RecTherapyToday.com

Monthly Newsletter
January 2018

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Welcome Message

Howdy Rec Therapist Friend –

Welcome to the first issue of Rec Therapy Today in 2018!

I plan to update the blog page and make it look more professional before the end of January. You may have noticed the new logo.

We'll have easy-access links for our continuing education and career opportunities posted at RecTherapyToday.com soon.

Keep your eyes posted for updates!

Share this link on social media sites:

http://www.RecTherapyToday.com/Jan2018Issue.pdf

Your friend and partner in Rec Therapy, Danny Pettry,

Danny W. Pettry II, M.Ed., LPC, NCC, CTRS, Lifetime Member of ATRA
Founder of Danny Pettry's *Rec Therapy CEUs* and *Rec Therapy Today*

Danny Pettry LLC, 1509 Walnut St. # 5, Kenova, WV 25530
Danny Pettry's Personal email: Danny@DannyPettry.com

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Humor Therapy Section

"Remember our former product, 'The Resolution', that people only used on January 2nd of each year?"

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The Wonderful Journey of the CEU

By Barbara Bond-Howard, MA, CTRS/R, CDP, CADDCT
www.RecreationTherapyElearning.com

Hiking is like getting CEUs. You need to plan where you are going and then look forward to the adventure. Continuing education can be fun. For many it is a necessity that must be completed in order to stay a certified therapist. But I've found that getting quality CEUs is what has prevented my burnout in our field. It takes quite a bit of perseverance to make it past 5 years in our field. We are motivators and healthcare is constantly changing. For some, adding the requirement of getting 50 hours of education every 5 years is a burden. I hope you aren't one of them. I'm sure reading Danny's monthly newsletter keeps you motivated and you are getting new ideas for CEUs.

When I designed my RecreationTherapyElearning.com website, it was designed for my students in my live learning classes. It was a chance to learn more on what we couldn't cover in a one day course. But it has grown to more than my "live learners " and I'm thrilled. I simply can't get everywhere I'd like to teach. *Our mission is to: " educate Recreation Therapy Professionals with medical information and evidence based practices to improve the lives of the patients and clients with whom they work."*

There are a lot of opportunities out there for on-line learning. If you're looking for "get 'em cheap- I'm already burned out CEUs" you don't have to look very far. Social media is always waving ideas at you. But for the conscientious therapist you want to understand what it takes to get quality CEUs.

1. **CREDIBILITY**: The International Association of Continuing Education and Training (IACET) has steep requirements. I took their 50 hour class (no I didn't get CEUs for it) and all of my classes meet these requirements. There are many aspects that need to be met in taking a CEU you might never think about. NCTRC requires us to sign a statement that says we meet IACET requirements. My classes do. Conflict of interest is an example but there are many more! Question all CEU providers as to where they stand on IACET. They should be able to tell you immediately. All of our classes are "NCTRC Pre-Approved" as well.

2. **ENDURANCE:** How long has the instructor been in the field? Time in the field provides stability for learners. The person has been through many experiences and can begin to find patterns that can be helpful in education. I began Ptarmigan West in 1990. Primarily, for the first 15 years, I was educating RNs, PTs, OTs. and SLPs on the topic of visual neglect after stroke. (That's why I have so many classes on this topic on my website.) You probably didn't know a Rec. Therapist would be teaching other professionals, but, I got really into it (while also working in a clinical setting). My material has taught tens of thousands of students over the past few decades. In 2006 I began teaching live seminars on various topics both regionally and nationally. In 2014 we began

our on-line seminars. Ptarmigan West has evolved. My 30 plus years as a clinician has been my stabilizer.

3. **INTEGRITY:** Is the end product the CEU or is it worthwhile education that you can use? Let's face it, we all need CEUs. But the reason is so that we can continue our education. We are not just trying to gather the units. I once presented at a National ATRA conference where one attendee signed in, sat down in the back row, put her head down and slept for the 90 minutes. She was clearly hungover, but that's beside the point. She didn't get one iota of information for the session. She wasn't even awake to receive a handout as they were passed by and didn't ask for one as she signed out and left. She got her "unit" but no education. Pointless, isn't it?

