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Monthly Newsletter
July 2021

Hello friend –

Summertime offers unique seasonal activities.
Be sure to keep patients protected from sun.
Use block. Stay hydrated. Don't get too much heat.

Have fun this summer.

Enjoy this issue.

Your friend and partner in Rec Therapy, Danny Pettry

Danny W. Pettry II, M.Ed., M.S., LPC, NCC, CTRS-BHS, Lifetime Member of ATRA,.
Director of Continuing Education at *Rec Therapy Today*
Danny Pettry's Personal email: Danny@DannyPettry.com

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Humor Therapy of the Month

"Oops, my pen leaked. Tell me Dr. Stratton ... what do you see?"

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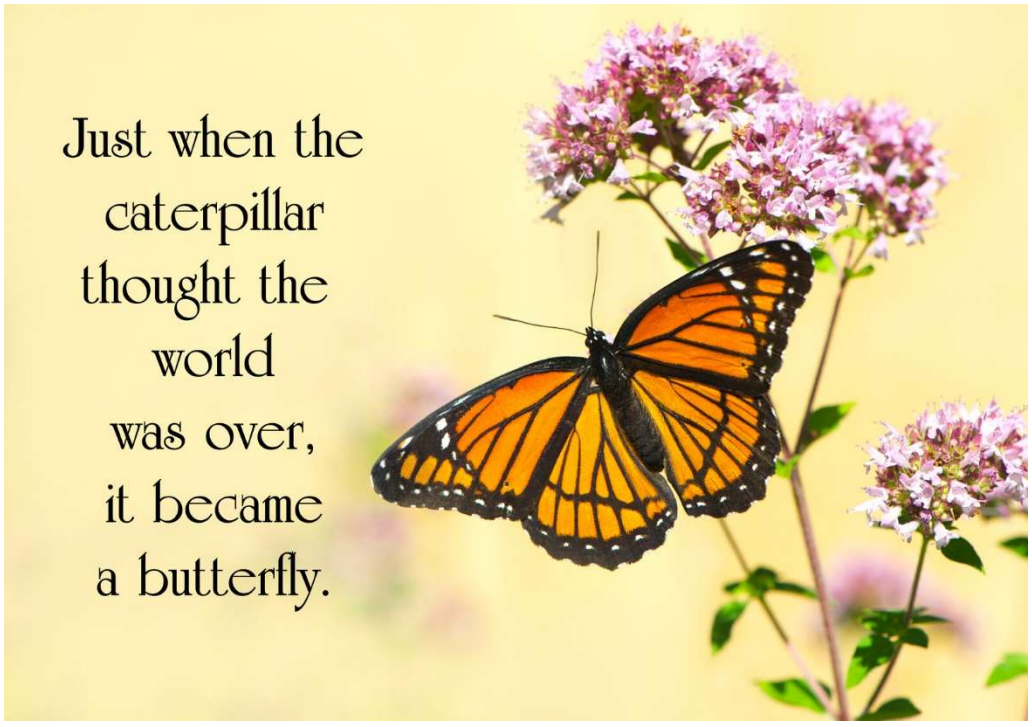
Inspirational Quotes of the Month



