REC THERAPY TODAY
Continuing Education Through Innovation

Monthly Newsletter
January 2023

Dear Innovative Rec Therapist -

You're Part of Our Amazing *Rec Therapy Today® Family.*

#InnovativeRecTherapist

Enjoy Your January 2023 Newsletter

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*
P.O. Box 1247, Huntington, WV 25714

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

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Attnention Rec Therapist

No More Worrying How

You'll Earn Your Rec Therapy CEUs

YOU Can Easily Earn All of **YOUR**

Rec Therapy CEUs

from the Comfort and Convenience

of Your Onw Home or Office through

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www.RecTherapyToday.com

Coming Soon

FREE Winter 2023 Conference

You Can Earn CEUs for Attending

Live webinar sessions on:

Febuary 10th and 11th, 2023

This is a Very **Comfortable** and **Convenient** Way to Earn All of Your **Rec Therapy CEUs**

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Subscribe here: www.RecTherapyToday.com

Announcing:

NEW CEU Book Club

Read a book. *Earn CEUs.*

FREE Book Included!

You get to choose from these three options:

Paperback, kindle version or audible version.

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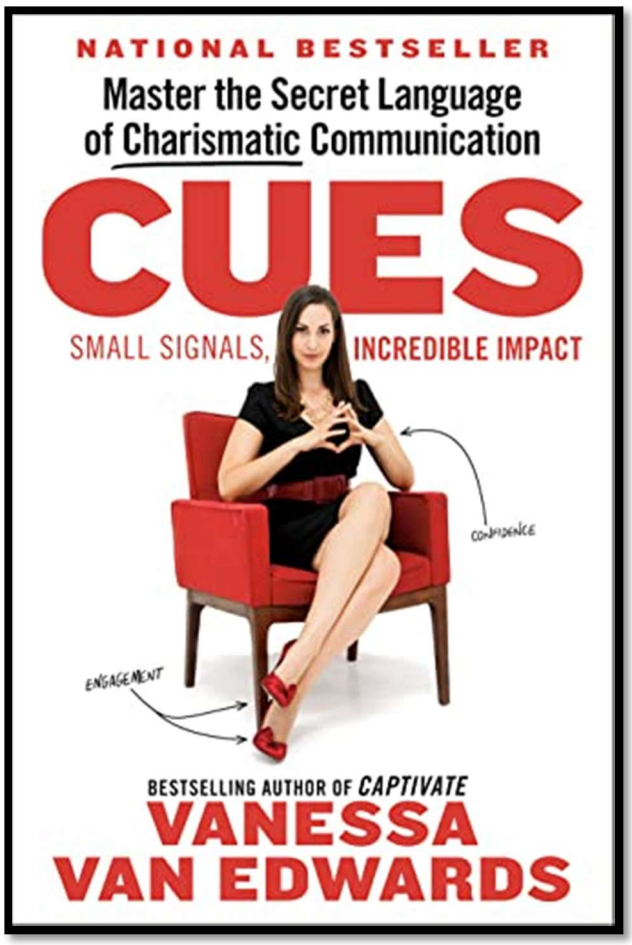
CEU Book Club

2023 Quarter 1: January to March



Requirements

- Read the book.
- Post four comments in book discussion
- Participate in live webinar or replay webinar replay (30 minutes)
- Complete 10 question quiz based on the book.
- The required book is included FREE.
- No deadline to complete on your end.
- Registration is open until midnight 1/21/2023.