4. **LEARNING:** Education should stick with you long after your CEU expires. Our inspiration, as quoted from Benjamin Franklin: "Tell me and I forget. Teach me and I remember. Include me and I learn." At Ptarmigan West we have signed on to the E-learning Manifesto that states an online CEUs should not just be a "read it and take a test" course. That isn't learning. If you're going to be on the internet for your education you should be including it. I'm not the sole authority on each class I teach, but with the help of the internet I can steer you to others that can enhance what I'm teaching. I can't do that as well in my live classes but the E-learning Manifesto has changed how I view education. It's exciting and a lot of fun. (Yes, I'm saying that your CEUs can be fun too). If you go to ElearningManifesto.org and find the date in 2014 that I signed this education promise, (look under "Signatories") email me and I'll give you a code to take 30% off a course of your choice. (And my online classes are already priced affordable for the resources and education that you get) (barbara@PtarmiganWest.com)

5. **QUALITY:** We focus on effective presentations that reach learners at their learning style. What is the instructor's knowledge and experience on the topic? If you are solely reading someone else's material and taking a test than they really aren't teaching you anything. I can appreciate Danny's love for reading and he screens the books he finds useful and pertinent in our field. Not just any book cuts the mustard for him. He's using books that he finds helpful in his work.

So why is hiking like a CEU? When I go on a trail it's comforting to know that someone has cleared the path before me. I get the joy of the adventure and coming back afterwards a slightly different - better person. Every hike teaches me something about myself and the world around me. I enjoy providing a path for others on this CEU journey and I enjoy the path of learning from others who have dedicated their careers to the many patients and clients they have served.

Enjoy your CEUs. Don't just endure them. You wouldn't go on a hike only because "it's good for you". You go for the journey. Let's return to why CEUs are required: For the education not the unit.■

January Contest

I'm giving away One FREE registration to my NEW five-clock hour self-study CEU course "Interpersonal Success Secrets"

Value of course with book is $120. The book will be sent to the winner too!

The winner will also receive a really nice bookmark, which is (a $10 amazon gift card).

Deadline to enter is before midnight (Eastern Time) on January 12, 2017.

No purchase necessary. Odds of winning depend on number of entries.

Here is the link to enter this contest:

http://www.dannypettry.com/NewYearContest.html

December Contest Winners

Howdy Rec Therapist friend --

The December winners were selected.

Grand prize winner gets a $25 amazon and a twenty clock hour CEU bundle.

- Kerri S. (Wisconsin) Odds of winning this prize was 1 out of 309 (0.003)

Nine runner-up winners are get a $10 amazon gift card. Odds of winning were 9 out of 308 (0.029)

1. Melanie H., (Michigan)
2. Cassandra F. (Indiana)
3. Allison G. (North Carolina)
4. Danielle C. (Michigan)
5. Madelene H. (Nevada)
6. Anna H. (California)
7. Beth M. (North Carolina)
8. Sheena N. (North Carolina)
9. Paige D. (California)

A random number generator was used to select the winners.

Do you want to be a winner too?

It's simple.

Invest in your education. Invest in your career. Invest in your success.

That's the way to be a winner.

Go here to sign-up for a course:

http://www.dannypettry.com/courses.html

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Continuing Education Opportunity of the Month

Introducing our new self-study course topic:

Interpersonal Success Secrets

Description: Researches argue that emotional intelligence and social intelligence may be better predictors of success compared to IQ alone. This session focuses on interpersonal skills needed for facilitating groups (including treatment groups for patients) or (professional groups).

TR Knowledge Areas:

- # 2. Theories of human behavior and principles of behavioral change:
- # 4. Principles of group dynamics and leadership
- # 15. Psychiatric disorders and related impairments (lacking interpersonal skills)

Length of Session: Five Clock Hours (0.5 CEUs)

Course Requirements: Independent learner (Self-Study Student) must

- Read *Captivate: The Science of Succeeding with People* by Vanessa Van Edwards.
- Pass a written test with a score of at least a 70% of better within a one-year timeframe.
- Optional assignment: post a comment in the member's area on applying knowledge to recreation therapy practice.

Bonus: You'll also get access to an online book review with suggestions for TR practice by Danny Pettry.

Registration page has a BIG Discount. It'll end soon.

http://www.dannypettry.com/gift.html

100% Satisfaction Guarantee – We're the only online CEU program that offers a 360-day money back guarantee!

