lenses of clinical ethics can help clarify virtuous options, healthy options, options that will preserve and protect; options that are intended to mitigate risk and lighten the burden of moral distress. Humility and courage are keys to our success. The address will assert that humility and courage are two of the most effective supports to our work. They are instrumental to our workplace satisfaction and workplace health.

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Friday, October 21 2:45-3:45PM  
Speaker: Devan McNeill  

Keynote Address: Lifelong Learning in Therapeutic Recreation  
Session Description: Risk can develop as a result of a change in your life, but also if no change occurs. One risk that all Recreation Therapists encounter is learning; whether that be continuing education, foundational education, and/or educational opportunities. We all took a risk in choosing the right education path in Therapeutic Recreation (TR) studies and will continue to task a risk in how we further our education as a lifelong learner. This is the reason that many of you are here to do – is to learn. What does it mean to be a lifelong learner in TR? What are the risks associated with being a lifelong learner in TR? I will be discussing my experiences with learning including formal education, continuing education, supervising students, and informal education. These areas can be risky to engage in but also has the potential to be immensely rewarding. Let me navigate this journey with you.
2 – A: Providing Patient Care Within the Boundaries of Knowledge, Competencies and Role Specific to the Restricted Activity of Psychosocial Intervention

Jane Papenhuyzen

Session Description: Am I competent to perform a suicide risk assessment? Do I have the knowledge to run an anger management group? Am I allowed to call my groups "psychoeducation?" Can I use cognitive-behavioural techniques in my practice? These are frequent challenges of recreation therapists in Alberta related to the knowledge, skills, role and boundaries of our profession related to the legislated restricted activity of psychosocial intervention. Bring your scenarios and challenges to this discussion session. As we work through these scenarios, you will increase your understanding of the conditions that differentiate a restricted activity from a non-restricted psychosocial intervention. We will reflect on the role and boundaries of our practice and self-assess the skills, knowledge and competency needed to perform psychosocial interventions and techniques. We will conclude with work on a personal professional development plan.

2 – B: Interdisciplinary Student Services: An Innovative Approach to Student Placements

Kari Medd, Nancy Litke, Darlene Broda-Masiuk & Amanda Chen

Session Description: The Glenrose Rehabilitation Hospital provides an innovative clinical placement opportunity within the Specialized Rehabilitation Outpatient Program for students from across the spectrum of the health discipline professions. Students from RecT, OT, PT & SLP have the opportunity to develop the clinical competencies as required by their discipline as well as the competencies identified within the interdisciplinary model. Clinical Educators from each discipline work together to provide learning opportunities for students to develop the skills and knowledge required for engaging in interdisciplinary practice. The session will provide knowledge related to the learning objectives of the program, student and patient experiences and benefits to the program area offering the placement. An overview of the Logic Model that was developed to identify outcomes and the evaluation process will be reviewed.

2 – C: Aquatic Services in Therapeutic Recreation - Managing Risk

Laurie Wilson-Larson

Session Description: Participants will learn about a Transition Aquacize Program (TAP) used within the Specialized Rehabilitation Program for outpatients at the Glenrose Rehabilitation Hospital. TAP participants are transitioned to community based aquatic exercise programs following one or several 8-week sessions in a therapeutic pool. Provision of aquatic exercise programs come with a number of risks that can be managed when the CTRA Standards of Practice are considered in the development and implementation of the service. CTRA SOPs will be used to consider risk management within the aquatic environment - both within a therapeutic and community based aquatic environment.
1 – A: Internship process in Alberta: Exploring each role prior, during, and upon completion
Devan McNeill & Shannon Hubbert

Session Description: Devan and Shannon aim to facilitate an interactive discussion about creating consistency for students, site/agency supervisors, and academic supervisors during the internship process to decrease risk for the people we work with. This interactive discussion will ask attendees to examine questions relating to before the internship begins, during the internship, and after the completion of the internship. The idea of standardizing the internship experience has been stated as a way of decreasing conflict within the profession (Stumbo, 2009), however is this the best answer for Alberta moving forward? Can taking a student increase risk for the people we work with? What are the reasons we take/don’t take students? We will break down each role and enable the attendees of this presentation, who have a range of experience with this topic, to develop a guide to reducing risk related to the internship process.

1 – B: Contraindications and Considerations to Exercise for Individuals Living with Disability and Chronic Conditions
Bobbi Jo Atchison

Session Description: This session will introduce professionals to the general considerations and absolute and relative contraindications that may be present during exercise and physical activity for individuals experiencing a wide range of disabilities and chronic conditions. We will discuss considerations and adaptations that can be made to reduce the risk to participants and professionals before, during and after exercise sessions, along with resources available to support professionals developing and implementing exercise programs.