Ten Clock Hours -- Price $100 for Q1

Submitted to NCTRC – pending Pre-approval

Register now: https://bit.ly/3G6jygc

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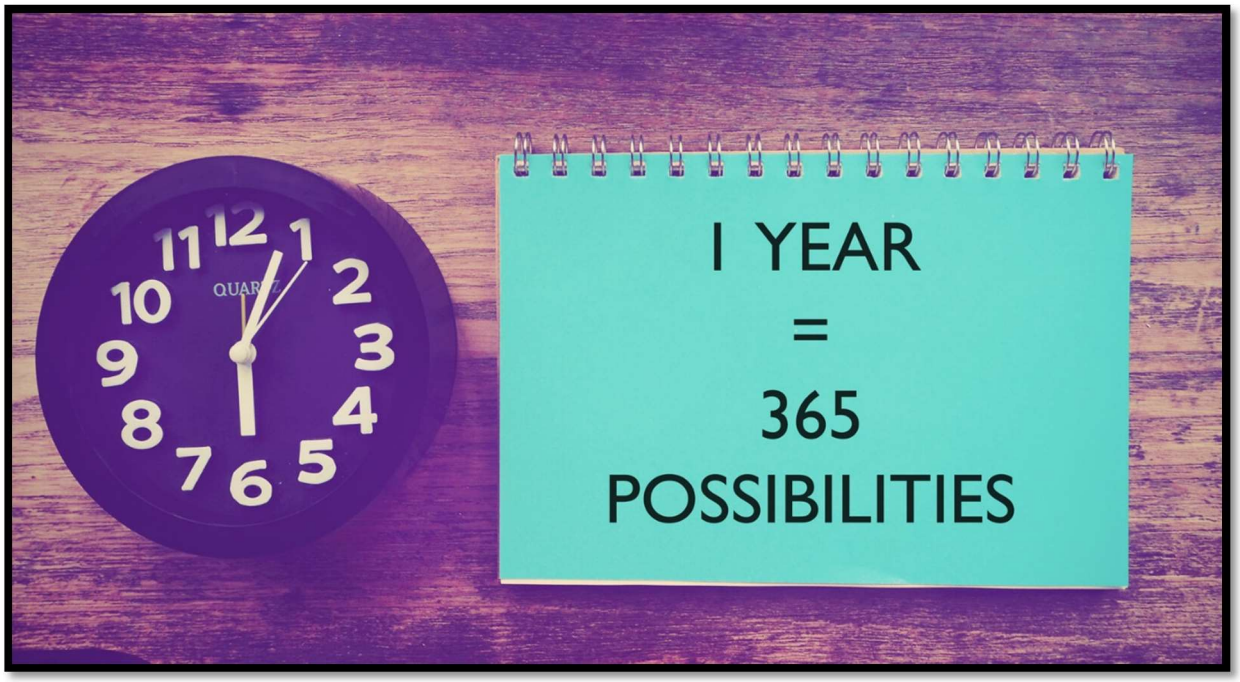
Inspiration for January 2023



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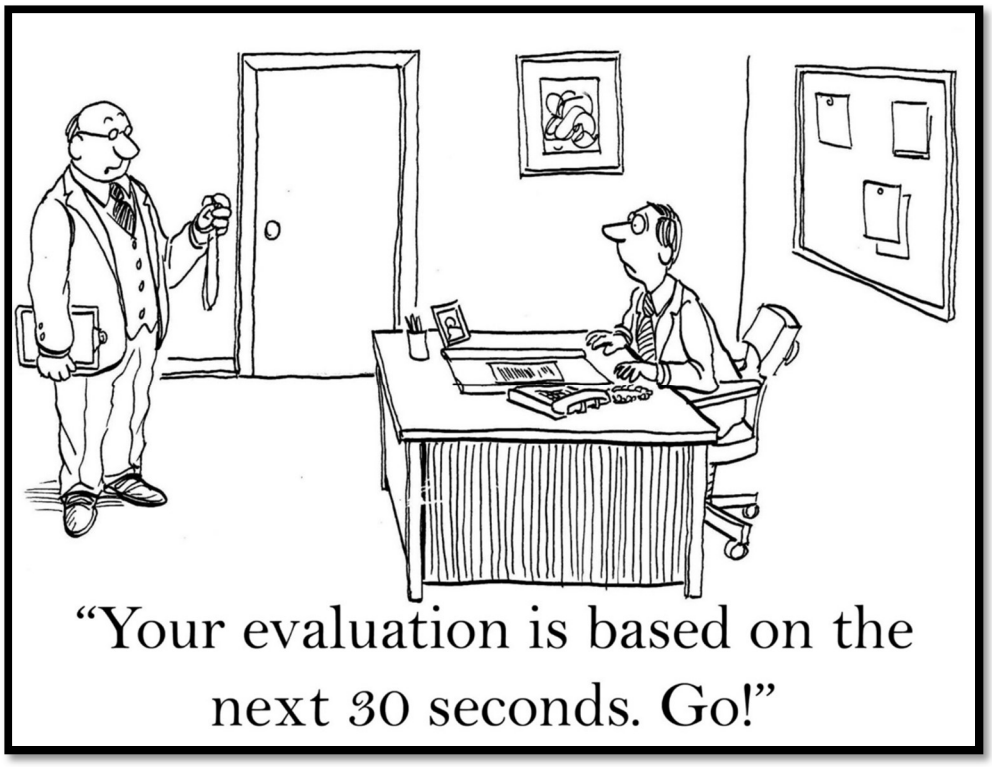
"Your evaluation is based on the next 30 seconds. Go!"

