Celebraring Rec Therapy Month

30 Engaging Printouts to Help You Promote Your Profession

FREE DOWNLOAD

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We encourage you to POST, SHARE, and DISTRIBUTE the materials found in this book to promote Recreation Therapy and its benefits.

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- Ensure that any posts or materials highlight the importance of Recreation Therapy and its positive impact on individuals and communities.

Thank you for helping us celebrate and promote the vital work of Recreation Therapists!

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Online: www.RecTherapyToday.com

Disclaimers

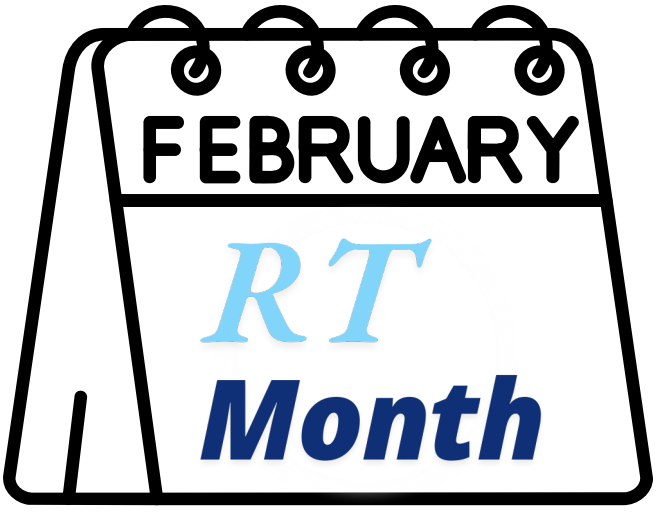
These printouts were created by Rec Therapy Today to promote and celebrate Recreational Therapy Month. The content provided in this book is intended for informational and educational purposes. It is not endorsed by the American Therapeutic Recreation Association (ATRA) or the National Council for Therapeutic Recreation Certification (NCTRC).
Note: The creator, Danny Pettry, has held Certified Therapeutic Recreation Specialist (CTRS) credentials since 2003 and Behavioral Health Specialization credentials since 2013. Pettry is also a lifetime member of the American Therapeutic Recreation Association (ATRA).

February

is International

Recreational Therapy

Month



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What is Recreational Therapy?

Recreational Therapy is a treatment method for people with illness or disabling conditions, that uses recreation and leisure to improve individuals' physical, social, emotional, and cognitive well-being. It’s a goal-oriented approach tailored to meet the specific needs of each person. The goal is to restore a person to the highest level of independent functioning.

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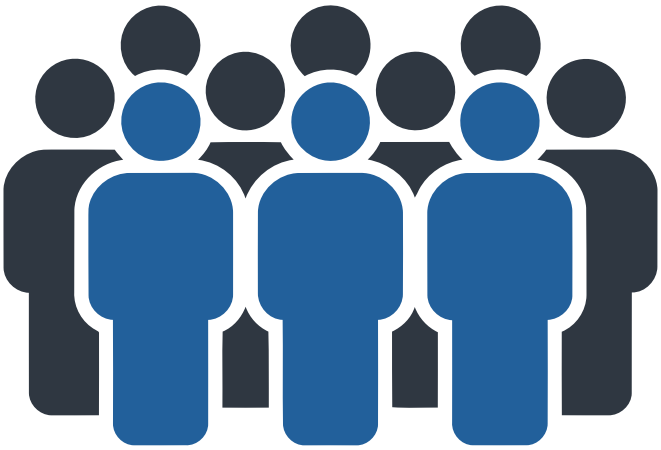
21,000

Recreational Therapists are working in the United States of America.



