

2011 ATRA Webinar Series

SERIES A: COMMITTEE ON ACCREDITATION OF RECREATIONAL THERAPY EDUCATION: AN ACCREDITATION PRIMER FOR EDUCATORS AND PRACTITIONERS

- **Session A1: Introduction to the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and the Committee on Accreditation of Recreational Therapy Education (CARTE)**

Date: Friday, January 7

Time: 12:00 – 1:00 EST

ATRA Academy Faculty: Peg Connolly, Ph.D., LRT/CTRS
Thom Skalko, Ph.D., LRT/CTRS
Ray West, MS, LRT/CTRS

Session description: An overview of academic accreditation of the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and the evolution of the Committee on Accreditation of Recreational Therapy Education (CAAHEP)

- **Session A2: Standards and Guidelines for the Accreditation of Recreational Therapy Education**

Date: Friday, February 18

Time: 12:00 – 1:00 EST

ATRA Academy Faculty: Peg Connolly, Ph.D., LRT/CTRS
Thom Skalko, Ph.D., LRT/CTRS
Ray West, MS, LRT/CTRS

Session description: This session will offer an in-depth review of the Standards and Guidelines for the Accreditation of Recreational Therapy Education.

- **Session A3: CARTE Procedures for Accreditation**

Date: Friday, March 18

Time: 12:00 – 1:00 EST

ATRA Academy Faculty: Peg Connolly, Ph.D., LRT/CTRS
Thom Skalko, Ph.D., LRT/CTRS
Ray West, MS, LRT/CTRS

Session description: The procedures for accreditation of recreational therapy education will be reviewed. Participants will engage in a review of the procedures and process for seeking accreditation of recreational therapy education and the self-study process.

SERIES B: GERIATRIC

This first session will be 2 hours in length while all other sessions will be 1 hour in length.

SPECIAL!!!! ATRA members note this Series elicits four (4) hours of continuing education for the price of three (3). That's only \$10 for .4 CEUs when pre-purchasing CEUs with your entire Series B order!

- **Session B1: Experience Matters: Enhancing Quality of Life Through Recreational Therapy in the Nursing Home.** *This session is 2 hours in length and will be offered as a convenient pre-recorded replay including Q&As from administrators, nursing staff and social workers. (.2 CEUs for the price of .1!*

Date: Friday, January 14

Time: 1:00 p.m.

ATRA Academy Faculty: Linda Buettner, Ph.D., LRT, CTRS
Timothy Legg, Ph.D.

Session description: the purpose of this webinar is to discuss the role of recreation therapy in the long term care setting. After a review of applicable CMS definitions, the emerging roles of the CTRS in the long term care setting will be explored. The role of recreation therapy (RT) as it relates to MDS sections F & O will be examined and the

current evidence of recreation therapy's impact on care quality. The webinar concludes with a discussion of the RT as therapist in the SNF and how their role differs, but is synergistic in achieving positive resident outcomes.

- **Session B2: MDS: An Opportunity for Revolutionary Changes for RT in Skilled Nursing Facilities**

Date: Friday, January 28

Time: 1:00 p.m.

ATRA Academy Faculty: Sharon Nichols, CTRS/L

Session description: This session will provide insights into the newly implemented MDS 3.0 Resident Assessment Instrument for skilled nursing facilities. Not only does the MDS 3.0 change the way that we assess and care for residents but also is the driving force behind culture change in long term care facilities. The MDS 3.0 is the catalyst for "resident centered" care and giving the resident a voice in how important things are in their lives and why "we" must accommodate for the resident's life-long routines and preferences. For the first time since the passage of OBRA in 1987, quality of care and quality of life/well-being are viewed as having equal importance in a person's health and well-being. Recreational Therapy ought to be a dynamic and significant force in affirming residents' rights to be engaged in meaningful ways and be able to achieve their highest practicable level of health and well-being.

- **Session B3: Coverage for Recreational Therapy Active Treatment**

Date: Friday, February 25

Time: 1:00 p.m.

ATRA Academy Faculty: Tim Passmore, Ed.D., CTRS

Session description: This session will review the CMS requirements for provision of RT in an active treatment setting and discuss in which treatment settings Recreational Therapy is covered.

SERIES C: PROFESSIONAL ISSUES

- **Session C1: State Licensure: Towards a Sustainable Future for Therapeutic Recreation**

Date: Wednesday, February 16

Time: 1:00 p.m.