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An Important Date in July

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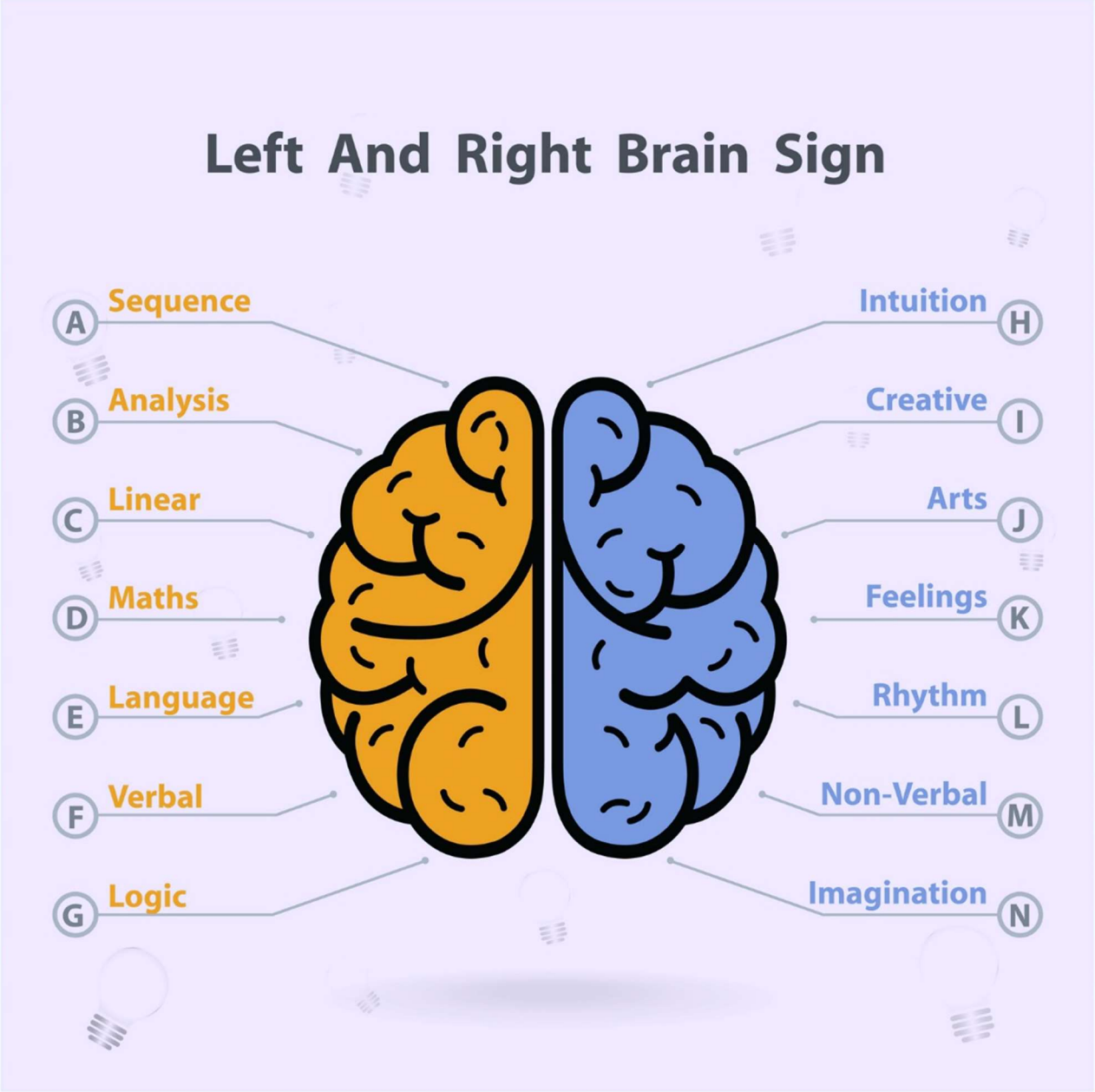
Print and Post

Infographic of the Month



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Read Our Blogposts

Click on links you want to read.

Your choices define who you are
https://www.rectherapytoday.com/2021/06/09/your-choices-defines-who-you-are/

A person's potential isn't current reality
https://www.rectherapytoday.com/2021/06/24/a-persons-potential-isnt-current-reality/

You're worth it…. (message from an 11-year-old)
https://www.rectherapytoday.com/2021/06/24/youre-worth-it-message-from-an-11-year-old/

Limerence and love (a mental health condition)
https://www.rectherapytoday.com/2021/06/09/limerence-and-love-a-mental-health-condition/

No Amount of Reading Will Make You Successful
https://www.rectherapytoday.com/2021/06/24/no-amount-of-reading-will-make-you-successful/

Seven (7) Tips for Rec Therapists on Overcoming Imposter Syndrome
https://www.rectherapytoday.com/2021/06/08/seven-7-tips-for-rec-therapists-on-overcoming-imposter-syndrome/

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Email Danny@DannyPettry.com if you're interested in an organization discount.