Source: Bureau of Labor Statistics

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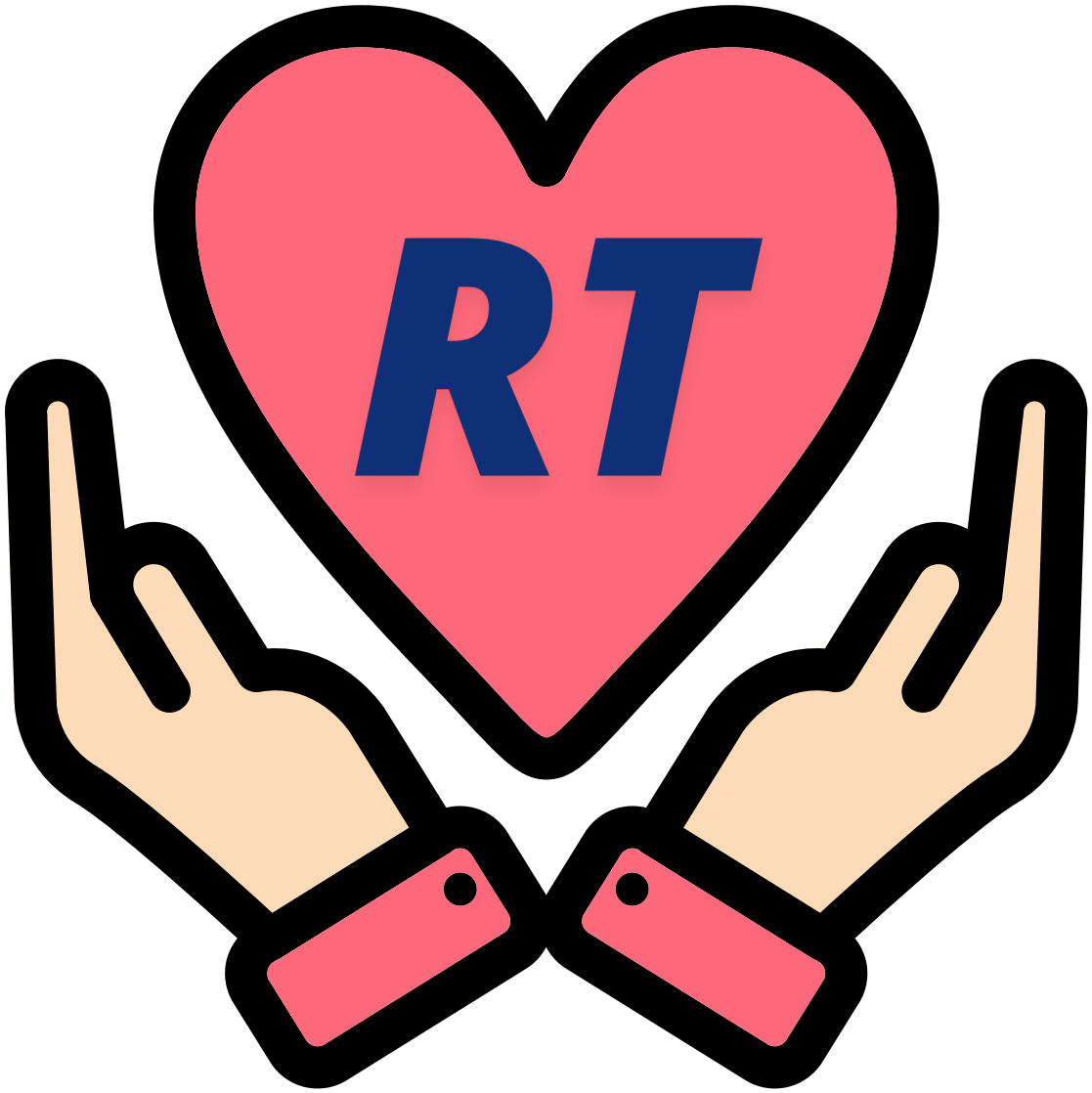
Recreational Therapists put the RT in HEART