PROFITS
"What if we don't change at all ... and something magical just happens."

January 16, 2023

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Goal Areas for 2023

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 2023 Goals Worksheet

1	**Career Goals** Three (3) things I will do this before end of 2023:
2	**Personal Goals** Three (3) things I will do this before end of 2023:
3	**Relationship Goals** Three (3) things I will do this before end of 2023:
4	**Fun and Recreation** Three (3) things I will do this before end of 2023:
5	**Financial/ Money Goals** Three (3) things I will do this before end of 2023:
6	**Health and Fitness Goals** Three (3) things I will do this before end of 2023:

Group Discount CEUs for YOU and *Your* Organization

Standard Price for Annual CEU Membership is: ~~**$397**~~ per person.

Group Discount **Only $100** per person for annual membership!

*__Must have four (4) people per group.__

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

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

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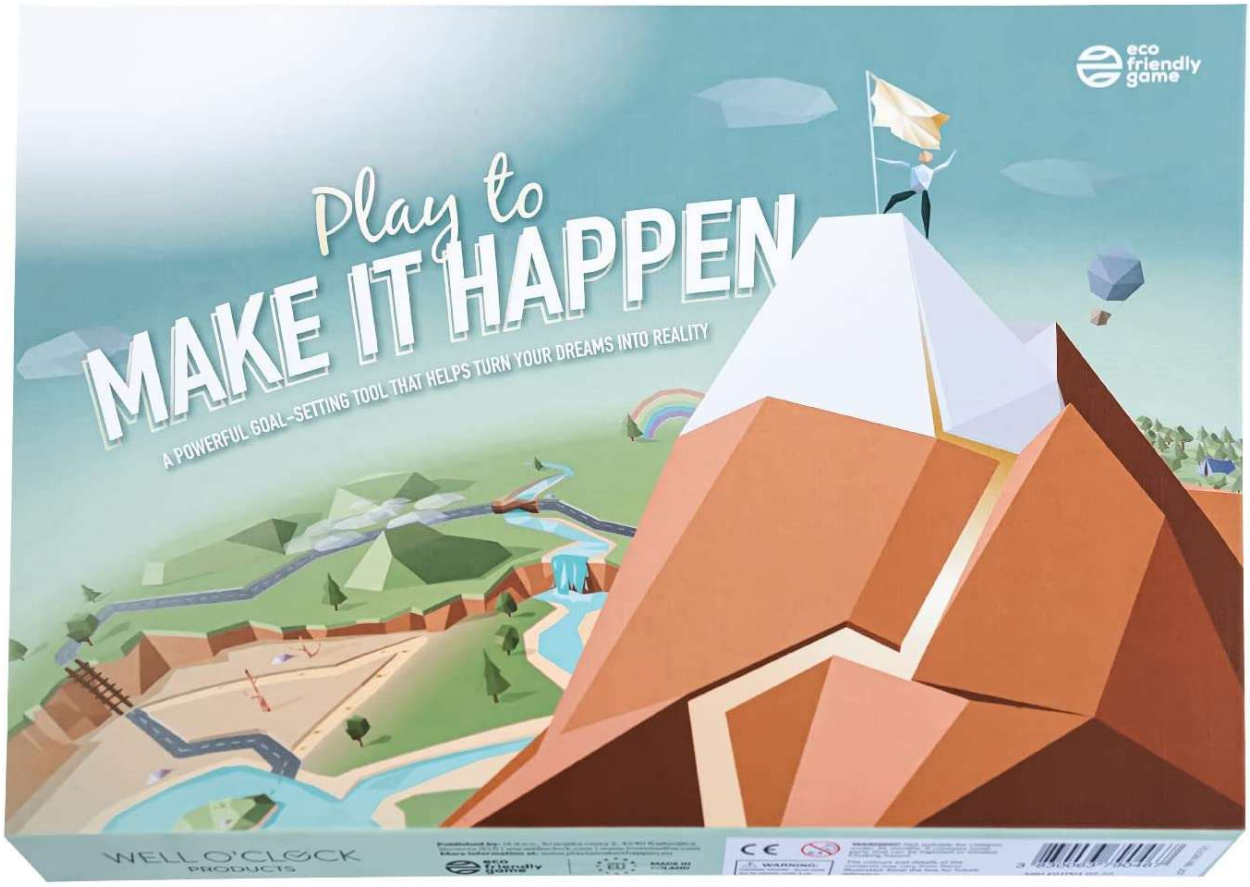
January 2023