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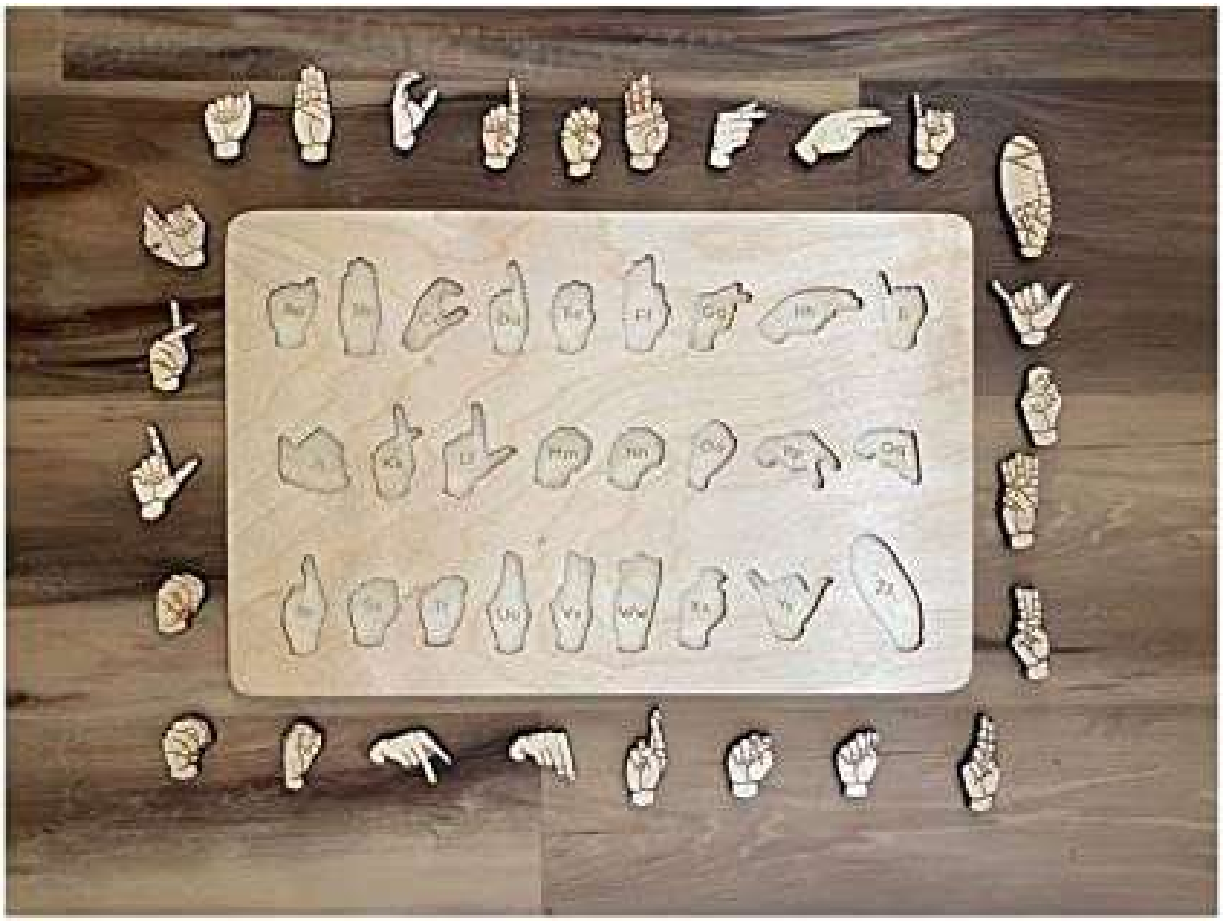
July 2021 Game of the Month

Sign Language Puzzle Board



Get the Game Here:

https://amzn.to/3qoqFIN

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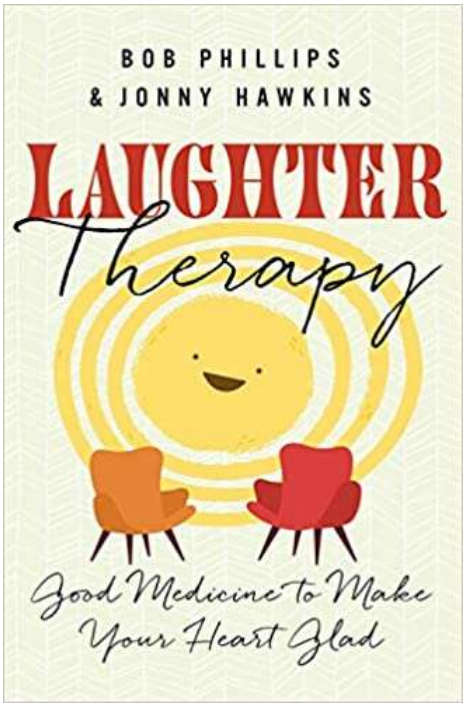
July2021 Book of the Month



Patient: "I always feel that I'm covered in gold paint, doctor."
Psychiatrist: "Oh, that's just your gilt complex."
They say laughter is one of the most effective forms of therapy. If so, who better to provide counsel than the comedic duo behind *A Joke a Day Keeps the Doctor Away* and *Laughter Never Gets Old*?

Bestselling author Bob Phillips reteams with cartoonist Jonny Hawkins for *Laughter Therapy*—a collection of hilarious jokes, clever cartoons, side-splitting one-liners, and funny anecdotes guaranteed to help you fight off the blues and blahs.

Whether you're recovering from an illness, struggling with personal issues, dealing with a crisis, or just having a rough time, humor can be the pick-me-up you need to feel better. Brighten your day with a little *Laughter Therapy*!