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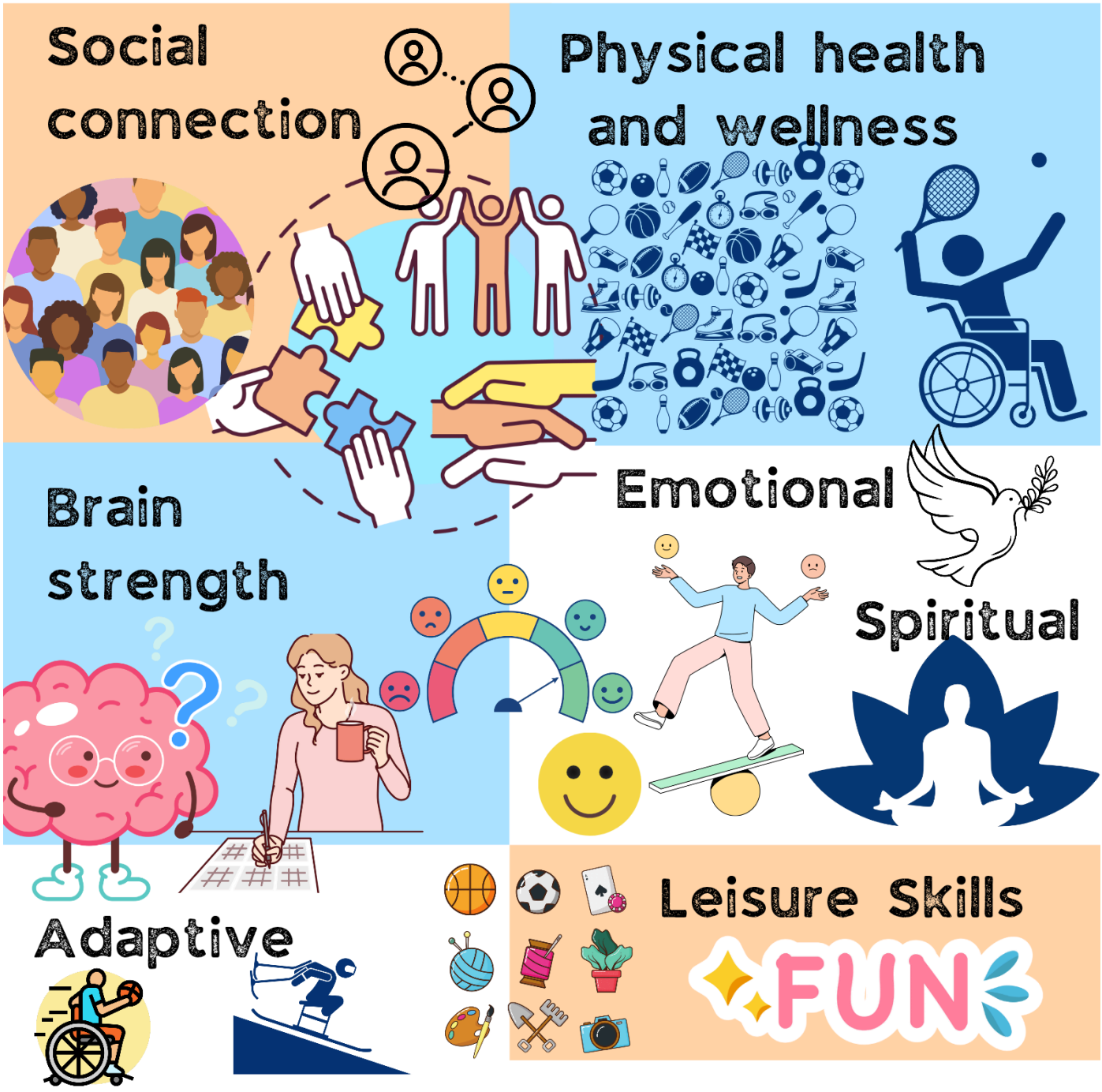
Recreational Therapy Benefits



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Recreational Therapy

isn't about the

Activity

Recreational Therapy

is all about the

OUTCOMES

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Florence Nightingale was a founder of Recreational Therapy

To improve well-being, Florence Nightingale introduced meaningful activities for soldiers healing in the hospital, including:

- **Arts & Crafts:** Drawing and creating projects to ease pain and distress.
- **Reading & Writing:** Books and letter-writing to boost morale and connection.
- **Music & Storytelling:** Shared music and stories to foster community and reduce isolation.