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Infographic of the Month

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Some Tips for Getting Motivated in 2018

Permission to share from Jack Canfield's Breakthrough to Success

2018

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Rec Therapist of the Month

Michelle Lisa Garvie

- Michelle Lisa Garvie earned her Baccalaureate in Arts – Specialization in Therapeutic Recreation, Minor in Psychology from Concordia University, Montreal Québec June ,2005

- Michelle is a member of Federation Quebecoise du Loisir en Institution.
- Michelle Lisa Garvie is a former Peg Connolly Scholarship Winner.

"I became a Rec. Therapist so I could work with the elderly and make a difference in their lives like they did for generations before us. They are such a wonderful population to work with and they have so much to teach us."

She currently provides individual and group interventions for geriatrics who are autonomous and some who are semi-autonomous.

"I love interacting with the residents and their families. I also love how the residents respond to the activities it is such a great feeling. I love how every day is a new day and you do not know what it will bring."

- **What would you recommend a new rec therapist to do?**

"My recommendation to a new recreational therapist is the key to this job is to get to know your clients that is very important. Yes sometimes it takes time but it is very worthwhile."

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- **Where do you see the future of rec therapy?**

  "I see a long future for rec therapy is very necessary in nursing homes and it brings so much to the elderly and it brightens there days and it gives them a sense of purpose."

- **Who is a recreation therapist who you admire and why**?

  "A recreational therapist I admire is Valerie Allard, she works at the Centre Champlain in Brossard. I like her approach to programming and I like her person-centered approach with the clients. I also like how she is with staff and volunteers. She is a person who is very approachable and who always has time for you."

- **What other information would you like to share?**

  "I find as a rec therapist it is important for us to go to conferences and workshops to always learn new things and keep up to date on what is going on in the field for it will make us better rec therapists."

- **What do you enjoy about *Rec Therapy Today*?-**

  "I like the articles and the information it provides, I always want to learn and stay apprised on what is what is happening in the field."■

Do you want to be featured as a "Rec Therapist of the Month" at of *Rec Therapy Today*? Email Danny (Admin@DannyPettry.com)

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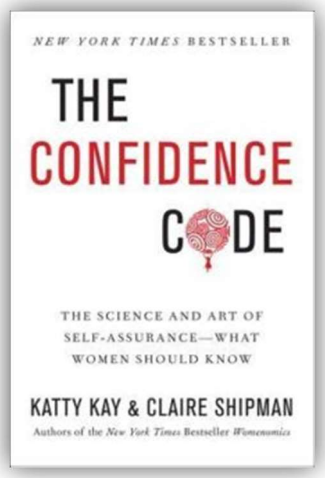
Book of the Month



Title: *The Confidence Code*

Subtitle: *The Science and art of self-assurance – what women should know*

Authors: Katty Kay and Claire Shipman

Publication Date: April 15, 2015

Publisher: Harper Business

How I Discovered This Book:

I love reading and learning. I check out at least one book from the library every week. I run a very (very) small business (DannyPettry, LLC). I'm often looking through the business books.

The Confidence Code caught my eye in the business section. I almost jumped over it, thinking, I don't really need that because I think "I'm a confident guy." However I read the subtitle and noticed it was for women. Recreational therapist are primarily female. Recreational Therapists who using my training and programs are primarily women too. I thought, maybe I should read this book.

Some information from the book

Kay and Shipman (2015) did their homework. They met with psychologists and successful people. They reviewed the literature and studied. This book is based on evidence. Here are a few thoughts from the book:

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Waiting until you're perfect won't help.

Kay and Shipman (2015) argue that many women believe they need to be perfect or near perfect before they go for something (like a new job). The authors argue that men will go for something big with about half the competence to do it) but go for it anyway. As a result, a male with half the competence but full confidence gets the job over a female who is twice as competent, but only half confident.

Confidence might determine salary

Kay and Shipman (2015) argued that the salary difference between men and woman may be impacted by this confidence code. In example:

- A male (with minimum competence) may have a lot of confidence and ask for a larger salary when hired.
- A female (with high competence) may have low confidence and accept the first salary suggested by the employer.

Of course, confidence isn't the only reason for the pay gap.