"Get the book here: https://amzn.to/2T5gAnM

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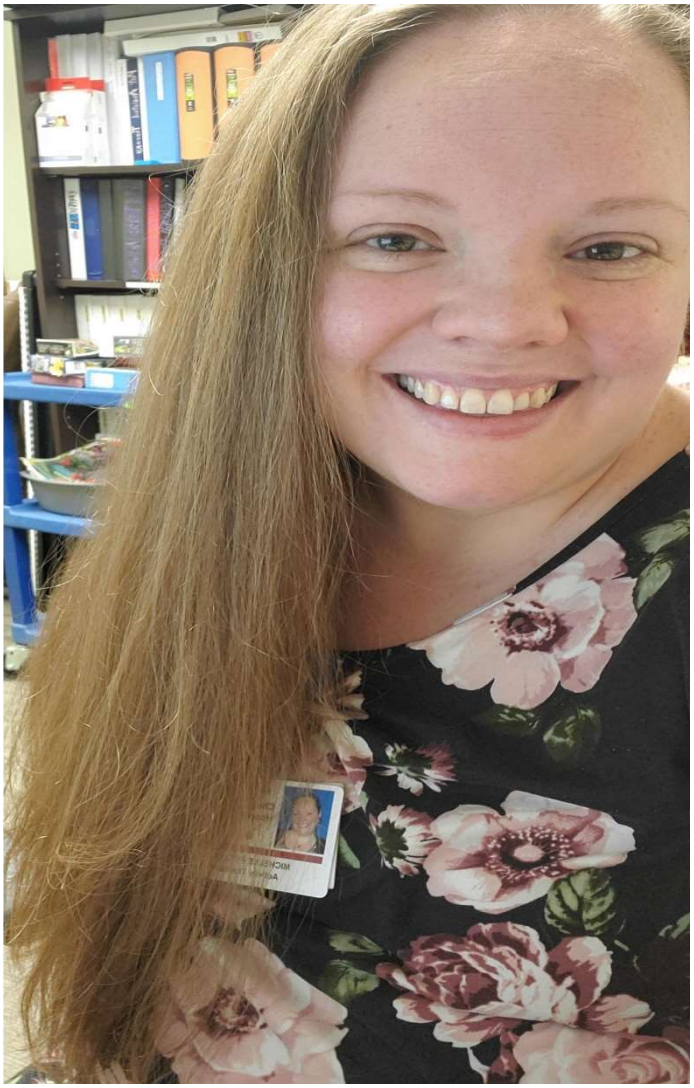
July 2021 Rec Therapist of the Month



Michelle Amber Peterson, CTRS, CADDCT CDP

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1. **Your degree and college:** Bachelors of Science in Therapeutic Recreation with a Minor in Psychology and a concentration in Fine Arts.

2. **Are you a CTRS? If so – for how long?** Yes, 13 years.

3. **Are you an ATRA member?** Yes

4. **Awards you've earned?** Mountain Laurel Award, Unit Award for Professional Excellence

5. **Why did you become a rec therapist?** I was afforded the opportunity to attend an Outward Bound trip through my high school. It was a trip for inner city youth. After going I applied the following year to be the President of the Outward Bound Club. As part of that position I got to select future applicants. A young man showed interest in going and after I selected him the school said no because he was a "suspected drug dealer". I couldn't think of a better person to be given a chance. I fought for him to be allowed to go until it was approved. After that I knew I wanted to work with youth at risk and through that I discovered Therapeutic Recreation. It was the perfect fit for me, all my hobbies and my personality.

6. **What type of setting do you currently work?** Acute Psychiatric Hospital

7. **What population do you provide services for?** Geriatrics

8. **What types of recreation therapy interventions do you provide?** Every day is different in an acute geriatric psych facility. Actually it feels like every therapy session is completely different. I enjoy leading everything from manicures to creative arts, animal assisted therapy to working on crisis prevention safety plans, reminiscing to teaching mindfulness and deep breathing techniques, gardening to positive psychology, exercise to self care techniques. I tailor my sessions to address the individual need of not only my patients but the track they are assigned to. I love to learn about new evidence based practice interventions and put them in my rotation.

[Continued on next page]

9. **What do you love about your work?** Seeing people smile and laugh after feeling like they were no longer able... Witnessing a patient living with Dementia recall a memory or family member… Helping people discover new hobbies or adapt their old passions… Reframing negative thoughts to allow a person to build confidence in themselves... Having fun and bringing life to a challenging work atmosphere… Receiving letters from patients after they leave and getting to hear about what they learned and how they maintained wellness… What other field can a person be in that gets to do all of that and get paid to do it?

10. **What would you recommend a new rec therapist to do?** Gain life experience through your own leisure. Maintain a positive attitude and desire to learn while applying for jobs. Expand you search and think of creative ways to market yourself. Attend conferences and social network. Keep an open mind and remember your own reason for why you became a CTRS.

11. **Where do you see the future of rec therapy?** After living through this global pandemic I see more acceptance and understanding for the benefits of therapeutic recreation. We are and have always been essential. I only hope that we continue to fight for licensure in all states. I know from experience the difference we make in the lives of others. We need to continue to fight for our profession and educate others on our standards of practice. If we do this, I can only see our future as secure and respected by our colleagues.

12. **Who is a recreation therapist who you admire and why?** I admire and respect Bob Riley. He was my professor and advisor at Green Mountain College. He taught me the ropes and drove home the importance of documentation. He inspired me to think creatively, using my own interests and hobbies to design individualized treatment plans for my patients. He has done a great deal of research to advance the field and even served as the Executive Director of the NCTRC.

13. **What other information would you like to share?** Every year I organize the Walk to Remember team for my job and together we fundraise for the Alzheimer's Association. We have done the walk every year for the past 6 years. Having fun with coworkers while supporting a common cause has been a fun way to work on teamwork and communication. I encourage each of you to get involved in something that can strengthen your character and promote our field.