1– C: Stepping Forward in Managing Risk with Evidence-Based Practice: Project-Based Learning in Therapeutic Recreation Education
Bev Suntjens, Samie Sing, Taylor McNalley, Maria Miller

Session Description: Risk management is a key curriculum thread in therapeutic recreation education. This year, second-year students from NorQuest College experienced the pilot of a unique, learner-directed, evidence-based project course. Keenly aware of the role that evidence-based practice plays in managing risks for a client’s leisure experiences, students were tasked with reviewing literature in a topic of their choice and passion, and applying their learnings by creating a ready-for-practice TR resource as a result. Whether you are a student, a new graduate, or are experienced in the field, you will be inspired in your own practice as you hear firsthand from the instructor and three students showcasing their work. As we advance our profession -- by encouraging recreation therapists to pursue research passions and seek evidence before determining intervention -- educators, students, and practitioners each play a role. Our presentation will conclude with a time for participants to forward ideas for future evidence-based learning partnerships between education and practice.
SESSION TITLE: ATRA’s 2016 Professional Advancement Session: Regulation and Entry to Practice Requirements

Session Description: Two key topics will be examined in this year’s Professional Advancement Session - regulation of the TR profession and transition to degree education for new applicants. In the first half of the session, panel members with expertise in ATRA’s application to regulate the TR profession will review and update the status of the regulation process and what regulation will mean to our members. The second half of the session will address why and how the profession will transition to a therapeutic recreation degree as entry to practice for new applicants. Participants will have the opportunity to reflect on how daily practice is impacted by professional conduct requirements of regulated health professions and how education and training can prepare recreation therapists for employment in wider and varied areas of practice with advanced roles and responsibilities. Participants will obtain online resources that address TR risk management, regulation and degree transition.

Presenters

PATTI LANIGAN
Patti Lanigan was born and raised in northern Alberta. She graduated from Laurentian University in Sudbury, Ontario in 1987 with a Bachelor of Physical and Health Education Degree and a Recreation Therapy Diploma from Mount Royal College in Calgary, Alberta in 1991. For 22 years, Patti worked as a Recreation Therapist in High Prairie, Alberta and surrounding communities, mostly within Long Term Care. In 2012, she became the Recreation Therapy Clinical Lead for the North Zone of Alberta Health Services and earned the CTRS credential through NCTRC. Patti is a lifelong learner and is passionate and committed towards the development of TR as a profession. In 2012, she moved with her family to Jasper, Alberta where her favorite leisure activities are mountain biking, hiking, downhill skiing, cross-country skiing and coaching basketball. In October 2014, Patti was elected as President of the Alberta Therapeutic Recreation Association.

ELLEN HELGASON
Ellen Helgason was born and raised in Saskatchewan. She graduated from the University of Regina in 1992 with a Bachelor of Physical Activity Studies with a major in Adapted Physical Activity. Post-graduation Ellen worked in Regina and Moose Jaw in the Recreation field. Then moved to become a Recreation Therapist over the past 22 years in Grande Prairie and surrounding areas. Ellen is a strong advocate for her clients, staff and the Recreation Therapy program and continues to develop and expand services in the North. Outside of work Ellen’s leisure activities include travelling, camping, kayaking and spending time with family and friends. Ellen joined the ATRA board of directors and served as Vice President from 2012 - 2015. She continues to serve ATRA on the Regulation Professional Advancement Committee.
**DIANNE BOWTELL**
Dianne brings to the therapeutic recreation profession experience with leadership, change and project management skills in her role as Executive Director for ATRA. She has held numerous senior leadership positions with both the Alberta and Canadian Therapeutic Recreation Associations. Teaching contracts with the University of Alberta and Lethbridge College enables a broad perspective of the needs of the entry level practitioner to those of the seasoned clinician. Dianne received a Masters of Education degree from Athabasca University and a Bachelor of Recreation Administration with a specialization in special populations from the University of Alberta. On a personal level Dianne enjoys greater flexibility to spend time with family, travel, gardening, home renovations and volunteering.

**ANNETTE YUNICK**
Annette has been a Recreation Therapist for the past 24 years. Graduating from the Lethbridge Community College with a diploma in Therapeutic Recreation, she has served clients as a front line clinician in long term care, acute care and community for 15 years. Annette was fortunate to successfully acquire the professional practice lead position with Alberta Health Services, South Zone in 2007.
Annette currently mentors and supports more than 75 therapeutic recreation staff in both in their learning and their practice.
Annette has had also had the opportunity to develop and teach innovations in therapeutic recreation and continue to further her education.
An active contributing member of ATRA, I have held many local chapter executive positions for 24 years and in 2010 I was awarded the ATRA Professional of the Year award. In 2015 I accepted the role of ATRA Vice President and work on the Regulation Professional Advancement Committee. I am also supporting the 2017 ATRA Symposium in Lethbridge in the role as Education Vice Chair.

