

2019 Therapeutic Recreation Institute Educational Session Descriptions

WEDNESDAY, JUNE 5

9:30 - 10:30 AM

KEYNOTE: The Power of Perspective, Passion and Positivity!

What is every day felt like Friday? Finally, a session created to reverse "burn out" and rejuvenate professionals who have ever considered trading in their credentials for an airline ticket and butterfly net. Your well-being is calling, and it misses you! It's time to recapture your passion and sanity through research-based best practices and real belly laughs.

Speaker: Christopher Ridenhour BA, GFN

WEDNESDAY, JUNE 5

10:45 AM - 12:15 PM

The Power of Plant: Designing RT Activities Using Materials from Nature

Learn about evidence showing the therapeutic benefits of plants and nature for human health and wellbeing.

Participants will engage in a horticultural activity, leaving with instruction for incorporating nature based activities into their RT practice.

NCTRS Job Analysis Code: IMP

Speaker: Jeff McCormack CTRS, Abby Jaroslow, HTR

Person-Centered Leadership: The Inspiring Way to Lead

This session will discuss the importance in empowerment, choice, and meaningful work through person-centered leadership. The session will provide tools and resources to build a successful team.

NCTRS Job Analysis Code: ADM/ADV

Speaker: Melissa Tomko CTRS, CDP

The Use of Virtual Reality as a TR Intervention

This session will explore the history of virtual reality; the physical, cognitive, and emotional benefits of its use and how it can be used as a therapeutic recreation intervention.

NCTRS Job Analysis Code: FKW/IMP

Speaker: Emily Connors MS, CTRS, CDP

WEDNESDAY, JUNE 5

1:30 - 3:00 PM

Developing Programs for LGBT+ Initiatives Fellow

This presentation will explore opportunities for CTRS to create a welcoming environment for LGBTQ+ individuals through the development of inclusive and LGBTQ+ specific programming.

NCTRS Job Analysis Code: FKW/IMP/ADM

Speakers: Victoria Crumbie MS, CTRS; Rabbi Erica Steelman, MAHL, MPP; Alanna Kleinman; Francesca Nevick MS, CTRS, CDP

NCTRC Overview

This session will focus on various aspects of NCTRC including the history, certification standards, special projects, and NCTRC news from the past year.

NCTRS Job Analysis Code: ADV

Speakers: Robin McNeal CTRS; Anne Richard, CTRS

People and Nature/Healthy Connections

Senior residents learn to plant Butterfly Gardens and study life cycle/habitat needs of butterflies before raising Monarchs from caterpillars to butterflies. Their release into the garden - a party celebration.

Speaker: Judith Levicoff

Beyond Ordinary RT: Holistic Modalities for Recreation Therapist PART 1

This double session will give an overview of evidence-based holistic modalities that RT can use in a variety of settings. Techniques such as conscious breathing, guided imagery, and seated yoga will be demonstrated.

NCTRS Job Analysis Code: FKW/IMP

Speaker: Vincent Bonadies MS, CTRS

WEDNESDAY, JUNE 5

3:15 - 4:45 PM

Innovative, Interactive, Individualized Dementia Care that Empowers those Living with Dementia

Caring for those living with dementia care be really hard. Woodside is one of the nation's first dementia-specific personal care communities, and is the basis for our innovative philosophy of dementia care, which has been shared and replicated more than 100 times around the world. The Woodside Care Model offers unique design features, providing a flexible, yet secure living environment that provides a personalized quality of life not possible within a traditional setting. Come and learn about our journey of 28 years.

NCTRS Job Analysis Code: IMP/ASP/ADM

Speakers: Carrie Chiusano PCHA, CADDCT, CDP, ADC; Melissa Tomko PCHA, CTRS, CDP; Marcy Keibler SW, CDP; Brittney Sarnese CTRS, CDP; Baylee Eaton CTRS, CDP

NCTRC Recertification: Continuing Professional Competence

This session provides detailed coverage of the recertification standards. Utilization of the 2014 NCTRC National Job Analysis Study in relation to recertification requirements will be discussed.

NCTRS Job Analysis Code: ADV

Speakers: Robin McNeal CTRS; Anne Richard, CTRS

Beyond Ordinary RT: Holistic Modalities for Recreation Therapist PART 2

This double session will give an overview of evidence-based holistic modalities that RT can use in a variety of settings. Techniques such as conscious breathing, guided imagery, and seated yoga will be demonstrated.