[Continued on next page]

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Rec Therapy Today *has a wide range of continuing education webinar topics. There is something for everyone. The website is easy to navigate which makes it less stressful to get those hours done for recertification.*

Michelle Amber Peterson, CTRS, CADDCT CDP

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ATRA Section

https://www.atra-online.com/general/custom.asp?page=ACON2021

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Danny Pettry is a Lifetime Member of ATRA who volunteers to assist with ATRA when possible.

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Danny Pettry's Section

Danny Pettry lives in West Virginia.

Here is a picture of the world famous ***New River Gorge Bridge*** in West Virginia during the summertime.

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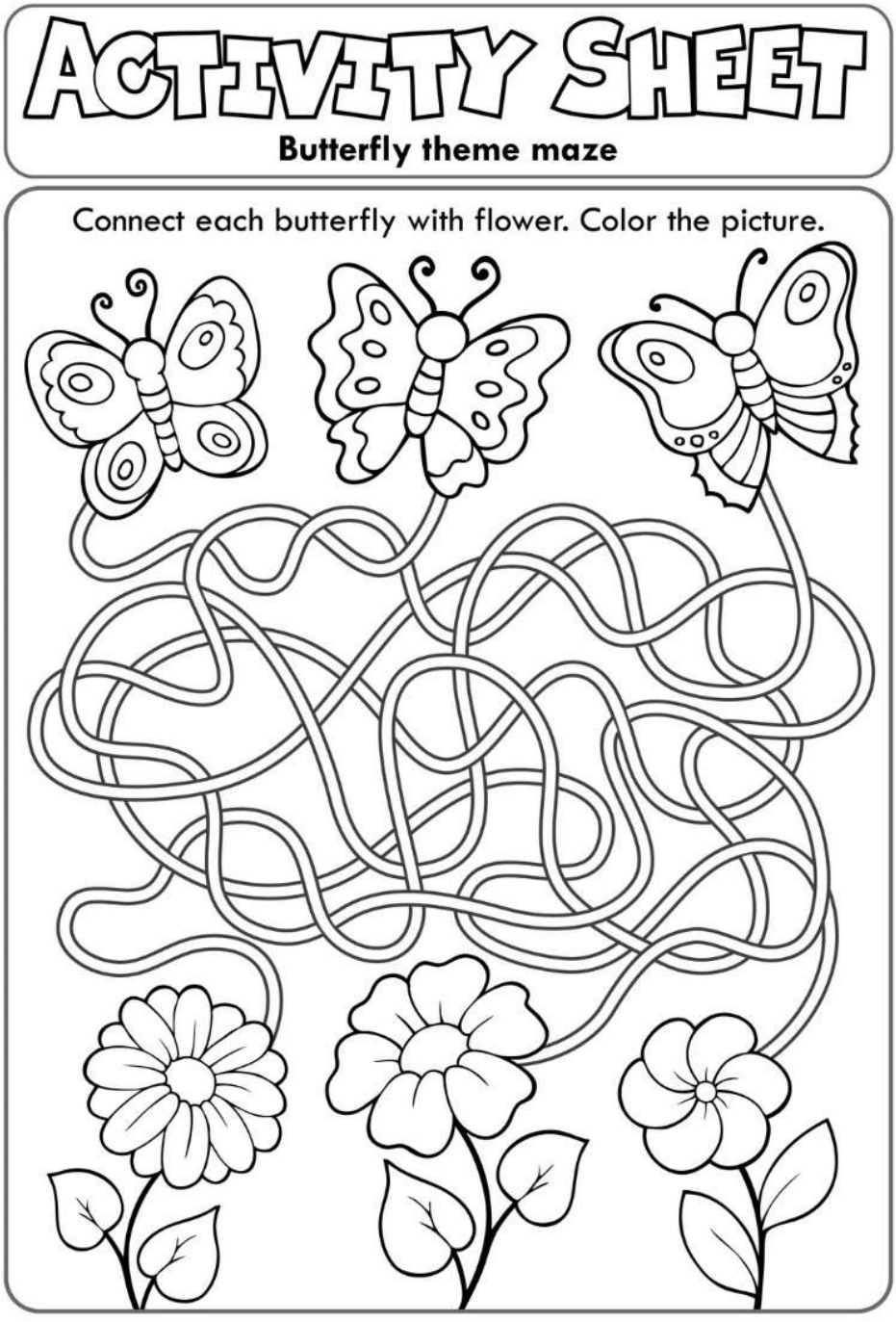
Fun Pages for All Ages