**SARAH JAMES**
Sarah has been involved in the health profession of therapeutic recreation for over a decade. She graduated from the University of Alberta with a BARST degree, specializing in therapeutic recreation. She has experience as a recreation therapist in a variety of settings that sets an exceptional foundation of experience for her current role as an instructor in the Norquest College Health Studies Faculty teaching therapeutic recreation. Sarah has served ATRA as the Education Director since 2014. In this position, she also chairs the Entry to Practice Professional Advancement Committee and has been appointed a leadership role in ATRA’s Degree Transition Project.
3 – A: Hitting the Books: A preliminary analysis of how disability models are presented in Therapeutic Recreation textbooks

*Meagan Ciesielski*

**Session Description:** As we move toward the increasing standardization of TR in Alberta, it is important to know where our definitions for the purpose of the profession come from, and how these definitions affect daily practice. This presentation will present the preliminary findings of a textual analysis of major therapeutic recreation textbooks used in TR programs across North America. Analysis of the texts focused specifically on the models of disability (ex. medical, social model) that were presented as a framework for TR practice in stroke rehabilitation. These frameworks operate in subtle and largely unexamined ways in TR, but ultimately affect how the profession and scope of practice is defined. The benefits and risks of using each model as a framework for practice will be illustrated allowing TR professionals to examine how they define and frame their own practice, as well as become aware of the risks associated with using each model of disability.

3 – B: Accessible Playgrounds: Promoting Safe Active Play for All

*Devan McNeill & Kim Sanderson*

**Session Description:** There are an ever-increasing number of accessible, safe play sites available across Canada. This is a direct result of Canada Standards Association (CSA) including Annex H: Children’s Playspaces and Equipment that are Accessible to Persons with Disabilities in their national playground standard. Accessibility includes playspaces that can be approached, entered, and used by persons with physical, sensory, and/or cognitive disabilities (Accessible Playspaces in Canada, 2014). Before these standards, playspaces had potentially disabling features and access ramps to nowhere. Accessible playspaces may serve as “an intervention to promote physical activity, social inclusion, and family and caregiver engagement (Zahl et al., 2014, p. 346). Therapeutic Recreation (TR) has the ability to use accessible playspaces as an assessment tool for decision making, problem solving, motor development, development skills and more (Zahl et al., 2014). Further promotion and research of accessible playspaces are needed to advance TR evidence-based practice (Zahl et al., 2014) and to empower members of the community to engage in these safe, accessible playspaces (Sklar et al., 2014).

3 – C: Implementing ACE (Alberta Cancer Exercise) program at the Don Wheaton Family YMCA: an Instructors Perspective

*Deb Bosker*

**Session Description:** The Alberta Cancer Exercise (ACE) program is a multi-institutional collaborative initiative that aims to promote safe and effective community-based exercise for survivors of cancer. The session will describe the methods used, and benefits of a collaborative approach, highlighting the strengths each team partner can bring to the program, and how this strategy has resulted in a positive exercise experience, and improved well-being and quality of life for survivors. Our group aimed to transition survivors from illness to wellness, build exercise self-efficacy in a community-based setting and provide support to survivors in taking an active role in their recovery and wellbeing.
4 – A: Supporting Health Behaviour Change: Helping Patients Follow Through

*Peggy Clarke*

**Session Description:** This session will describe evidence-based behaviour change techniques that can quickly and easily be applied in your therapeutic recreation practice.

Patients who receive behaviour change support are more likely to actively engage in collaborative treatment planning, to successfully follow through with recommended therapies, and to continue working toward their long-term goals.

When you support your patients to successfully and consistently perform the day-to-day activities that you prescribe for them, they will achieve the best possible health and quality of life outcomes.

Your practice will benefit from higher success rates when you incorporate behaviour change techniques as an integral part of your patient care regimen. Helping your patients to follow through and make the changes they struggle with can be a rewarding way to make your work life more satisfying.

4 – B: Medical Assistance in Dying (MAID)

*Zinia Pritchard*

**Session Description:** This session orients practitioners to Medical Assistance in Dying (MAID) through practice based questions: What do I need to know? Where does it mean for me? What do I need to do? What education and other resources are there to support me? Driven by participant questions, the session reviews the key components of MAID; supports participants’ determination of personal ability or inability to assist in MAID process phases; promotes understanding of participants’ professional role, and the role and function of the MAID Care Coordination Team; and identifies accessible education and support resources.

4 – C: Multiple Sclerosis and Recreation therapy: What is the right amount of activity?