Game of the Month



Play to Make It Happen - Self Improvement Game - Therapy Game for Setting Goals - Motivational Gift - Personal Development - Self Care

.

Get the Game Here:

https://amzn.to/3vrlfPp

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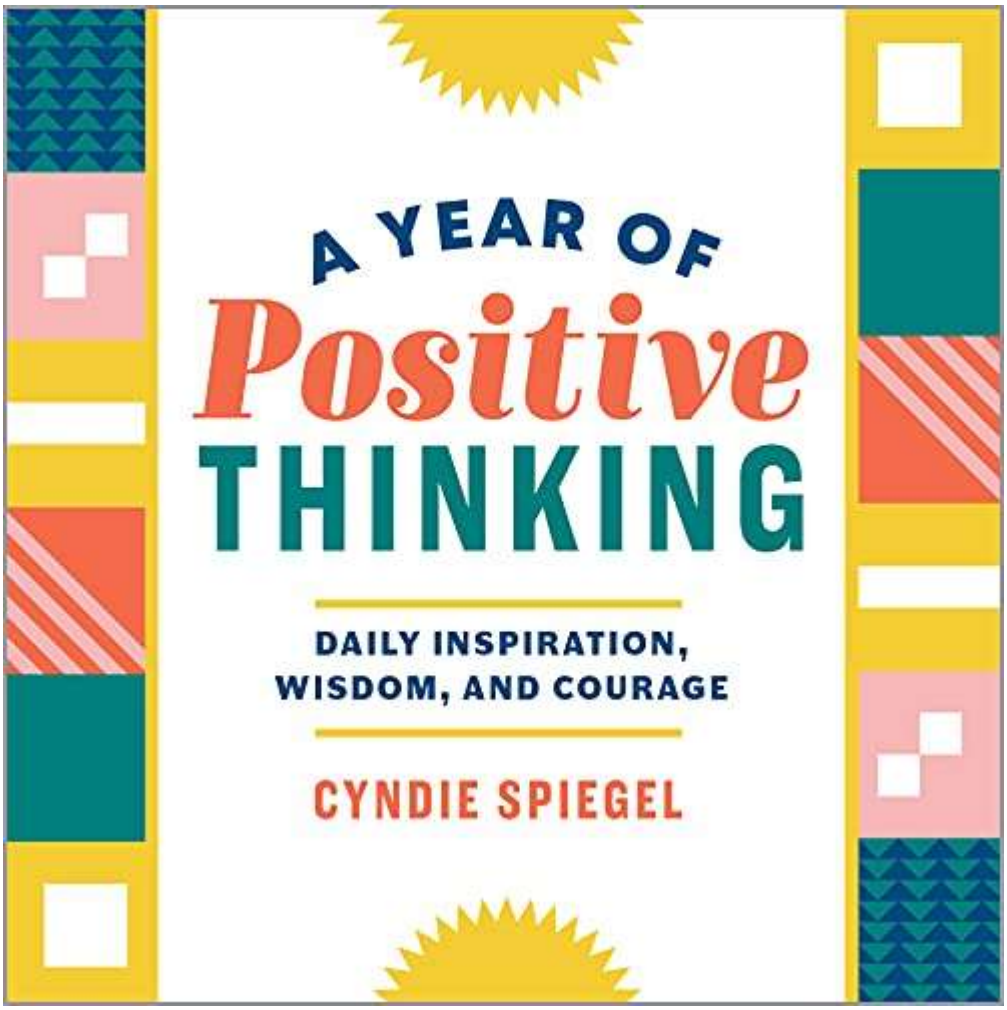
January 2023