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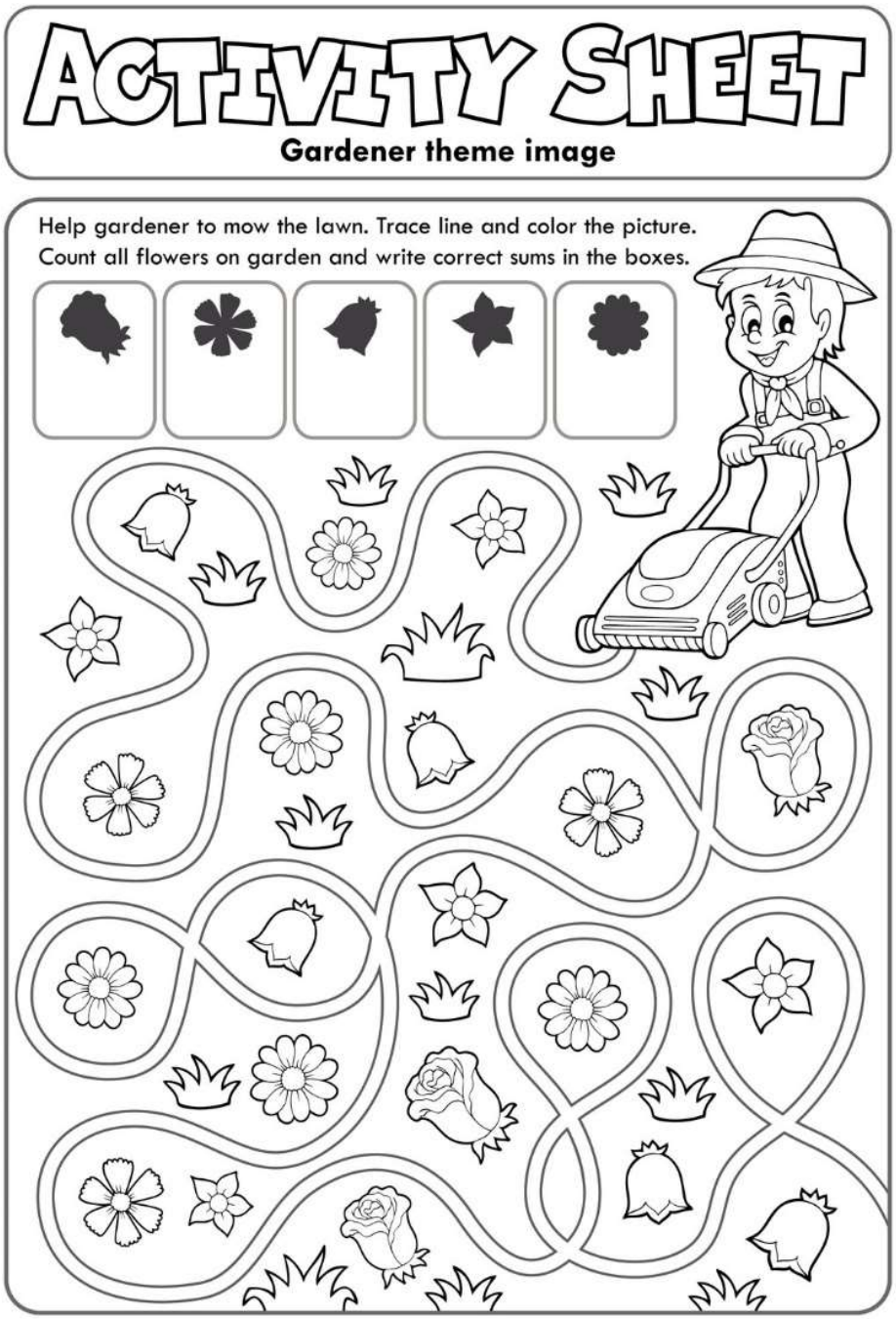

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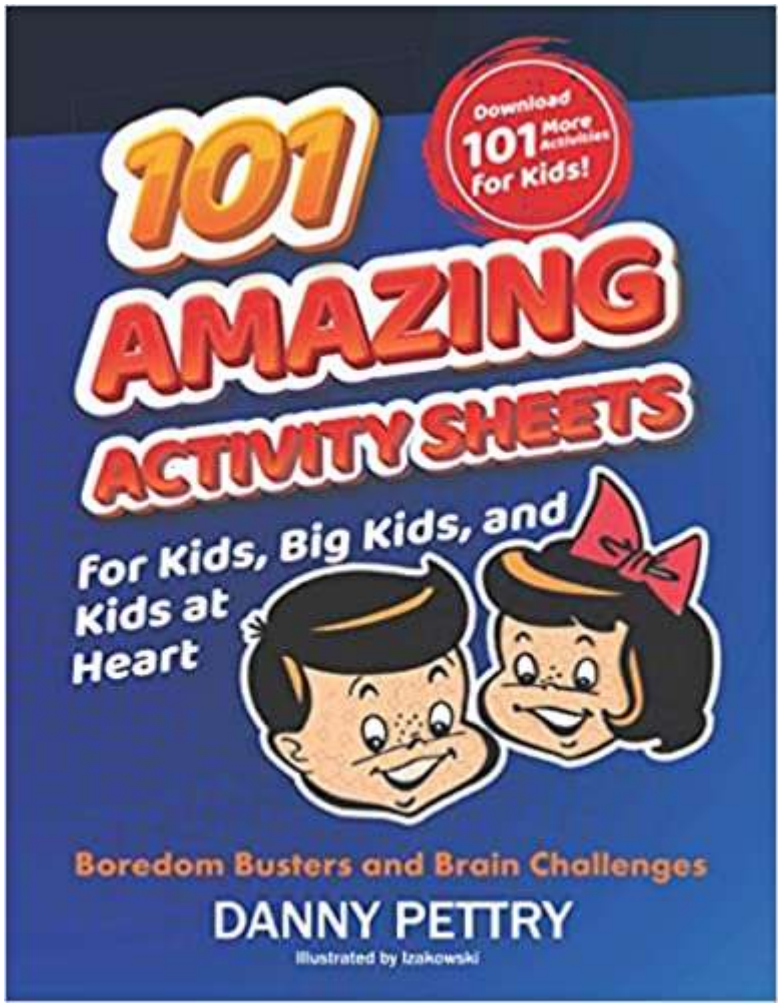
New Danny Pettry Book:

101 Amazing Activity Sheets for Kids, Big Kids, and Kids at Heart: Boredom Busters and Brain Challenges



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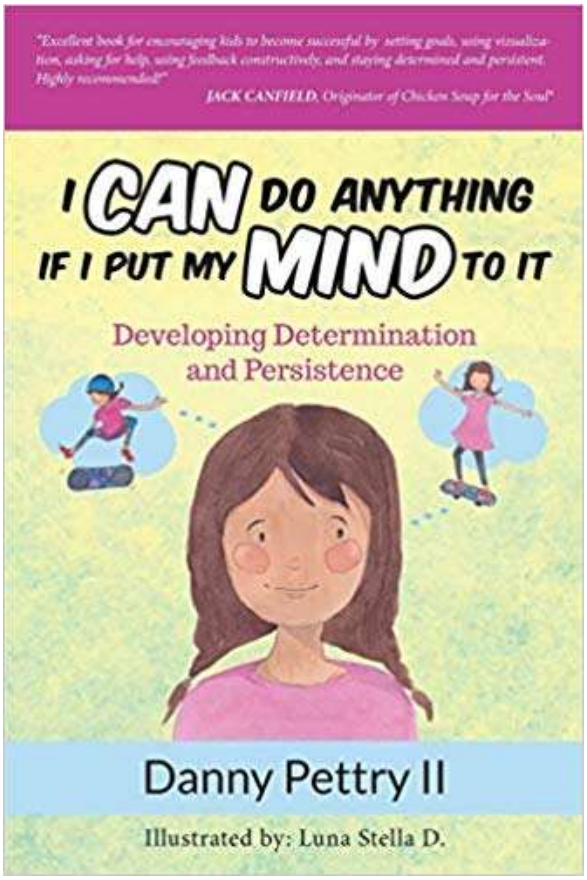
New Danny Pettry Book:



Some people say things like, “girls can’t skateboard.” They say it’s too challenging and girls give up easily. What do they know!

Olivia loves to skateboard and she intends to land the challenging kickflip. She asks a better skateboarder, Jimmy, to show her where to put her feet and how to make the board flip.

With determination and persistence, Olivia soon masters the kickflip and dreams of winning a skateboarding competition.

But then she has a big problem. Her parents won’t allow her to skateboard as often until she brings her D up to a B in math. They are stealing her fun. But determined to improve her grades, Olivia asks the best math student, Ashley, to tutor her. Ashley agrees to help Olivia if Olivia will help her with something.

Will Olivia bring her grades up? Will she be allowed to skateboard again?

Told from Olivia’s perspective, young readers will identify with Olivia, and provides parents, teachers, and counselors with a fun way to teach important values, including:

- Goal-planning and visualization
- Determination and grit
- Asking for help and applying feedback
- Growth mindset and improving
- Persistence and sticking with it until success.

Buy this book for a child who you care about today!