Dwelling won't help

There are some differences in how people handle losing. Kay and Shipman (2015) argue that men may have more experience dealing with loss due to playing sports. They have lost a lot of games already because no sports team has a perfect record. They move to the next game. Other people (and perhaps, more often women) dwell on a loss. Dwelling wont' change the past, but it might leave person standing still in the present due to fear of losing again.

Some of it is genetic, but you can still improve.

Kay and Shipman (2015) point out research that some people are born genetically more resilient. Other people have genes that make them more likely to be anxious. However, it isn't fixed. A person can still change thinking styles and become more resilient, confident, and able to thrive.

Some Tips from the Book:

Of course, Kay and Shipman (2015) had suggested these tips for women. However, I'd argue these tips are good suggestions for anyone. Here are my favorite themes from the book.

a.) Go for it. Any of us could lose an election, a job posting, a contest, etc. But you're 100% going to miss out if you don't give it a shot. So, go for it anyway.

b.) Ask questions. Find out what you need to know. Don't afraid of how asking questions might make you appear. Of course, that is easier said than done.
c.) Be decisive and make a decision. Don't wait or go back and forth. Make a choice and go for it.
d.) Take action. This is the most important step. It builds skills and competence. IT also builds confidence.
e.) Outline your own list of personal strengths and accomplishments
f.) Be real and genuine. Don't try to fake it or be someone else.

Check out the book here: http://amzn.to/2CnEKj8

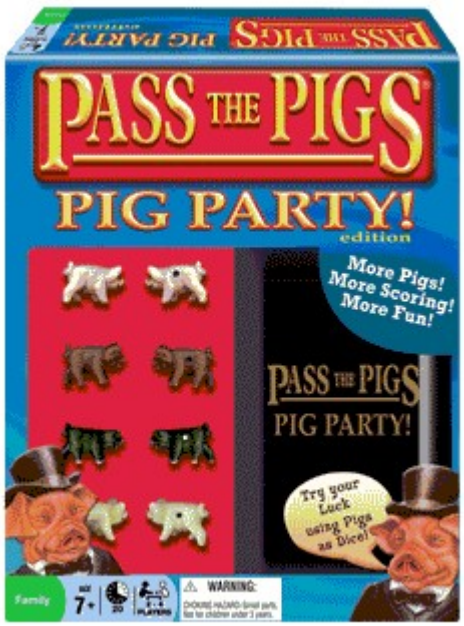
What are your thoughts on this book and the book review?

Post your answers at Danny Pettry's private fb group here:

https://www.facebook.com/groups/rectherapyceus

Do you want your book recommended in a future issue of *Rec Therapy Today*? Email Danny (Admin@DannyPettry.com)

Game of the Month



Pass the Pigs

Danny Pettry comments: Kids in the 90s wore really baggy jeans. (That was my generation). One brother Jimmy had this game. His baggy-skater jeans had pockets that could easily carry this game in it. Of course, a few of my female friends had this game too, which they could easily carry in their purse.

What is in this game?

This game has eight (8) small pigs, which are really 8 small dice. There are score sheets too. Pease note that the small pigs are a choking hazard for really young kids.

How to play?

Players earn points pending on how their pigs land. If two pigs land on all four feat they earn 20 points. It is difficult, but not impossible for a pig to land on nose or tail. There are numerous combinations for how the pigs could land and what points or consequences may happen.

Check out the game here: http://amzn.to/2Ch8gHO

Do you want your game recommended in a future issue of *Rec Therapy Today*? Email Danny (Admin@DannyPettry.com)

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Website of the Month

The Upside to Aging

Danny Pettry comments: I had taken courses on leisure and aging in both undergraduate school (at Marshall University in Huntington, West Virginia) and during graduate school (at Indiana University through Bloomington, Indiana). One thing was certain: there is a growing number of people (from the baby boomer generation) who are now in their senior years. It is very likely that a person working in recreation will be providing services for people who are elderly.

Recreation therapists who provide services for the geriatrics will definitely want to check out Molly Wisniewski (LeGran's) web-site, *The Upside to Ag*ing. She has a M.A. in the Management of Aging Services. Molly's site has a blog that features useful information. Molly also provides consulting services.