Book of the Month



Get the Book Here:

https://amzn.to/3GvpVex

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January 2022

Rec Therapist of the Month

Bridgette Wiegand

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Bridgett Wiengand's education:

- Carroll College BA in psychology
- Eastern Washington University distance recreation therapy program

Are you a CTRS?

Yes!

Are you an ATRA member?

Yes!

Why did you become a rec therapist?

I became a recreation therapist because I witnessed the amazing work CTRS's did at the hospital I worked at and realized how passionate I was about the benefits of recreation in improving the lives of the youth I work with!

What do type of setting do you current work?

Inpatient unit at a pediatric psychiatric hospital

What population do you provide services for?

Kiddos anywhere from age 3-18 with mental health diagnoses

What types of recreation therapy interventions do you provide?

I provide a wide variety of interventions including animal assisted interventions, utilizing our high ropes course or pool, but my all time favorite activities include introducing new art leisure activities such as leisure vision board collages, black out poetry, henna for self harm prevention, and more!

What do you love about your work?

I love seeing patients be able to access their inner child again and be creative. When a patient is interacting with an activity in a way they have not given themselves permission to be messy or loud before it is amazing to watch their faces light up,

What would you recommend a new rec therapist to do?

Explore multiple fields of recreation therapy! See as much as you can and shadow in as many settings as you can!

Where do you see the future of rec therapy?

I see recreation therapy becoming more known about and more supported by the medical community. I hope that one day we can be Medicaid reimbursable!

Who is a recreation therapist who you admire and why?

Melissa Nichols! She was one of the first people to introduce me to the field and has supported me every single step of the way in my journey to becoming a recreation therapist. She also consistently advocates for our department and the field within our organization.

What other information would you like to share?

It's okay to advocate for yourself and our profession! Don't let higher management push you to compromise your own mental health or values to please everyone!

What Do You LOVE About *Rec Therapy Today*?

The different CEU Opportunities!

Bridgette Wiegand

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ATRA Section

Rec Therapy Today® proudly supports ***ATRA.***

Rec Therapy Today® provided $5,600 to sponsor the 2022 ATRA conference.

Danny Pettry/ Rec Therapy Today -- Disclaimers

Danny Pettry and ***Rec Therapy Today*** are not affiliated with ATRA. Danny Pettry is not an elected ATRA Board Member. Danny Pettry is not a hired spokesperson for ATRA.
Danny Pettry is a Lifetime Member of ATRA who volunteers to assist with ATRA when possible.

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Danny Pettry's Section

Left to right: My brother Jimmy, my sister Carrie, Me (Danny Pettry), my mother and my father.