ATRA Academy Faculty: Bob Riley, Ph.D., CTRS

Session description: TR is at the crossroads of professional development. While many of the significant benchmarks for professional growth are well established, one area of neglect has been state legal recognition (licensure). This session will address the critical need for the establishment of state licensure for the practice or recreation therapy. It will provide an overview of the relationship between state licensure and national certification (NCTRC) and how these two credentialing processes can work effectively in unison. A review of the strategic steps necessary for the successful establishment of state licensure will be presented. In addition, a review of successful state licensure programs will be provided to help identify critical issues that exist within the state licensure procurement process.

- **Session C2: NCTRC Specialty Certification**

Date: Wednesday, March 2

Time: 1:00 p.m.

ATRA Academy Faculty: NCTRC Staff

Session description: This session will introduce the NCTRC Specialty Certification Program developed to formally recognize CTRSs who have acquired advanced knowledge and experience in specific practice settings. Session content will include an overview of the Standards, entry qualifications, and recertification requirements pertaining to the Specialty Certification Program.

- **Session C3: Guidelines to a Successful Therapeutic Recreation Internship**

Date: Wednesday, March 30

Time: 1:00 p.m.

ATRA Academy Faculty: Kelly Edens, CTRS
Cecilia Rider, CTRS

Session description: Discussion on how to build a successful and comprehensive internship program/fieldwork from an agency perspective from interviewing applicants to completing the final evaluation.

SERIES D: STRENGTHS-BASED PROGRAMMING SERIES

- **Session D1: Strengths- and Theory-Based Therapeutic Recreation Practice: What Is It?**

Date: Friday, March 25

Time: 1:00 p.m.

ATRA Academy Faculty: Lynn Anderson, Ph.D., CTRS
Cynny Carruthers, Ph.D., CTRS
Linda Heyne, Ph.D., CTRS
Colleen Hood, Ph.D., CTRS

Session description: We are experiencing a paradigm shift in health, human, and recreation services from a medical model, deficits orientation to a strengths approach. What is strengths-based practice? What are its theoretical underpinnings? How is therapeutic recreation practice different when using a strengths approach? In this session, we will explore this exciting paradigm shift and discuss how therapeutic recreation, with leisure at its heart, can flourish.

- **Session D2: Strengths-Based Therapeutic Recreation Practice using the LWM and the LWMEA Models**

Date: Friday, April 8

Time: 1:00 p.m.

ATRA Academy Faculty: Lynn Anderson, Ph.D., CTRS
Cynny Carruthers, Ph.D., CTRS
Linda Heyne, Ph.D., CTRS
Colleen Hood, Ph.D., CTRS

Session description: Therapeutic recreation models help us to conceptualize and plan our services as professionals. This session will discuss in depth the Leisure and Well-Being Model (LWM) (Hood & Carruthers) as a framework for therapeutic recreation practice from a strengths, leisure-based approach and the Leisure and Well-Being Model: An Ecological Approach (LWMEA) (Anderson & Heyne) as an extension and further development of the LWM model using an ecological perspective. Both models will bring the strengths approach to life for therapeutic recreation practitioners and students.

- **Session D3: Strengths-Based Therapeutic Recreation Assessment: Tools for Positive Change**

Date: Friday April 15

Time: 1:00 p.m.

ATRA Academy Faculty: Lynn Anderson, Ph.D., CTRS
Cynny Carruthers, Ph.D., CTRS
Linda Heyne, Ph.D., CTRS
Colleen Hood, Ph.D., CTRS

Session description: At the heart of therapeutic recreation practice is the art of building strengths in the individuals we serve. Similar to other health and human services professions, therapeutic recreation is historically grounded in the medical model of practice, which has typically focused on people's problems, deficits, and disabilities. In recent years, a sea of change has occurred in health and human services which focus on orienting services toward people's individual strengths, assets, talents, and aspirations. In order to systematically build strengths, we must systematically assess them. This session focuses on some of the assessment tools and approaches that can be used to assess the internal and external strengths of our participants. The session will help orient therapeutic recreation specialists toward strengths-based practice by giving them practical tools for positive change.

SERIES E: GERIATRIC INTERVENTIONS

- **Session E1: Aromatherapy for Dementia Care**

Date: Wednesday, May 4

Time: 1:00 p.m.