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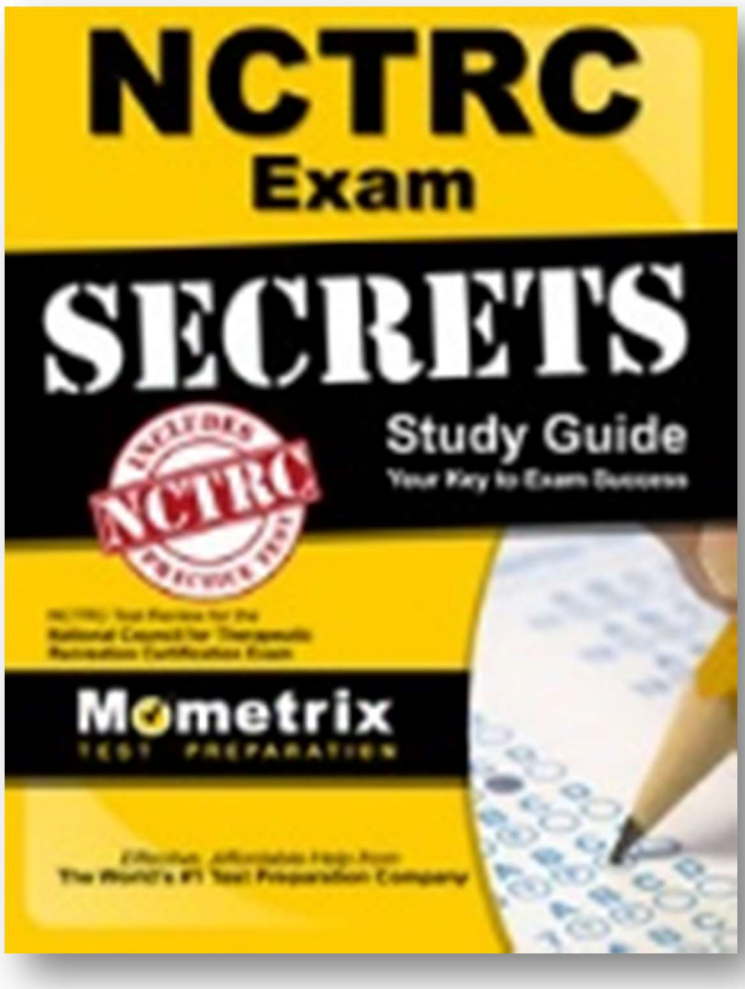
Attention Rec Therapy Students:

Do you want to pass your exam?

NCTRC Study guide



Get it here: http://bit.ly/2iQMv8x

Social Media

Danny Pettry

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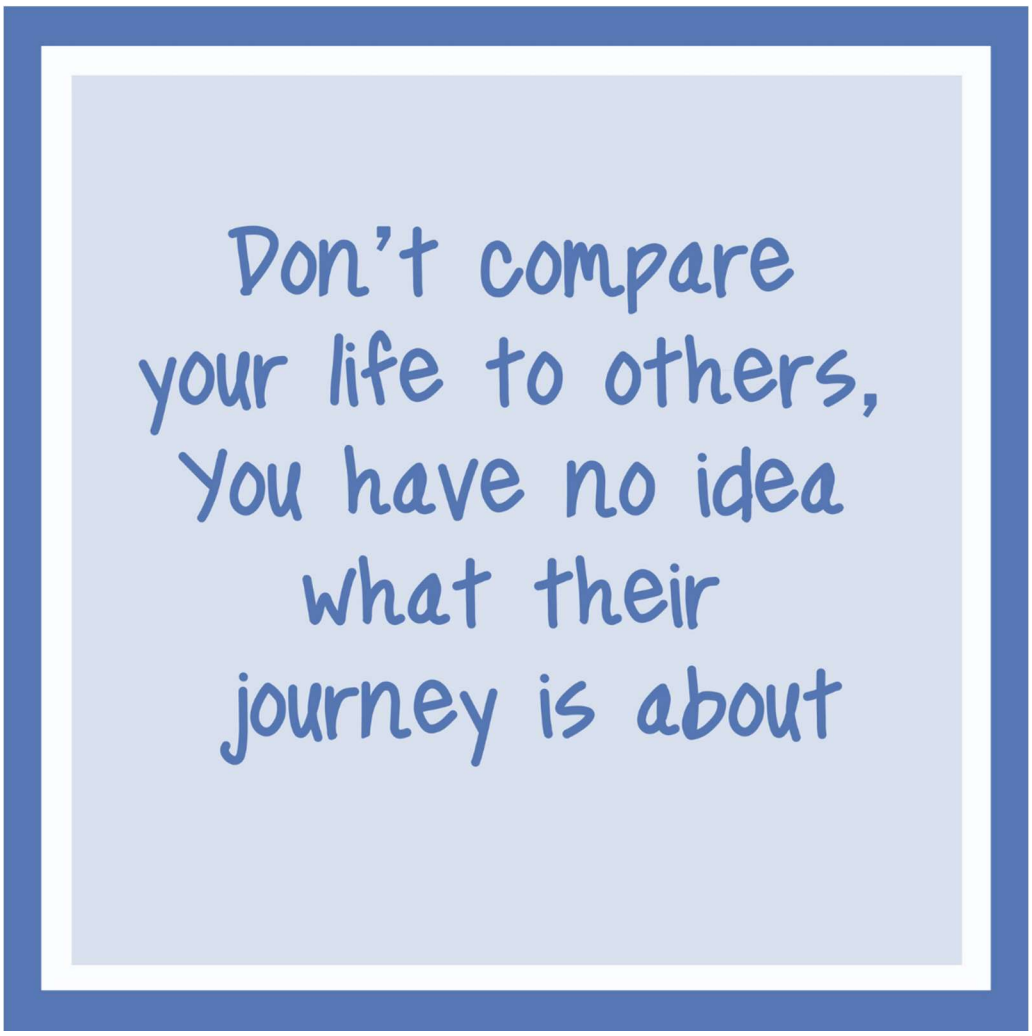
Our Final Thought…



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