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Continuing Education Through Innovation

Monthly Newsletter
January 2022

Welcome Message

Dear Rec Therapist Friend –

Your January issue includes all of your favorites: humor, infographic, inspiration, book, game, rec therapist of the month and more.

I enjoy creating these email newsletters for you.

Thanks for reading them.

Let me know if there is anything I can do to improve your monthly Rec Therapy Today email newsletter. I'm open to new ideas.

Danny@DannyPettry.com ← yes – that is my personal email.

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*
1200 Veterans Memorial Blvd., Box 1247, Huntington, WV 25714

➔ **Need CEUs?** Go here: http://www.RecTherapyToday.com

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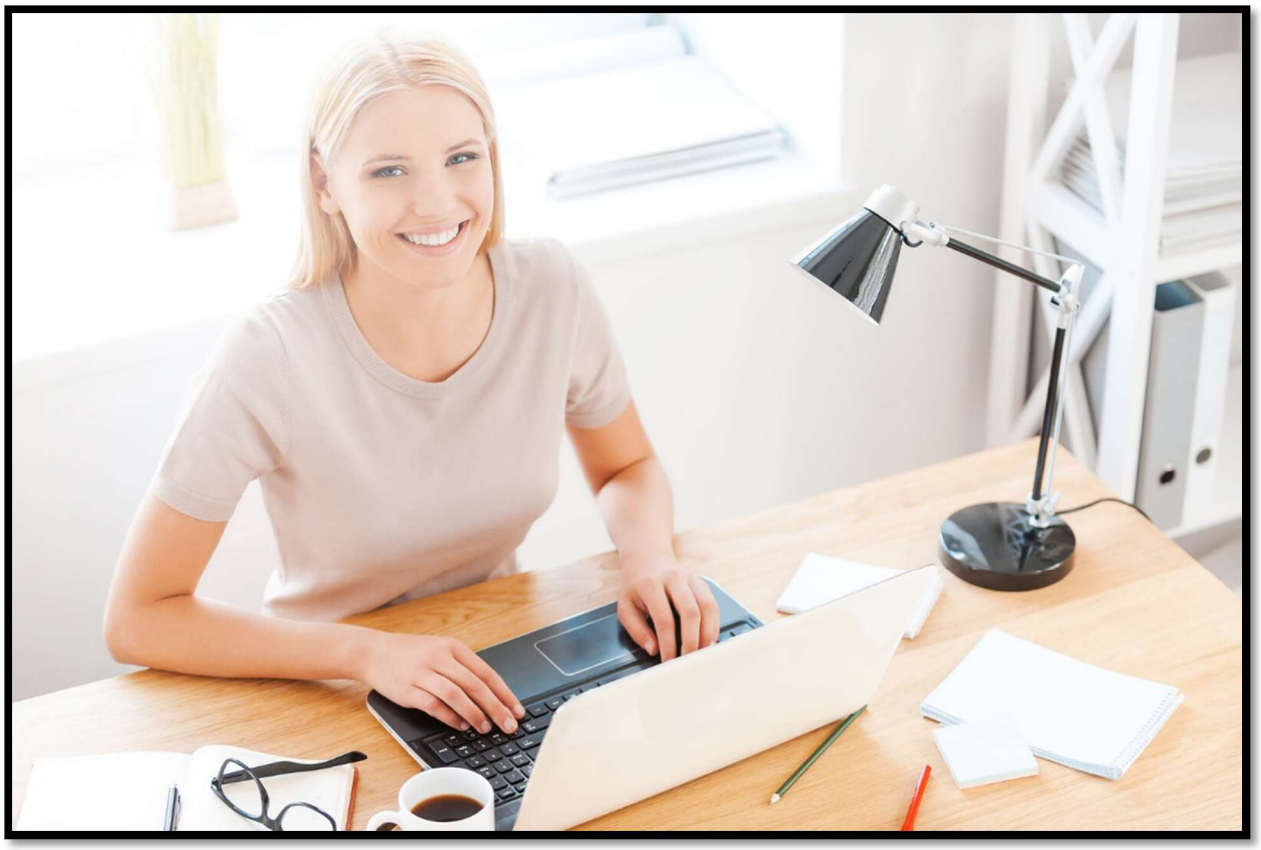
Attention: Recreation Therapist

Do YOU Need to Earn YOUR CEUs before the end of 2022?



Rec Therapy Today® Can Help YOU Earn ALL of YOUR Rec Therapy CEUs from the Comfort and Convenience of Your Own Home or Office™

Go Online to view the self-study CEU Library:

www.RecTherapyToday.com

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Continuing Education Announcement

The *Rec Therapy Today*®

Winter 2022 Teleconference will be released in February!