ATRA Academy Faculty: Stephanie Courtney, MS, CTRS

Session description: This session provides an overview of clinical aromatherapy as an intervention for patients with dementia. Participants will review existing research and learn how to implement a clinical aromatherapy program at the facility level.

- **Session E2: Meditation as an Intervention in Recreational Therapy Practice**

Date: Wednesday, May 25

Time: 1:00 p.m.

ATRA Academy Faculty: Nancy Richeson, Ph.D., CTRS

Session description: This session will provide the CTRS with an understanding of how meditation can be used as an intervention in RT practice. A review of literature will be presented as well as guidelines and instruction in a variety of meditation techniques. Meditation is a valuable tool used to 'tune in'. Learning to 'sit' with feeling and emotions can be very challenging for us and our clients. Meditation can calm anxiety, decrease depression, and enhance well-being and quality of life.

- **Session E3: Non-pharmacological interventions for pain: Treating Older Adults with Dementia**

Date: Wednesday, June 8

Time: 1:00 p.m.

ATRA Academy Faculty: Nancy Richeson, Ph.D., CTRS

Session description: This session will provide the CTRS with an understanding of pain management issues of older adults with dementia in LTC including pain assessment tools and protocols for delivery of services. An understanding of how the CTRS can be a valuable part of the treatment team by providing non-drug interventions that assist the resident to cope, divert attention, and engage in meaningful recreational pursuits will be offered.

SERIES F: BEHAVIORAL HEALTH

- **Session F1: Understanding Psychoactive Medications: Implications for RT Practice**

Date: Wednesday, June 22

Time: 1:00 p.m.

ATRA Academy Faculty: Stephanie Courtney, MS, CTRS

Session description: Participants will receive an overview of the major classes of psychoactive medications, including indications, dosing options, and side effects. We will discuss how the use of these medications can impact your RT programming in an inpatient setting.

- **Session F2: Impact of Wii on Mental Health**

Date: Wednesday, July 6

Time: 1:00 p.m.

ATRA Academy Faculty: Debbie Pate, MS, CTRS/R

Session description: Most recreational therapy treatment involving the Nintendo Wii has been in physical rehabilitation; however, it is gaining a place in the mental health treatment of patients of all ages. Evidence supports Wii involvement builds social skills, improves fitness, increases attention, enhances mood and develops creativity among many other benefits. This session will give you ideas to use the Wii in your treatment sessions as well as evidence supporting "Wii Therapy" with your clients.

- **Session F3: Recreation Therapy and the Recovery Model Philosophy: A Perfect Pairing.**

Date: Wednesday, July 20

Time: 1:00 p.m.

ATRA Academy Faculty: Martha (Marti) Murchison-Winterhalter, CTRS

Session description: Discover how the Recovery model, together with Therapeutic Recreation interventions, can create a culture of healing, for consumers of mental health services that help them in their recovery journey.

SERIES G: APHASIA

- **Session G1: Understanding Aphasia: How the Recreational Therapist and Speech-Language Pathologist can Partner in the Recovery Process**

Date: Friday, July 8

Time: 12:00 p.m.

ATRA Academy Faculty: Ellayne S. Ganzfried, CCC-SLP
Lisa Morgan, CTRS

Session description: This session will provide specific information on the diagnosis of someone with aphasia and the impact it has for Recreational Therapists and Speech Language Pathologists working together in aphasia rehabilitation, education and advocacy. Information will be shared regarding current statistics, common misconceptions and facts, general difficulties that a person with aphasia may experience and communication strategies. The ongoing programs, services and resources available through the National Aphasia Association will be identified and the opportunities for partnering between the RT and the SLP will be highlighted.

- **Session G2: Aphasia Community Education, Advocacy and Outreach**

Date: Friday, July 22

Time: 12:00 p.m.

ATRA Academy Faculty: Ellayne S. Ganzfried, CCC-SLP

Session description: This session will describe the ongoing programs, services and resources available through the National Aphasia Association. Participants will learn how to define, recognize and communicate better with people with aphasia. Strategies for increasing awareness of aphasia, community education and advocacy will be presented along with results of a previously conducted needs assessment. Future implications will be addresses for helping people with aphasia move forward with their lives and suggestions for local initiatives will be discussed. Participants will have the opportunity to discuss and share ideas.