Check out the site here: https://theupsidetoaging.com

Do you want your website recommended in a future issue of *Rec Therapy Today*? Email Danny (Admin@DannyPettry.com)

American Therapeutic Recreation Association Section

Have you thought about presenting at ATRA 2018?

The Association is seeking presenters for the 2018 conference in Michigan.

I'm submitting a presentation outlines and I hope to present at least two trainings at ATRA 2018!

I hope you'll consider presenting too. Go for it. Take the leap. ATRA needs you.

Go here: https://proposalspace.com/calls/d/842

Have you about volunteering your time for ATRA?

ATRA Members can volunteer for any of these current leadership positions.

- Awards – Co-Chair needed
- Commission on Accreditation of Rehabilitation Facilities (CARF) – Co-Chair Needed
- Coverage – Co-Chair Needed
- Joint Commission
- Membership – Chair and Co-Chair Needed
- Newsletter – Co-Chair Needed
- Professional Development (new committee!!) – Chair and Co-Chair
- Research – Editor/Co-Editors for ATRA Annual
- Social Media (new committee!!) – Co-Chair Needed
- State Public Policy – Co-Chair Needed

Go here: https://www.atra-online.com/welcome/committee-chair-resources

Danny Pettry: I've been asked to volunteer for the membership co-chair. I've disclosed my possible conflict of interesting operating *Rec Therapy Today* and my online CEU program. Some people believe I can still help. I think I can help increase ATRA membership numbers, too, I'm going to apply for the position!

Disclosure: Danny Pettry is not an ATRA board member. Danny Pettry is not a hired spokesperson for ATRA. Danny Pettry is a lifetime member of the ATRA. Danny Pettry has an ATRA section in his *Rec Therapy Today* newsletter with hopes to increase ATRA membership.

Go to this link to join:
https://www.atra-online.com/members/join

Career Opportunities

You can browse our most updated career posts for recreation therapists and allied career positions at ***Rec Therapy Today*** by going to this link:

➔ https://rectherapytoday.wordpress.com/tag/career-opportunities/

Do you know of any open Recreation Therapy positions? Email Danny (admin@dannypettry.com) and he'll post it at the ***Rec Therapy Today*** blog for FREE.

You can also browse career posts at Charlie Dixon's ***Therapeutic Recreation Directory*** by going here:

➔ https://recreationtherapy.com/jobs.htm

Do you want to teach continuing education?

You could teach RecTherapyCEUs.com? **Go here:**

http://rectherapyceus.com/become-a-teacher/

Go here to apply: http://rectherapyceus.com/become-a-teacher/

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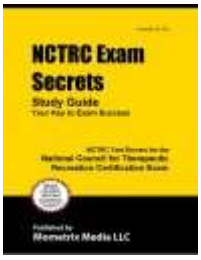
Student Section

Do you want NCTRC Exam Secrets?

Here is a study guide that could help.

Click here for guide



Danny Pettry has a blog post at Rec Therapy Today about passing this exam:

https://rectherapytoday.wordpress.com/2017/08/26/how-to-pass-the-nctrc-exam/

Go to Danny Pettry's affiliate link below to check out this study guide:

http://bit.ly/2iQMv8x

Student Assistance

Danny Pettry paid the student ATRA membership for four lucky students in 2017.

Read the blog post to check out the lucky winners: **http://bit.ly/2vBabnn**

Students: Join Danny Pettry's Rec Therapy Group on Facebook

- Connect with other professionals. Get access to more career posts.
- Please go to the group and post about your college or university. What setting do you want to work? Post your answer. Where do you want to complete your internship at? Post your answer. Who are you seeking out for professional supervision? Post your answer.