*Neera Garga*

**Session Description:** Best Practice exercise guidelines for MS populations will be presented. Considerations and application of these guidelines in a clinical practice will also be discussed. Attendees should feel more comfortable creating therapy sessions that challenge their MS clients, along the spectrum of disability, at safe and appropriate levels.
5 – A: Advancing Aquatic Therapy Effectiveness: Implications for Safe Practice
Shannon Hoetmer & Carolyn Tivadar

Session Description: In this session, attendees will learn about the 8-year evolvement of aquatic interventions in AHS South Zone. A focus on advancing the TR clinical practice will be taught through specifically designed screening and leisure assessment tools, along with standardized physical assessments. The session will address the role of the recreation therapist in evaluating environmental factors, mitigating client risks and removing barriers in order to ensure the conditions of the leisure experience are met. This session will empower professionals to build partnerships, ensure sustainability and impact value-added health outcomes for clients with disabling conditions and chronic pain.

5 – B: Move n Mingle - a senior's exercise, education and social program that reduce the risk of falls and fall related injuries.
Elizabeth Graves & Rene Engel

Session Description: Seventy nine percent of hospital admissions for people over age 65 are due to falls and fifty percent of people who fall will fall again. This session will explore how to engage, retain and educate marginalized adults over age 65 in an exercise program that reduces the risk of falls and fall related injuries. Learn the steps and process to efficiently implement and operate a Move n Mingle program, including how to assess an individual's readiness for the program in order to reduce their risk.

5 – C: Engaging and Managing Risk in Wellness Programs for Young Adults with Mental Health Concerns
Deanna LeSage

Session Description: The Challenge by Choice program is a wellness oriented, recovery focused, social recreation program for young adults 16-25 years of age with addictions and/or mental health concerns. Since 2010 this program has been providing a variety of recreation and wellness programs and community support for up to 120 young adults per quarter. Using the Transition to Independence Process (TIP) has been effective in improving real life outcomes for youth and young adults with emotional/behavioral difficulties; TIP is an evidenced based model of supporting development in 5 key transition domains. Engaging young adults is essential to their recovery but this is not accomplished without strategies. Risks are managed thoughtfully and examples of situations experienced will be explored. From the beginning of this program client evaluations have been compiled and have demonstrated the positive engagement results of this unique and impactful program.
Key Note Speakers:

**COLLEEN TOGUNRUD BA, BSW, MA (Medical Ethics)**

Colleen is currently a Clinical Ethicist with Alberta Health Services. She has worked in the provincial health system for over 20 years and has provided care within most health sectors over her career. Colleen was a registered social worker prior to work in quality improvement and patient safety. When Alberta Health Services established a provincial clinical ethics service, Colleen was very proud to become part of the clinical ethics team. Colleen holds an undergraduate degree in Sociology/Psychology from the University of Alberta and another in Social Work from the University of Calgary. She holds a Master of Arts degree in Medical Ethics (Palliative Care and Cancer Care) from the Department of Philosophy and Law, University of Keele, Staffordshire, UK. Colleen is committed to the health and wellness of clients and care providers and has additional training in Employee Assistance Planning (McMaster University) and advanced certification in Critical Incident Stress Management.

**DEVAN MCNEILL BRLS, MA, CTRS**

Devan McNeill is the Program Coordinator and Instructor in the Post-Diploma Therapeutic Recreation Degree program at the University of Lethbridge. He is also the internship coordinator of the program. Devan completed his undergraduate degree at Brock University in Inclusive and Therapeutic Recreation. From there he completed his internship in Halifax, Nova Scotia and later became a Certified Therapeutic Recreation Specialist (CTRS). He worked as a Recreation Therapist for a number of years in mental health and addictions, acute care, day programs, and on a stroke unit. He completed his master’s degree at the University of Waterloo in Recreation and Leisure studies focusing on concepts of community and identity of persons with schizophrenia through narrative methodology. Devan has taught a variety of Therapeutic Recreation courses at the College level in Nova Scotia. Devan enjoys swimming, tennis, hiking, reading, writing, and many more leisure activities.