All sessions for this event will be pre-recorded.

Seeking Presenters

For the Winter 2022 Teleconference

You'll Earn a Payment for Presenting

Go on link below to submit an application to present:

https://www.recreationtherapy.com/session.html

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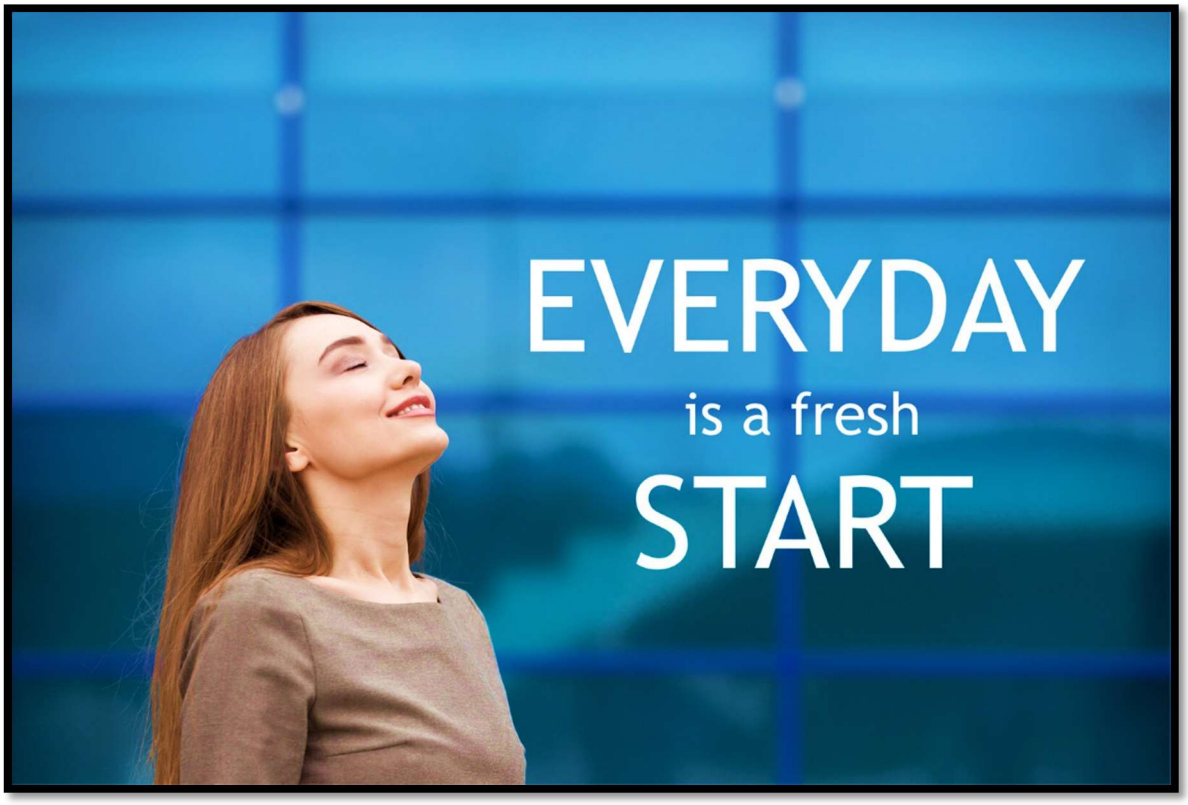
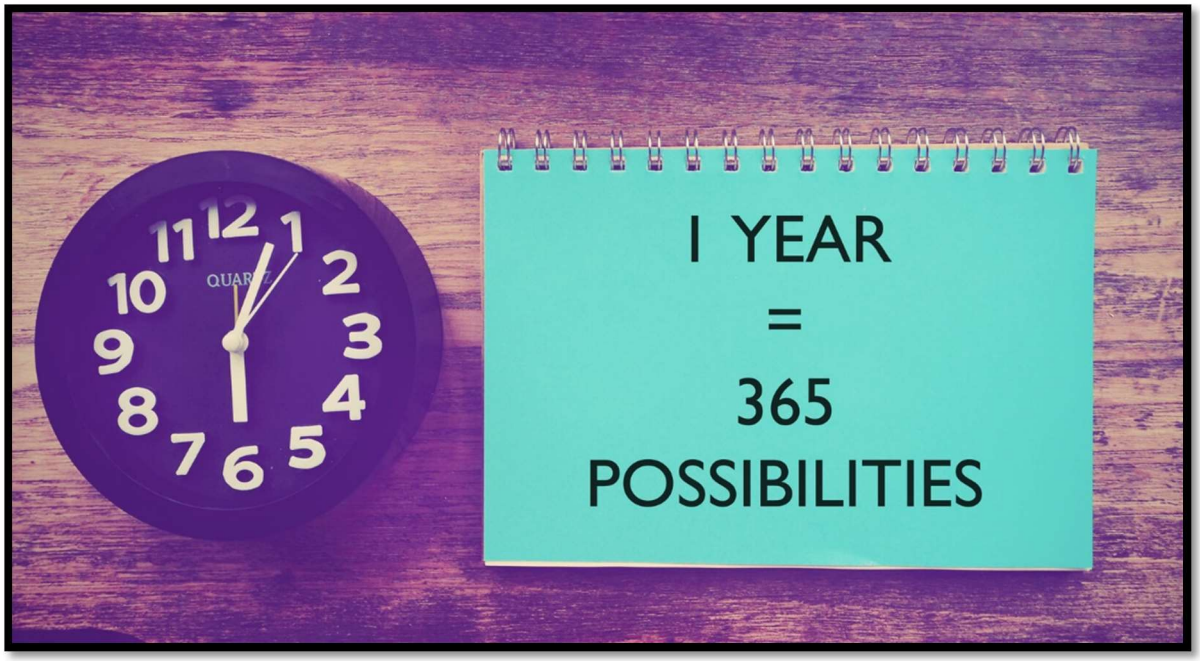
Inspiration for January 2022