Here is the link for Danny Pettry's Rec Therapy Group on Facebook:

https://www.facebook.com/groups/rectherapyceus

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Our Social Sites

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Danny Pettry's Rec Therapy Facebook group:
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Rec Therapy CEUs onTwitter:
https://twitter.com/rectherapyceus

Danny Pettry on LinkedIn:
https://www.linkedin.com/in/dannypettryctrs/

Danny Pettry on Pinterest:
https://www.pinterest.com/DannyPettry/

Danny Pettry on Google+
https://plus.google.com/+DannyPettry

Danny Pettry on YouTube:
https://www.youtube.com/dannypettry

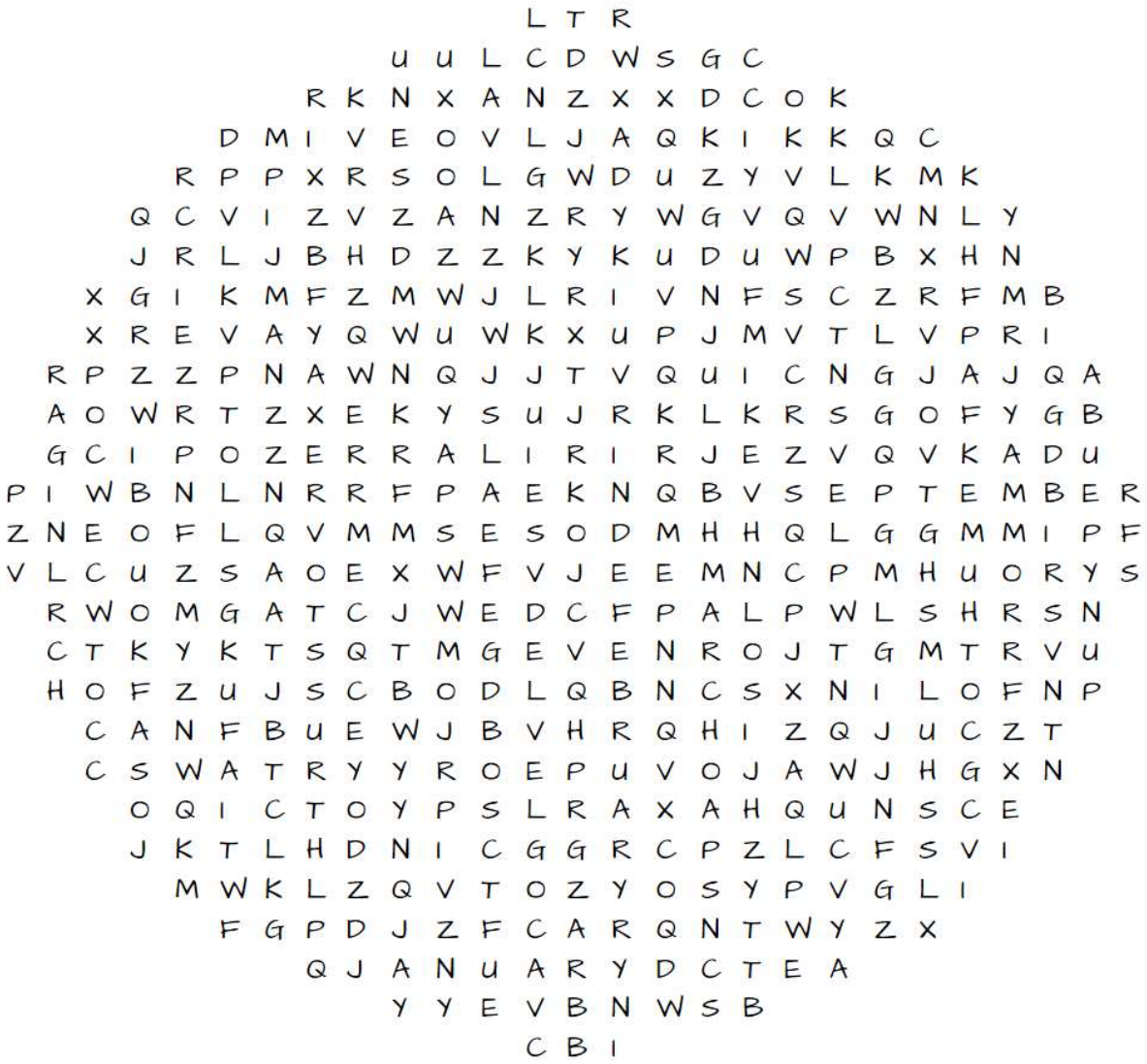
Danny Pettry on Instagram:
https://www.instagram.com/dannypettry/

Myspace for Recreation Therapists – **achieved site**
https://web.archive.org/web/20090318122129/https://myspace.com/recreation_therapy

2018

New Year Ball Drop

Word Search



January	February	March	April
May	June	July	August
September	October	November	December

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New Year Word Scramble

Hint: there are 12 of these in a year. They are the months.