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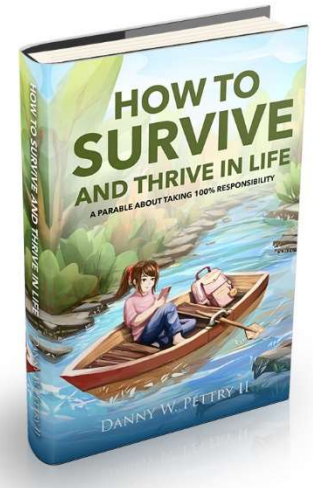
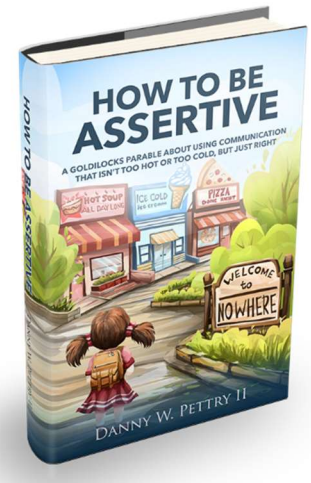
Danny Pettry's Books

My Two (2) New Inspirational Books



How to Survive and Thrive: a parable about taking 100% responsibility

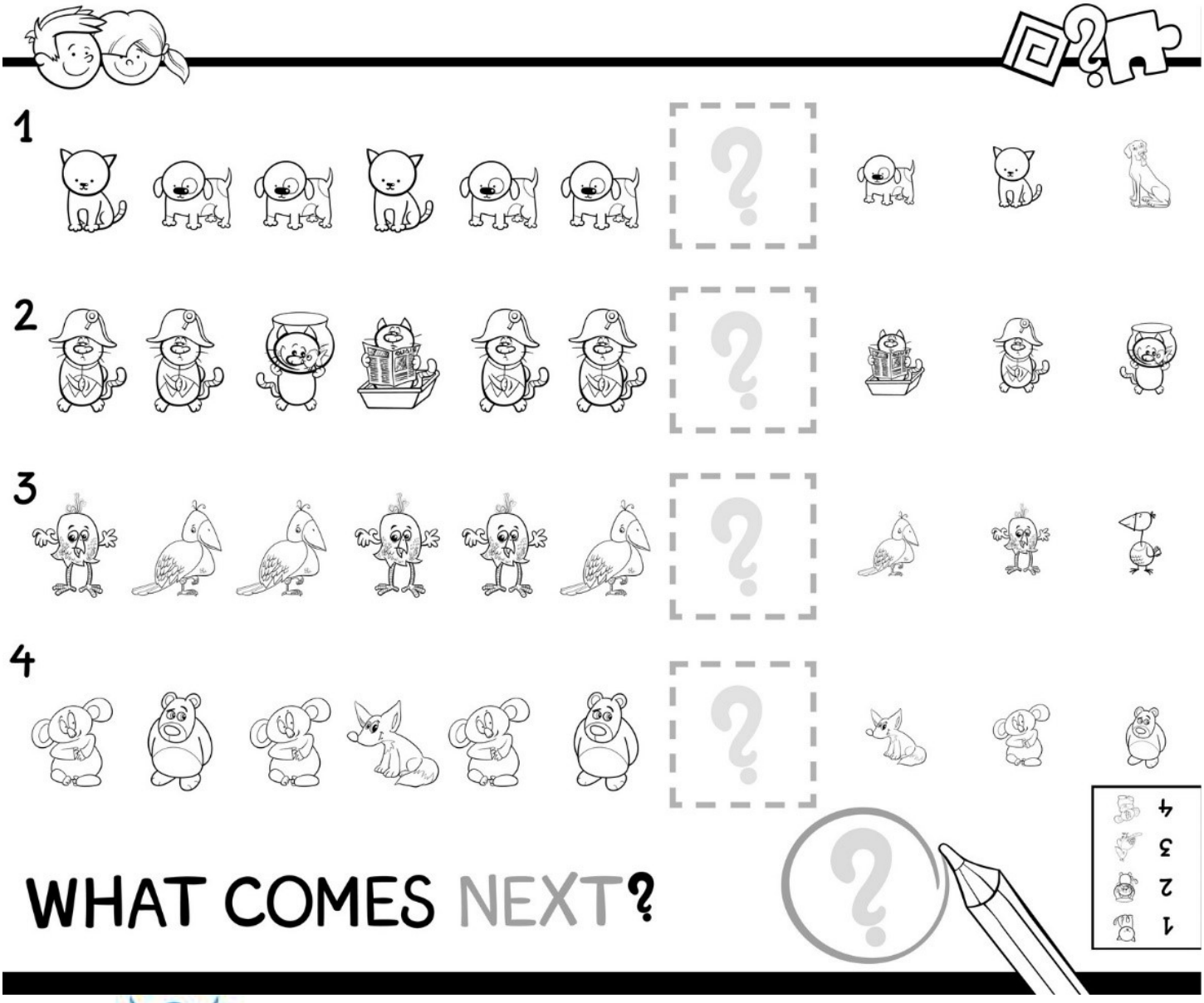
Pre-order on book for $2.99 from kindle here: https://amzn.to/3Oxd10K