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Humor Therapy of the Month

January 2022

No More Worrying How
You'll Earn Your CEUs...
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Can Help YOU
Earn ALL of Your CEUs
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of Your Own Home or Office™

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Goal Areas: Infographic of the Month

1	**Career Goals** Things you want to do with your career/ business Earn a certification; present a project
2	**Personal Goals** Things you want to do for yourself. Example: Clean out a garage.
3	**Relationship Goals** Take significant other on a special vacation Have a family fun night once a week with kids.
4	**Fun and Recreation** Learn how to play piano. Visit a park. Watch a movie. Read a book. Go on a mini-trip
5	**Financial/ Money Goals** **Save $1,000. Start a side hustle.** **Cancel services I don't use anymore.**
6	**Health and Fitness Goals** Walk three times a week for 30 minutes Take a yoga class. Schedule doctor/ dentist appointments

My 2022 Goals Worksheet

1	**Career Goals** Three (3) things I will do this before end of 2022:
2	**Personal Goals** Three (3) things I will do this before end of 2022:
3	**Relationship Goals** Three (3) things I will do this before end of 2022:
4	**Fun and Recreation** Three (3) things I will do this before end of 2022:
5	**Financial/ Money Goals** Three (3) things I will do this before end of 2022:
6	**Health and Fitness Goals** Three (3) things I will do this before end of 2022:

Important Dates in January

January 17, 2022 is:

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You and Your Organization:

Group Discount on CEUs

We offer **25% off the cost of our 50 Hour CEU bundle** for organizations who have four (4) or more **Recreational Therapists** who sign up with us!

Group of Friends: You can create your own group of four (4) or more too! Save together!

Bonus: FREE *Rec Therapy Today*® T-shirt included for everyone in your group!

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

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January 2022 Game of the Month

About this game:

- "Go Fish" on steroids, this inspirational card game teaches emotional resilience with true stories of Famous Failures, from Jay-Z to Benjamin Franklin & Lady Gaga

- Test your memory & strategy while learning the power of persistence & overcoming adversity. We all fail, suffer disappointment, loss & hardship, it's bouncing back that matters

- Talent is overrated. These stories of overcoming failure on the path to success teach important life lessons. Uplifting educational tool for teachers, parents, counselors, youth mentors, etc. Education games for children, teens & adults

- Learn the inspiring stories of role models for peak performance, successful business leaders from Richard Branson to Mark Cuban, entertainers from Oprah to Jim Carrey, historical figures Benjamin Franklin, Milton Hershey, & more

- Our heroes are often more like us than we realize. We can overcome hard times, if we have the wisdom & motivation to persist. With mental toughness, we can choose resilience & create a better life/:

Get the Game Here:

https://amzn.to/3HtxNuI

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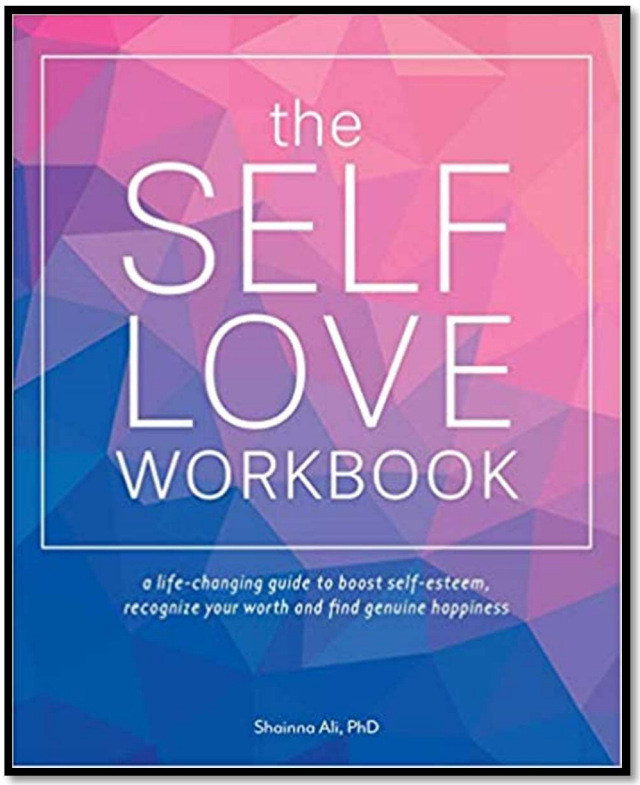
January 2022 Book of the Month



Experience the life-changing magic of self-love!

You need love from yourself as much as from others. When you have low self-esteem, low confidence or even self-hatred, it's impossible to live life to the fullest. It's time to build your self-love and transform your attitude, emotions and overall outlook on life! This helpful workbook allows you to become aware of your own unique needs and goals while discovering how to better accept and love your true self. It includes a variety of constructive and actionable tips, tricks and exercises, including:

- **Interactive Activities**
explore a variety of fun and creative ways to love yourself

- **Reflection Prompts**
unpack your experiences and connect them to new lessons

- **Helpful Advice**
deepen your understanding of self-love and utilize it in the real world

Self-love allows you not only to see your true self, but to truly accept who you are wholeheartedly. With this acceptance comes the freedom and confidence to live your life to its fullest. It's time to conquer self-doubt and self-sabotage. It's time to love yourself!

Get the Book Here:
https://amzn.to/3zuOXW9

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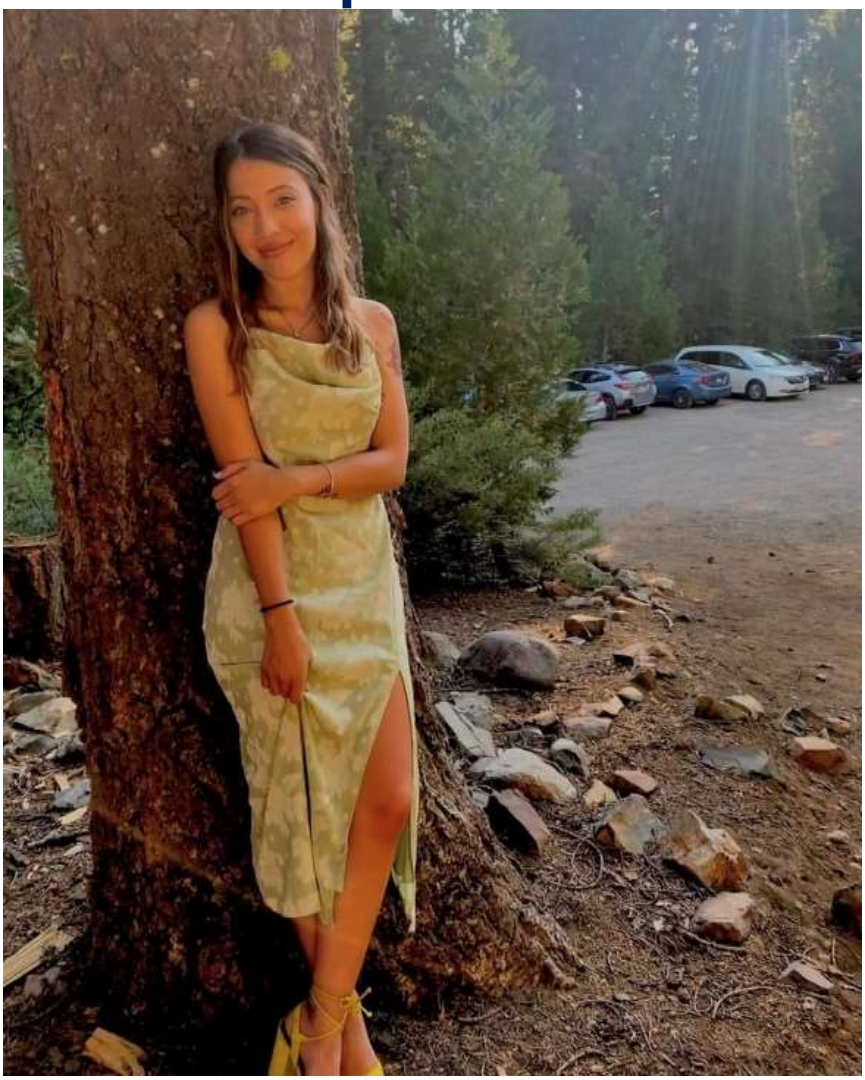
January 2022