RAPLI _____

STAUGU _____

EBEREMCD _____

ERUBYRFA _____

YNJRAAU _____

YLUJ _____

ENJU _____

CAHRM _____

AMY _____

EVERNOBM _____

EBOORTC _____

PSBEETRME _____

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2018

Danny Pettry's Section

- Christmastime

  We celebrate Christmas in my family. We have a big party and celebration at my parent's house on Christmas Eve. We get a nugget tray from Chick-fil-A and sides, and green punch, and of course cookies. This is when my nieces and nephews open their gifts! I got my oldest nephew a Ninja Turtle lego set. I got my two nieces (who are cousins in the same grade) a Unicorn with baby unicorns. And my little nephew got a firetruck from Speedyway gas station.

  My parents got me grey socks and work shirts. (Laugh aloud). And I love them! These socks are amazing! Yup – that is a sign of being a grownup when you're excited about socks. They also got me a journal and amazon gift card.

- Goals

  Wow – 2018 is here. Have you thought about your goals?
  My mentor Jack Canfield suggests seven areas for goals:

Jack Canfield's Domains	Danny's Goals
Personal (something you just want to do)	Re-do and relaunch my Rec Therapy Today blog! Attend a concert: Lady gaga or Taylor Swift
Health and wellness/ physical appearance	Lose about 10 lbs. from walking three times a week
Career/ business goals	Start large scale speaking/ training Provide more trainings and webinars
Financial (which isn't career)	Provide services that add up to over a million dollars
Personal growth:	Read at least 60 books in 2018
Make a difference:	• Donate at least a $1,000 to charity • Volunteer to help ATRA • Help show others how they can earn income from information products and services
Family goals (Jack includes leisure time with family time). I'm a rec therapist and I make that an 8th section.	Be a positive support for the family
Leisure goals	Finish up writing my inspirational rec therapy book and get it published.

Email Danny: Danny@DannyPettry.com

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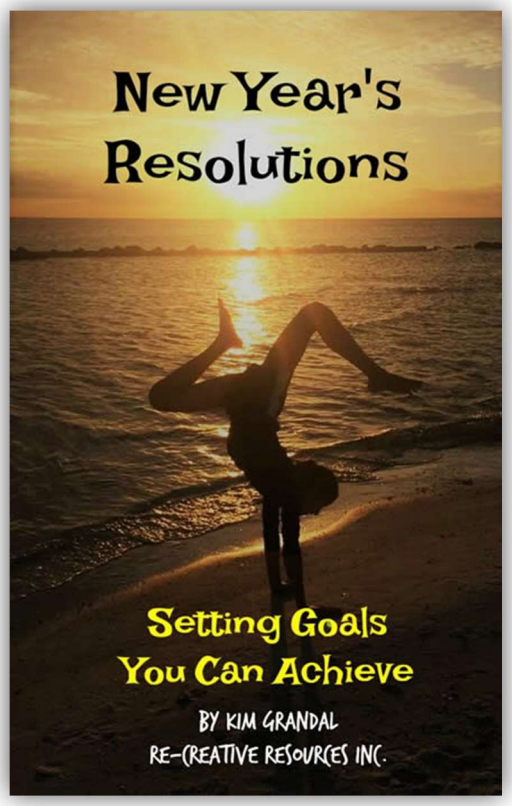
Danny Pettry's Recommendations

Kim Grandal's ***New Year's Resolution*** Guide



Kim shared:

I love sharing free stuffs with you. I know that budgets are tight and you are busy beavers so I created this quick and easy *New Year's Resolution* guide just for you. In this free reference guide, I share some goal setting tips and worksheets that will help guide you in writing more effective resolutions. This is a great activity for the residents, patients, and clients, as well as the caregiver, worker, recreation professional, etc. Resolutions, also called affirmations can be stated at any time, not just during a New Year celebration. So what are you waiting for?

Go grab this new freebie while it's hot!

https://www.recreativeresources.com/New-Years-Resolutions.htm

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Parody Mashups

This is for entertainment/ parody purpose only.

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In fact, Danny Petttry's choice is Classic *Coca-Cola*® or *Coke Zero*®

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