**KIM SANDERSON BA, MA**

Kim Sanderson was with the City of Edmonton for close to 30 years, a number of which were spent with innovative projects related to children and youth. This work involved identifying emerging social issues, researching contemporary responses, and coordinating their uptake within the municipal system and community at large. He received his undergraduate degree from York University in Physical Education and Psychology and an MA in Recreation Administration from the University of Alberta. To engage with new ideas and innovations for children’s recreation, Kim joined the International Play Association (IPA) and over time has chaired IPA Canada and been a regional vice president at the international level. He is especially committed to supporting children with disabilities and their access to the public play space. Kim currently enjoys hiking and skiing with his family in the mountains around Canmore.
BOBBI JO ATCHISON  BPE,  CSEP-CEP
Bobbi-Jo Atchison earned a Bachelor of Physical Education specializing in adapted physical activity from the University of Alberta. She has since obtained her certification with the Canadian Society of Exercise Physiology (CSEP) as a Certified Exercise Physiologist (CEP) and has been a registered Recreation Therapist with ATRA since 2006.
Through her work at The Steadward Centre for Personal & Physical Achievement, Bobbi-Jo has developed and implemented the Community Exercise Transition program, supporting adults and youth experiencing disability to be active in their own communities. In this role, Bobbi-Jo has worked to provide educational workshops for fitness and recreation providers across Alberta and has collaborated with policy makers and management of community recreation centres in the Greater Edmonton area to provide increased access for all abilities. Bobbi-Jo has recently extended the transition program to include functional electrical stimulation (FES) and fitness transition for youth with impairments and their families. This work to improve accessibility earned her ATRA’s Broadening Horizons Award in 2014. Currently, Bobbi-Jo is working on completing her MA specializing in adapted physical activity.

BEV SUNTJENS  BA,  RecT
Bev Suntjens is the Program Chair for Allied Health at NorQuest College in Edmonton. Her passion is fueled in the classroom, inspiring therapeutic recreation students to ready themselves for entry into our rewarding, evolving profession. Since obtaining her degree from the University of Alberta, she has practiced in continuing care, assisted living, and day programs, in both urban and rural care settings. In her current portfolio, she uses her interdisciplinary skills to manage three allied health education programs. Her time in TR education for the past fourteen years has been a rewarding journey of curriculum development, face-to-face and online teaching, advocacy, and academic leadership. She treasures her leisure time with her husband, three teenaged kids, and one dog: a Shih Tzu who believes that he is a German shepherd.

SAMIE SING
Samie Sing was born in Edmonton, Alberta and is a graduate from Norquest College’s Therapeutic Recreation Diploma program. His interest in Recreation Therapy began in the summer of 2013 when he worked as a community support aide worker and became involved in summer programs with his client. After this summer experience, Samie became interested in finding a career that would help individuals enjoy the benefits of leisure. Samie is a current volunteer at the Glenrose Rehabilitation Hospital in Edmonton, and has completed his clinical placements in mental health and forensics. His many leisure interests include the arts, outdoor activities, physical activities and meditation. Samie also has a degree in Fine Arts and hopes that he can use his knowledge of art in his future therapeutic recreation practice.

MARIE MILLER
Maria Miller is a current NorQuest College therapeutic recreation student and a former University of Alberta education student with an interest in working in mental health and with youth. Maria completed her first placement in day program settings in Sherwood Park and Fort Saskatchewan, and has been volunteering in a psychiatric day program since November of 2015. She plans to continue her studies in Therapeutic Recreation through the University of Lethbridge’s post-diploma degree program beginning in September of 2017 and Maria looks forward to the many career opportunities that will come from this degree. Maria is very passionate about fighting the stigma of mental illness and hopes to bring this passion into her future practice.
**TAYLOR MCNALLY**  
Taylor McNally is a NorQuest College therapeutic recreation graduate who hails from Dawson Creek, British Columbia, has a passion for client-centered care and hopes to practice in a community setting in her future career. Taylor has completed her clinical placements at the Stanton Territorial Hospital in Yellowknife, NWT, and the Queen Elizabeth II Hospital in Grande Prairie. Taylor has a background in working with children with special needs, and finds reward in working with clients who have experienced strokes. She looks forward to continuing her learning in the areas of horticulture therapy, animal-assisted therapy, and aqua-therapy.

**DARLENE BRODA-MASIUK M.Sc. R.SLP**  
Darlene obtained a Bachelor of Science degree in Speech Pathology and Audiology from the University of Alberta. She also has a Master’s degree in Speech Pathology from Syracuse University in New York. Darlene’s clinical areas of expertise are in neurorehabilitation, vocal pathology and assistive technology. In addition to working as a clinician Darlene has been a sessional lecturer in the Department of Communication Sciences at the University of Alberta. She currently is working in the Interprofessional Student Services Program at the Glenrose Rehabilitation Hospital as the Speech Language Pathology Clinical Educator.

**JANE PAPENHUYZEN**  
Jane Papenhuyzen is the Senior Practice Lead Recreation Therapy with Alberta Health Services (AHS), Interprofessional Practice and Education, Health Professions Strategy and Practice. In 2016, Jane led the completion of a guideline for AHS recreation therapists related to the HPA restricted activity of psychosocial intervention. As the AHS Calgary Recreation Therapy Professional Practice Lead for 11 years and a 5 year ATRA Vice President, Jane has led work in health legislation, collaborative practice and competencies for recreation therapists in Alberta. Jane has a Master of Science in Health Promotion Studies from the University of Alberta. Awards include 2012 Professional of the Year, Canadian Therapeutic Recreation Association and the 2010 Distinguished Service Award, Alberta Therapeutic Recreation Association.