Rec Therapist of the Month



Phoenix Daniels

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Interview with Phoenix Daniels

Education and Certification:

Phoenix is currently working on completing a Master of Science degree in Recreation Administration through California State University, Sacramento. Her undergraduate Bachelor of Science degree is in: Recreation, Hospitality, and

Parks Management, emphasis in Recreation Therapy.

Phoenix has been a Certified Therapeutic Recreation Specialist for over three years now.

Membership:

She's a member of the American Therapeutic Recreation Association (ATRA).

Awards you've earned?

Deans Honor List, Spring 2016-Fall 2017

Why did you become a rec therapist?

In high school I was lucky enough to find out about the career option. I joined a brand new program based around careers in sports and recreation. When we took one of many field trips to a local junior college, I was first exposed to the Recreation Therapy field.

I remember vividly learning specifically about the population of veterans and adapted sports. A light bulb went off and after that I knew I wanted to go into the field of RT, to help people while having fun! My mom raised me and was an RN, and she truly inspired me to look into the direction of healthcare. I found my calling in high school and I am forever thankful!

What do type of setting do you current work?

I work at an adult day program and two different care homes.

What population do you provide services for?

I serve clients with co-occurring intellectual disabilities and mental health diagnoses.

What types of recreation therapy interventions do you provide?

I provide interventions under the topics of: leisure exploration, skill training (including passive and active leisure activities), self-awareness (coping tools groups), leisure education, and social recreation.

What do you love about your work?

I love being able to make a difference in the lives of my clients. They keep me going even if I'm having an off day.

What would you recommend a new rec therapist to do?

Get out of your comfort zone as much as you possibly can! Speaking from experience, we have to try and practice what we preach which may mean trying out a brand new leisure activity along with our clientele. We can't expect those we serve to pick up new hobbies if we aren't willing to ourselves.

Where do you see the future of rec therapy?

I see the future of RT growing and becoming more of a necessity as more students learn about the field and become certified eventually as a therapeutic recreation specialist.

Who is a recreation therapist who you admire and why?

Laura McLachlin was my undergrad professor and advisor. I have always admired her ambition to help students grow into professionals. She has been a colleague since I graduated Chico and I know I can still reach out to her today and in the future. Overall, I truly admire Laura's passion and knowledge of the field.

What other information would you like to share?

If I could make any difference during my career as a recreation therapist, I would want the world to know RT is more than playing games. It is an essential part of an individual's treatment, and can be important for anybody to look into, in my opinion.

What Do You LOVE About *Rec Therapy Today*?

I enjoy seeing each month's newsletter and the resources that Danny includes in them.

Whether it is humor of the month or worksheets for group sessions,

I always get excited to see a new email for the month's PDF download.

Phoenix Daniels

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ATRA Section

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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 and Family

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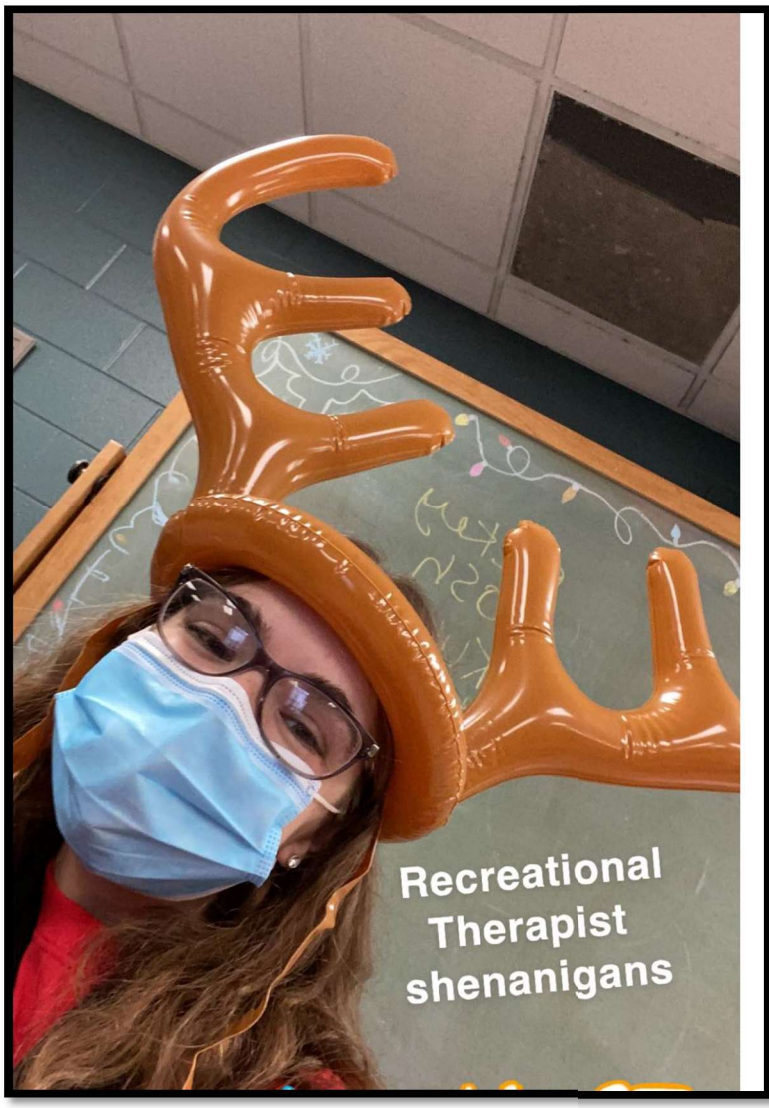
Did you work on Christmas too?