NCTRS Job Analysis Code: FKW/IMP

Speaker: Vincent Bonadies MS, CTRS

Leadership: Conducting the B.E.S.T Interview

Speaker: Kirk Rakos

WEDNESDAY, JUNE 5

6:30 - 8:15 PM

Dementia Care Rehabilitation Innovation: Research Supported Concepts Tools and Approaches

Technology supported engagement can drive successful care for those living with dementia. Until recently, evidence to support the efficacy to tech intervention for dementia care has been scarce as those individuals are often left out the equations since technology is typically seen as a tool for the cognitively intact. This session will offer new research and

insights that will inform options, benefits, and pitfalls to avoid, as we share tools and methods that support care regulatory compliance and outcomes, while enhancing residents, family, and team satisfaction.

Speakers: Carrie Chiusano PCHA, CADDCT, CDP, ADC; Christopher Krause OT/L

THURSDAY, JUNE 6

8:15 - 9:45 AM

Integrating Dialectical Behavior Therapy (DBT) with RT This session will discuss and demonstrate how to integrate the principles and lessons of DBT in Recreation Therapy groups as well as promote Recreation Therapists to learn and teach DBT groups while integrating RT into the program structure.

NCTRS Job Analysis Code: ADM

Speaker: Joby Lefever

Music Therapy vs. Music Therapeutic Recreation

Are you saying I can't use music in my Therapeutic Recreation work? This session will help clear up some of the grey areas related to music therapy and the use of music in long-term care.

NCTRS Job Analysis Code: ADM/IMP

Speaker: Angela Ortiz MT-BC

Is Your TR Career on Target?

This session will review the attitudes of the 2019 work place in America. A group discussion will explore how the TR professional better fits into today's job market. We will review strategies and techniques on how to better market oneself while being an advocate for the field of Therapeutic Recreation.

NCTRS Job Analysis Code: ADV

Speaker: Raymond Archer MA, CTRS

How Therapeutic Recreation Can Evolve a Person- Centered Culture

This session will explain the importance of recreational therapist's role in developing, maintaining, and advancing a person-centered culture for the customer as well as our team members.

NCTRS Job Analysis Code: FKW/ASP/IMP

Speaker: Melissa Tomko CTRS, CDP

THURSDAY, JUNE 6

10:00 - 11: 30 AM

Mindfulness for the Practitioner: Taking Care of the Caregiver

Mindfulness is a pop culture buzz word, but what does it mean? How can it help the healthcare practitioner? This interactive session will introduce participants to mindfulness, conscious breathing and being present. Come and let go of that which doesn't serve you! (Please wear comfortable clothes)

NCTRS Job Analysis Code: ADV

Speaker: Patty Kleban MS, CTRS

Science for Seniors

Science for Seniors is based on the proven medical research that learning something new improves brains of all ages. This session includes themes, safe materials, and facts for sciences with residents.

NCTRS Job Analysis Code: FKW

Speaker: Gloria Hoffner BA, ADC, AC-BC

Validation Techniques for Behavior Challenges This session will review a basic understanding of validation and apply it to difficult behaviors.

NCTRS Job Analysis Code: ADM

Speaker: James Day M.Div, CVT

Early Stage Social Engagement Programming for those Living in the Early Stages of Dementia

This session will provide an overview of the importance of offering those living with dementia and their care partners the opportunity to connect through social engagement programs. We will be specifically looking at music, and the "Sing for the Moment Choir" as an intervention to promote social engagement as well as benefits from the wellness aspects of singing, such as reduced stress and improved mood.

NCTRS Job Analysis Code: IMP

Speaker: Candy Yingling

THURSDAY, JUNE 6

1:45 - 3:15 PM

Spirituality in Senior Care Communities - Why It Matter and How to Help Residents Reach Their Personal Goals

Studies show spiritual life is very important for independent residents who sing hymns and residents with dementia who pray. How can we help residents meet their spiritual goals?

NCTRS Job Analysis Code: FKW

Speaker: Gloria Hoffner BA, ADC, AC-BC

Recreation Therapy and Brain Health

This session will cover material on brain health and ways that recreational therapy interventions can have a positive impact on the mind.

NCTRS Job Analysis Code: FKW/IMP

Speaker: Brittany Sarnese CTRS, CDP

Intimacy and Sexuality in Geriatric and Dementia Populations

This session will provide a better understanding of what happens when clients are seeking out intimacy and to manage therapeutic interactions between cognitively impaired persons, staff, and family.

Speaker: Amy Eastep RN, CDP

THURSDAY, JUNE 6

3:30 AM

Endnote: Connecting through our Shared Experiences

In this closing session, we will engage and connect through our shared experiences at the TRI. Chris will lead some interactive conversations designed to help transfer our learning to action.

NCTRS Job Analysis Code: IMP

Speaker: Chris Ortiz