- **Session G3: Aphasia Community Group and Support Systems: Where to Begin**

Date: Friday, August 5

Time: 12:00 p.m.

ATRA Academy Faculty: Ellayne S.Ganzfried, CCC-SLP

- Session description: A critical goal for people with aphasia is to develop community resources and support networks. Aphasia Community Groups, information/support groups for people with aphasia are one of the few low cost options to help people with aphasia move forward with their lives. The current number of groups is insufficient to meet the needs of people with aphasia across the country. The recreational therapist is the ideal professional to facilitate these groups. This session outlines the needs and possibilities for creating and maintaining aphasia community groups. It will include the initial "how tos" of setting up a group with specific suggestions regarding activities, logistics and administrative issues related to implementing groups and strategies for success.

SERIES H: CLINICAL INTERNSHIP INSTRUCTOR TRAINING

This particular webinar series will have some extra readings and homework attached to it. After successfully completing all of these sessions and the post tests, the participant will receive a certificate of completion.

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- **Session H1: Foundations of Clinical Supervision and Internship Supervision**

Date: Friday September 30

Time: 1:00 p.m.

ATRA Academy Faculty: Deborah Hutchins, Ed.D., CTRS

Session description: This session will provide an introduction to clinical supervision and its application in TR practice. The focus will be on content and assessment activities to determine the readiness of the practitioner, program, and agency to offer an internship opportunity to students seeding a capstone experience in TR. The focus of the session will be on the internship instructor/supervisor. It will provide information and activities to assist with the development and evaluation of the internship process. The focus of this module will be on the development of material and processes that will ensure an effective internship program.

- **Session H2: The Role of Supervisor: Mastering the Competencies**

Date: Friday October 14

Time: 1:00 p.m.

ATRA Academy Faculty: Deborah Hutchins, Ed.D., CTRS

Session description: This webinar will address the development of competencies in the “supervisory” aspect of clinical internship instruction/supervision. The supervisory category includes competencies related to the supervision or oversight provided during the internship. The goal of supervising in the clinical setting is to establish student expectations and goals, provide immediate feedback, and accomplish desired outcomes.

- **Session H3: The Role of Teacher: Mastering the Competencies**

Date: Friday October 28

Time: 1:00 p.m.

ATRA Academy Faculty: Colleen Cooke, Ed.D., CTRS

Session description: This webinar will address the development of competencies in “teaching” aspect of clinical internship instruction/supervision. The teaching category includes content and activities to develop competencies related to the instruction provided by the internship supervisor. The goal of the teaching component of clinical supervision is that the student acquires knowledge, skills, and/pr abilities related to the practice of Therapeutic Recreation.

- **Session H4: The Role of Counselor: Mastering the Competencies**

Date: Friday November 11

Time: 1:00 p.m.

ATRA Academy Faculty: Colleen Cooke, Ed.D. CTRS--November 11

Session description: This competence category relates to counseling the student through reflection and exploration of feelings and behaviors related to the internship experience. The goal of counseling in the clinical setting is to mentor the student in ethical practice, guide self evaluation, enhance counseling skills, and engage students in the total process of practice.

SERIES I: WORKING WITH PERSONS WHO ARE IN HOSPICE OR PALLIATIVE CARE

- **Session I1: The Role of Recreation Therapy in Hospice**

Date: Wednesday, October 19 **Time:** 1:00 p.m.

ATRA Academy Faculty: Karen Tomasello, CTRS

Session description: The purpose of this session is to explore the role of Recreation Therapy in the area of Hospice care, as well as examine how Recreational Therapy interventions can improve the overall quality of life of individuals receiving Hospice and Palliative Care services at end of life.

- **Session I2: Supporting Those Who Are Grieving**

Date: Wednesday, October 26 **Time:** 1:00 p.m.

ATRA Academy Faculty: Debbie Robinson, CTRS/L

Session description: Grief and loss touch all of our lives but our culture often backs away in discomfort. Understanding grief signs and symptoms can enhance your practice and humanity.

- **Session I3: Structuring Bereavement Support Groups**

Date: Wednesday, November 16 **Time:** 1:00 p.m.

ATRA Academy Faculty: Debbie Robinson, CTRS/L

Session description: Peer support for those grieving lost loved ones can be a powerful tool in resuming normal functioning. Join us for an overview of how to structure bereavement groups for a variety of losses to assist individuals to regain their footing.