**KARI MEDD B.A. Rec Admin, Rec. T**  
Kari is a graduate of the University of Alberta, completing her studies in 1999. She spent the first fifteen years of her career working in addiction and mental health at Alberta Hopsital Edmonton. Currently she is at the Glenrose Rehabilitation Hospital working primarily with individuals who have experienced a traumatic brain injury. Kari’s role includes clinical practice, professional practice representative and clinical educator with the Interprofessional Student Services Program.

Kari has been involved with the Alberta Therapeutic Recreation Association throughout her career on committees and as a board member. She is the proud recipient of the 2016 CTRA professional of the year award. Kari has stepped foot in all Canadian provinces and territories following attendance at the most recent CTRA conference in Ontario. In her leisure time Kari pursues the art of oenology. She enjoys fitness, yoga and anticipates the first snowfall so she can hit the slopes with her board.
Get to Know the 2016 Presenters

**AMANDA CHEN BSc., MScOT, OT**
Amanda Chen is an occupational therapist who graduated from the University Of Alberta Masters Of Occupational Therapy Program. In 2009, Amanda began working at the Glenrose Rehabilitation Hospital. She has had the opportunity to work in several GRH clinical areas and has worked with several populations including geriatric medicine, geriatric psychiatry, stroke, general neurology, orthopedic, musculoskeletal, persistent pain, and dysphagia clients. Amanda was a member of the Persistent Pain Interest Group and is an active member of the Functional Cognitive Working Group. Amanda, with her colleagues, presented at Geriatric Grand Rounds in Nov 2013 on the topic “Executive Function and Performance-Based Cognitive Assessments – Evaluation of the Geriatric Patient.” In early 2016, Amanda was selected to become an advanced user of the Electronic Medical Record (EMR), which had its largest implementation at GRH in Spring 2016. Amanda has started a new role as the OT clinical educator for the Interprofessional Student Service (ISS).

**NANCY LITKE PT, MRSc**
Nancy Litke graduated with a BScPT from the UoA in 1980 and Masters of Rehabilitation Science Degree from UBC in 2010. Her Master’s research topic was related to the use of Patient Care Reflection Tools for identifying competence for Physiotherapy Alberta.

Her experience and skills extend outside the profession as a member of the International Archery Association Medical and Sport Science Committee for the last 20+ years, Coordinator of Doping Education with Archery Canada and Team Lead Canadian Para-archery Team. She has published research related to archery injuries and the writing and editing of two sport science books for the sport. Nancy has also presented seminars related to sport injuries in archery in several countries around the world. Currently involved as the PT Clinical Educator with the Glenrose Rehabilitation Hospital Specialized Rehabilitation Outpatient Program and is the Interim Chair of Physiotherapy Alberta’s Competence Committee.

**LAURIE WILSON-LARSON Rec T; BPE; MSc**
Laurie Wilson-Larson works at the Glenrose Rehabilitation Hospital as a Recreation Therapist for outpatients. She works primarily with individuals who have experienced a stroke and has specialization in providing services to individuals who are interested in aquatic exercise. She has worked in the field of recreation since her teens when she spent summers working at a camp for children with a variety of disabling conditions. She has managed a small therapeutic pool as part of her role as Manager of Recreation within a residential facility in Ontario, worked within rehabilitation for most of her adult career and have had experience working within day programs and long term care. Laurie has demonstrated abilities working with individuals who want to regain muscle strength, balance, coordination and comfort within aquatic environments with both groups and individuals. As part of her role at the Glenrose, Laurie transitions clients into community based programs after helping them develop necessary skills for ongoing successful participation within outpatient services. Laurie enjoys watching clients develop balance, strength and endurance within an aquatic environment that improves their day to day function in all aspects of daily living.
DEB BOSKER YMCA Canada Fitness Trainer, AFLCA Older Adult Specialist, CanFitPro PTS, FIS, Yoga 200 hour certified instructor.

Deb Bosker is a group fitness specialty instructor at the Don Wheaton YMCA. After working for 25 years as a medical office assistant, she returned to the fitness profession with a goal of creating opportunities for all populations to participate and experience the benefits of group fitness. Deb specializes in special populations, leading classes for older adults, post rehabilitation classes and the ACE trial classes for cancer patients. She has collaborated on a training manual and training session for the YMCA Bridge to Wellness classes. Deb is a YMCA Canada fitness trainer and leads training session for new instructors. She is married to Gord and the mother of 5 children. She loves to travel and hopes to see much of the world. She can be reached at dbosker@northernalberta.ymca.ca.