Madison Pettry

Delivering Presents in Ohio



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Dan the Elf in West Virginia

Danny worked as an Elf on Christmas Day at a Psychiatric Residential Treatment Facility.

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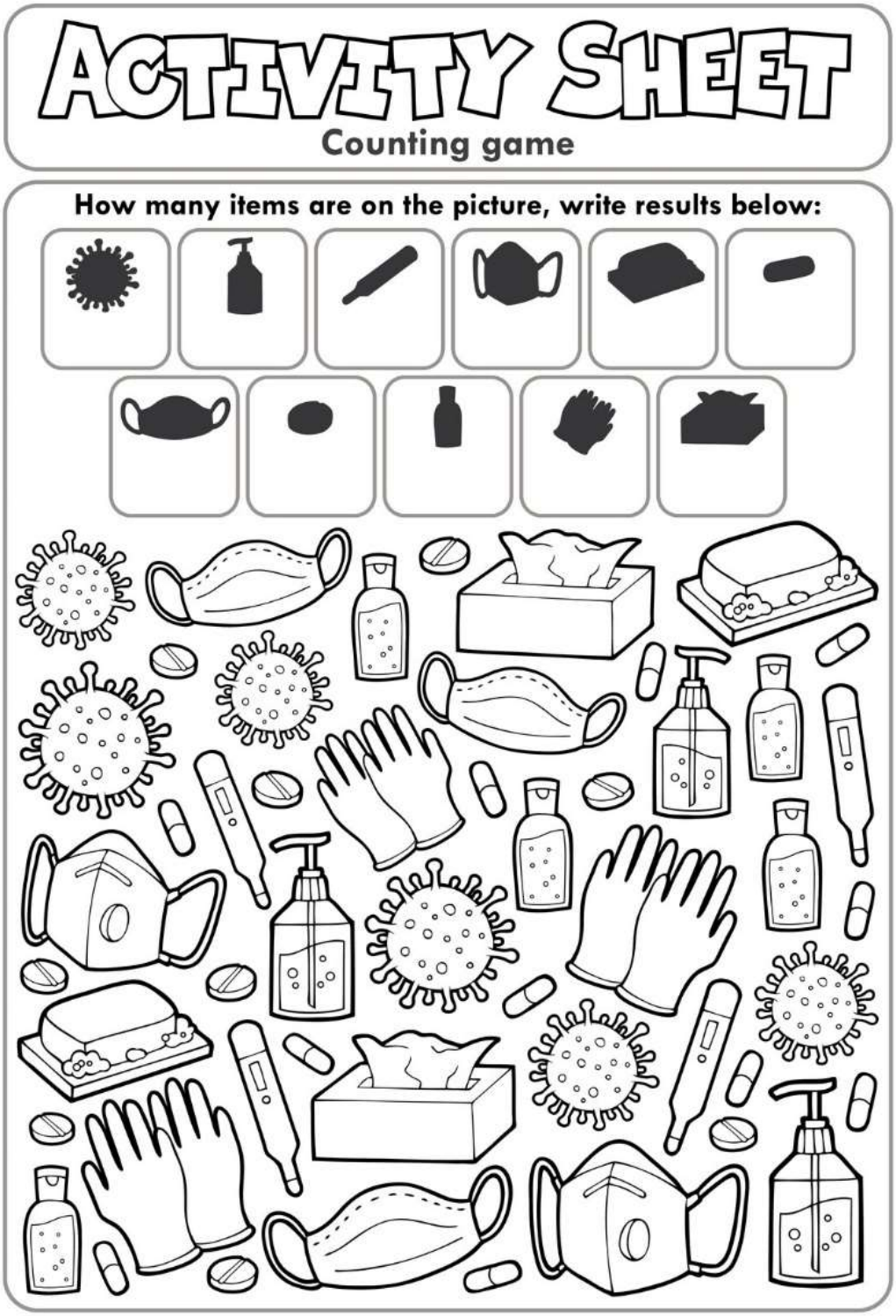
Fun Pages for All Ages