How to be Assertive: A Goldilocks parable about using communication that isn't too hot or too cold, but just right

Pre-order book for only .99 cents on the kindle. https://amzn.to/3QPV6Ez

Fun Pages for All Ages



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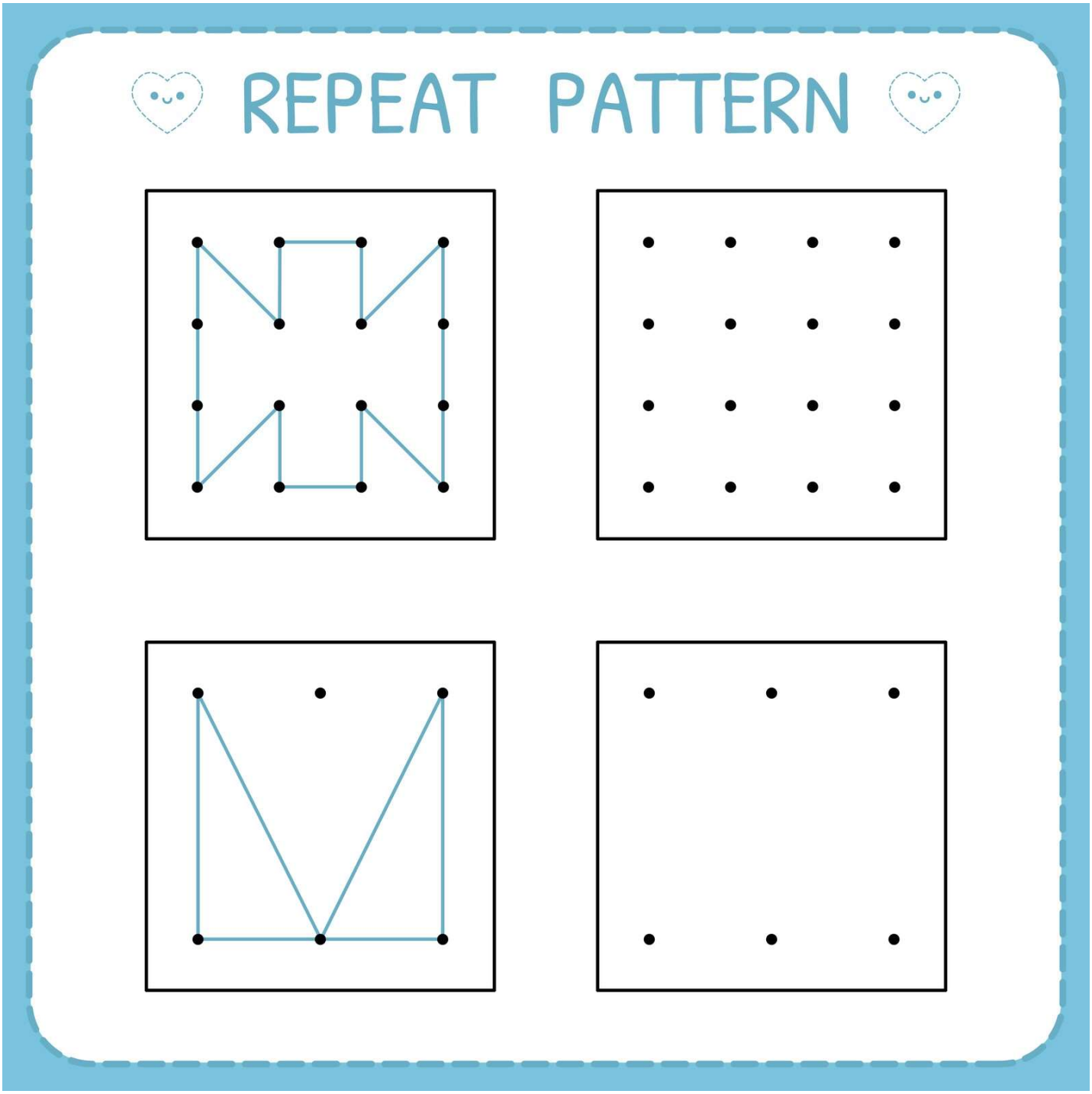
Fun Pages for All Ages