MAEGAN CIESIELSKI BA

Maegan Ciesielski is a Masters of Arts student in Adapted Physical Activity at the University of Alberta. She completed her Bachelor of Arts in Recreation, Sports, & Tourism at the University of Alberta in 2015, during which she completed practicums in therapeutic recreation at the Glenrose Rehabilitation Hospital and The Steadward Centre. These practicums piqued her interest in TR in rehabilitative settings. Her thesis research is focused on therapeutic recreation in stroke and brain injury rehabilitation settings. Specifically, she is interested in the way in which different definitions of disability affect how TR practitioners view the purpose of their field. Having come across a lack of research in TR which includes people with post stroke aphasia, this population has become an important part of her study. She hopes that her research will help clarify what it means to be a recreational therapist, and how the benefits of TR can be maximized for all clients.

In addition to her own research, Maegan is a research assistant for her supervisor, Donna Goodwin, on a research project examining the hidden labour that youth with impairments face in community recreation. This project has sharpened her skills in many areas, such as recruiting participants, interviewing, and reviewing literature. Maegan was also a teaching assistant for an undergraduate class on physical activity for diverse populations, helping to expose students to the many ways in which having impairment may affect one’s ability to engage in physical activity. Outside of school, Maegan works as a recreation therapy assistant in long term care, where she enjoys that her job involves exercising, baking and serving wine. Maegan is keenly aware of the benefits that recreation has in her own life and has recently finished a 5 year career with the University of Alberta Track and Field team. In addition to playing on every recreational sports team her friends will let her, she enjoys trying new restaurants in Edmonton, going to concerts, playing board games and antagonizing her grandmother with her ambitious, but terrible, knitting skills.

LIZ GRAVES BA Rec Admin

After a twenty-year career as a Recreation Therapist in Grande Prairie and Calgary, Liz Graves is now working as a Health Promotions Facilitator with Alberta Health Services. Within this role she coordinates the Move n Mingle Program, which offers 21 programs per week in 19 sites, and focuses on Falls Risk Management for seniors living in the community. Liz graduated (more than a few years ago!) from the University of Alberta with a degree in Recreation Administration focusing on Therapeutic Recreation. Liz is also certified through CanFitPro with the Older Adults Specialization and has completed the Debra Rose Fall Proof Course. In her leisure time Liz enjoys running, gardening, reading and walking her dog Seamus, an adorable labradoodle.
RENE ENGEL Rec T
Rene Engel has a banking, project management and recreation administration background. In 2002 she got involved in Older Adult Fitness and coordinating the Steady as You Go (SAYGO) Falls Prevention education sessions in Calgary for 6 years. This evolved into being hired in 2008 by Alberta Health Services as a Health Promotion Facilitator for the Move n Mingle program, a fall prevention, education and socialization program for those over 65 that are marginalized due to language, income and isolation.

PEGGY CLARKE Behaviour Management Consultant
Peggy Clarke is a graduate of the University of Alberta Dental Hygiene program. She has extensive experience as a dental hygienist in private practice dental offices, in a residential school in Sydney, Australia, and in Community Health Services in Fort McMurray and in the Edmonton Zone. Peggy joined the Chronic Disease Management Department of Alberta Health Services as part of the Self-Management Team in 2005, where she is now the Behaviour Management Consultant. She is one of the Province of Alberta’s two “T-Trainers” for the Stanford Chronic Disease Self-Management Programs (CDSMP), for patients living with chronic health conditions or chronic pain, and for the online program.

Peggy is a co-author of the world’s first “youth” version of the Stanford Chronic Disease Self-Management Program, “Be Your Own Boss”. She is a senior trainer for HealthChange® Methodology, a program that integrates client-centred communication and care with behaviour change principles and processes, to engage patients in better adherence to treatment, lifestyle and referral recommendations. Peggy facilitates “Choices and Changes”, a course that looks at what clinicians can do to influence patient actions and produce better health outcomes and presentations for primary care staff on patient centred care, self-management, behaviour change support, and group facilitation skills. She also co-chairs a provincial working group that is developing a Behaviour Change Competency Framework for health care providers. Peggy is an avid traveler, and with her husband, Trevor, has visited all seven continents, and has been swimming (or dipped her toes) in all five oceans of the world. Peggy spends her spare time on her “dog hobby”, raising, grooming and training standard and miniature poodles.

NEERA GARGA PT
Neera Garga is a physiotherapist with over 16 years experience with neurological populations. She currently works at the Glenrose Rehabilitation Hospital as the stroke and MS specialist for outpatient services, and as a team member on with the Spasticity Clinic Program. Prior to working at the Glenrose, she spent 4 years with an MS rehabilitation program based out of the Foothills Hospital. While there, she received her MS clinical specialist designation. She is a firm believer that no matter what level of impairment exists for her clients, there is an appropriate level of activity to engage the client and help them to maintain or improve their level of function.