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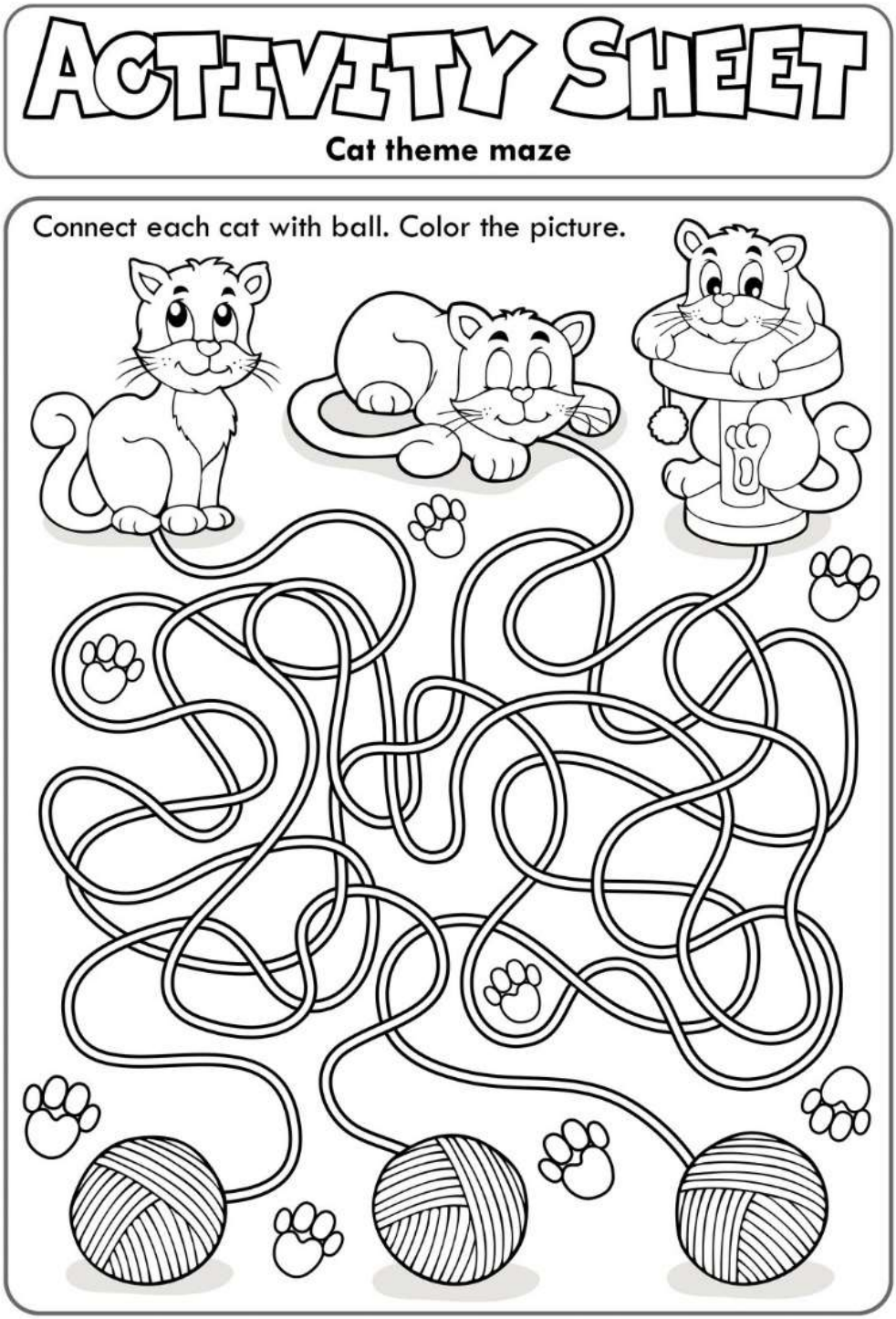
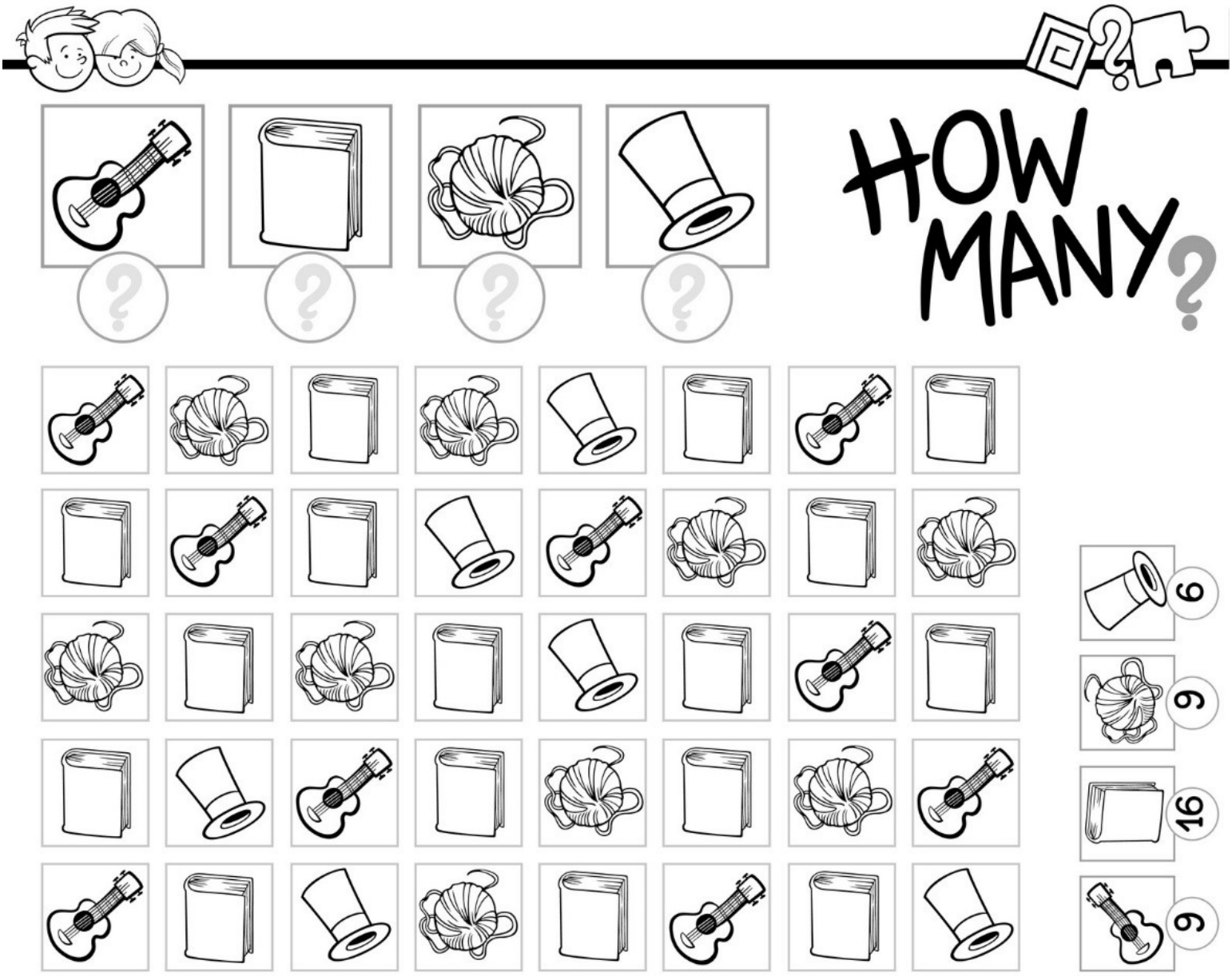
Fun Pages for All Ages



Fun Pages for All Ages



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Print and Distribute to Patients/ Clients

2022

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Danny Pettry

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is very **active** on Instagram

We've reached over **1,300** followers!

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We post inspirational information for rec therapists ***just like you.***

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Do YOU Read YOUR *Rec Therapy Today* ® Monthly Newsletter?

Danny Pettry has been consistently providing an email newsletter for recreation therapists and allied professionals since 2004 (three years before his CEU business was started).

Danny is curious to know how many people really read these monthly newsletters.

Please email Danny@DannyPettry.com before midnight January 31, 2022.

Write: "**Danny Unicorn"** in the subject line.

The first four (4) people who send this email will receive a $25 amazon gift card from Danny. There is a chance that zero (0) people email Danny. Unicorns are magical.

Our Final Thought…

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