Fun Pages for All Ages

December 2022 Winners

One (1) Grand Prize Winner

Won annual CEU membership, $10 Starbucks Gift Card, Rec Therapy Today coffee mug; and a $10 Amazon Gift Card.

1. Arnie I., Brooklyn, New York

Five (5) People Won Annual CEU Membership:

1. Abbie S., Fishers, Indiana
2. Claire Z., Fort Wayne, Indiana
3. Alexis B., Holtsville, New York
4. Javonte C., San Diego, California
5. Lori H., West Jefferson, North Carolina

Ten (10) People Won

$10 Starbucks Card and Rec Therapy Today Coffee mug

1. Kelsey Y., New Mexico
2. Howard B., Coram, New York
3. Devyn P., Eitzen, Minnesota
4. Rachel M., Franklin, Indiana
5. Cara C., Adren, North Carolina
6. Leanne M., Scottsdale, Arizona
7. 7Alicia G., Casa Grande, Arizona
8. Victoria D., Richmond, Virginia
9. Angelina F., Cheshire, Connecticut
10. Desiree G., Falls Church, Virginia

20 People Won a $10 Amazon Gift Card

1. Brittany B., New Jersey
2. Amelia C., Sylvania, Ohio
3. Tracy B., Alberta, Canada
4. Shelley B., Alberta, Canada
5. Morgan A., Advance New York
6. Misty W., Memphis Tennessee
7. Jennifer J., Alberta, Canada
8. Kellie D., Norfolk, Virginia
9. Jessica G., Richmond, Virginia
10. Mieko T., Montrose, California
11. Jennifer B., Chandler, Arizona
12. Natalee Z., Annapolis, Maryland
13. Patricia C., Fishkill, New York
14. Anastasia P., Columbia, Maryland
15. Sallie C., New Rochelle, New York
16. Julie B., East Bend, North Carolina
17. Elizabeth P., Whittier, California
18. Jennifer B., British Columbia, Canada
19. Jasmine P-M., Cedar Grove, California
20. Gabby H., Blowing Rock, North Carolina

P.S. You're still a winner (even if you didn't win one of the amazon gift cards).

You're a winner because You:

- Read Rec Therapy Today. You participate in your profession.
- Take continuing education courses for your professional development
- You're surpassing those people who let their certification lapse or refuse to recertify.

Print and Give to Your Clients

2023

January

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How Many CEUs Do YOU

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Danny Pettry

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is very **active** on Instagram

We've reached over **1,000** followers!

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https://www.instagram.com/rectherapytoday

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

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Our Final Thought…

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