CAROLYN TIVADAR BMgt
Carolyn Tivadar is a Recreation Therapist II working with the home care team of Allied Health professionals for Alberta Health Services. She has a Bachelor’s degree in marketing and holds a Diploma in therapeutic recreation gerontology. Her work is focused on using evidence-based research and leisure theory to develop standardized protocols to achieve valued, quality health outcomes for adults with chronic conditions and disabilities. Driven by clients’ leisure needs, Carolyn is motivated to develop inclusive community opportunities in aquatics, active living and adaptive sport.
Get to Know the 2016 Presenters

**SHANNON HOETMER RecT**
Shannon Hoetmer is a Recreation Therapist with Alberta Health Services - South Zone. She has worked in a variety of settings including Long Term Care, Acute Care, Supportive Living and Home Living. Shannon holds a Bachelor of Professional Arts in Human Services and a Therapeutic Recreation Gerontology Diploma. Previous expertise as a lifeguard and water safety instructor for six years, has added valuable insight and knowledge to aquatic therapy in Lethbridge and the creation of a new program, Aquatic Renewal for Chronic Pain. Her current role involves an innovative TR process of following clients from acute rehab to their homes in community. She finds incredible rewards seeing clients being active and growing in ways they never thought were achievable.

**DEANNA LESAGE RecT**
Deanna LeSage is currently a Recreation Therapist with Addictions and Mental Health – Edmonton Zone – Young Adult Services - Alberta Health Services, coordinating the Challenge by Choice program. Previous work experience includes 25 years of providing recreation therapy services in the mental health field to youth (12 to 18 years of age), adult forensic and acute psychiatry clients. Deanna has served on both the Alberta Therapeutic Recreation Association and the Canadian Therapeutic Recreation Association Board of Directors. Deanna has been the recipient of several recreation therapy awards including both the Alberta Therapeutic Recreation Association and Canadian Therapeutic Recreation Association Professional of the Year Award in 2007 and 2010.

**DR. ZINIA PRITCHARD Certified Spiritual Care Practitioner**
Zinia Pritchard is a certified spiritual care practitioner through the Canadian Association for Spiritual Care, with a doctoral focus on spirituality within palliative care. She currently serves as AHS Senior Practice Lead for Spiritual Care and as a Senior Practice Consultant with a focus on Allied Health Education, and MAID. Zinia is a seasoned palliative practitioner and spirituality educator with a track history in medical education—her health care career has been dedicated to empowering health care providers in the spiritual dimension of their practice. Academically, Zinia has taught in a variety of venues, most recently as Research Associate within the Arts & Humanities in Health & Medicine program, Faculty of Medicine, U of A (integrating spiritual health competencies within undergraduate medical education). Zinia is currently under contract with Oxford University Press, Palliative Medicine, to author a book on contemplative spirituality across the palliative spectrum.
This year’s symposium will be held in Edmonton, Alberta at the Radisson Edmonton South, located at 4440 Gateway Boulevard, Edmonton.

*Please call and book your rooms through the Radisson Edmonton South and tell them you are a part of the ATRA Symposium.*

**Registration Costs**

- Early Bird (August 15- September 12) = $360.00
- Symposium Fee = $425.00
- Students = $300.00
- Webinar = $200.00

For members with CTRS designation: CEU pre-approval is in process. ATRA (AB), ATRA (US) and NCTRC cannot guarantee that every session offered for this continuing education opportunity will be granted CEUs.

*Registration is online and may be found at the following link:*


*Looking to find out more about the location of the Symposium?*

Edmonton, the capital city of Alberta, sits on the North Saskatchewan River and is known for its river valley and music and arts community. Edmonton features its history through the 1846 Fort Edmonton Park and home to one of North America’s largest shopping and entertainment complexes – West Edmonton Mall. Be sure to check out the transforming downtown and entertaining night life on Whyte Avenue.

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During our 2016 ATRA Symposium we want to ensure that any person wanting to increase their learning experience can do so. We will be complying with the Canadian Legislation, which includes: Canadian Charter of Rights and Freedoms, Canadian Human Rights Act as well as the UN Convention on the Rights of Persons with Disabilities. If you have any questions about accommodations please do not hesitate to contact our Symposium Committee Chairs Pamela Russ or Jaclyn England @ symposium@alberta-tr.org
2016 ATRA Symposium Presents - Throwback Thursday!

In honor of ATRA's 30th anniversary, the Thursday night social will be an 80's style 'Name That Tune' and Trivia game! Come dressed in your best 80's attire and compete against other Symposium attendees to see who has more music knowledge! The fee is $20/person and includes 1 drink ticket, delicious appetizers, and the chance to win great prizes!