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Recreational Therapy/
Therapeutic Recreation (TR)
TRansforms Lives

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Recreational Therapists Provide Services for

Children
Teens

Adults

Seniors

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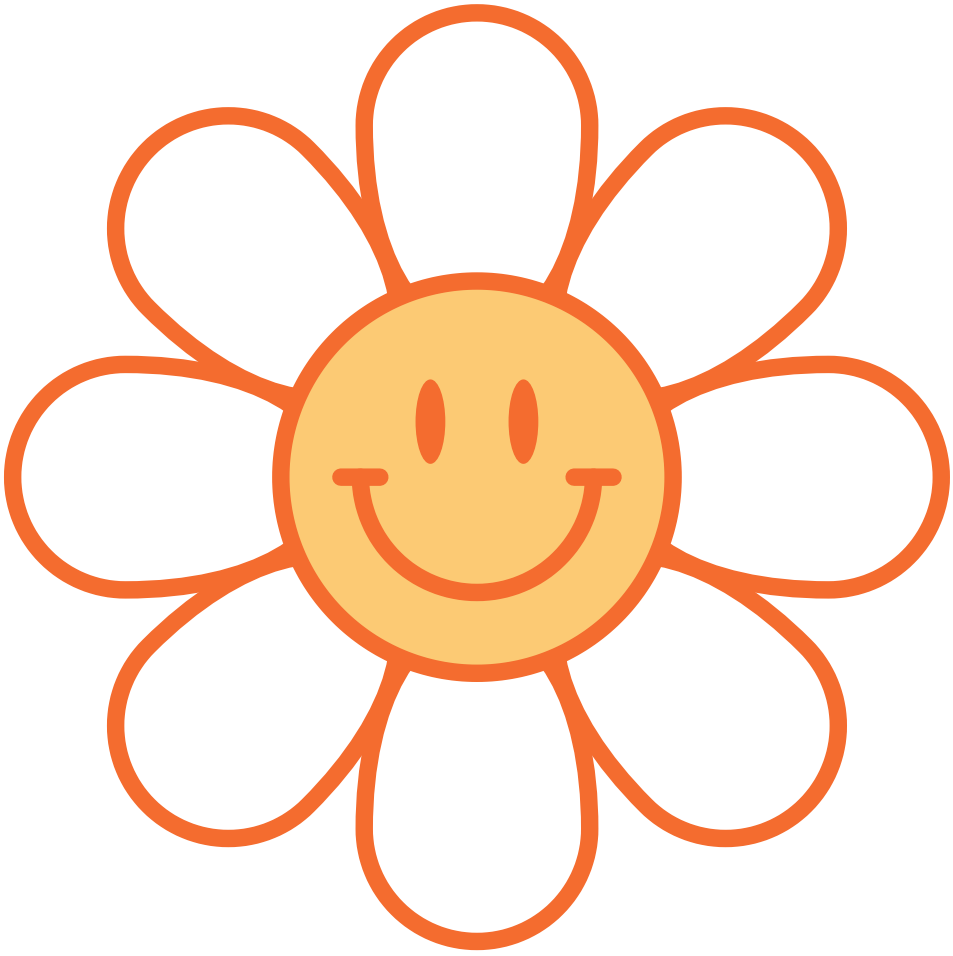
Recreational Therapy is Applied Positive Psychology



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Recreational Therapy is Applied Social Psychology

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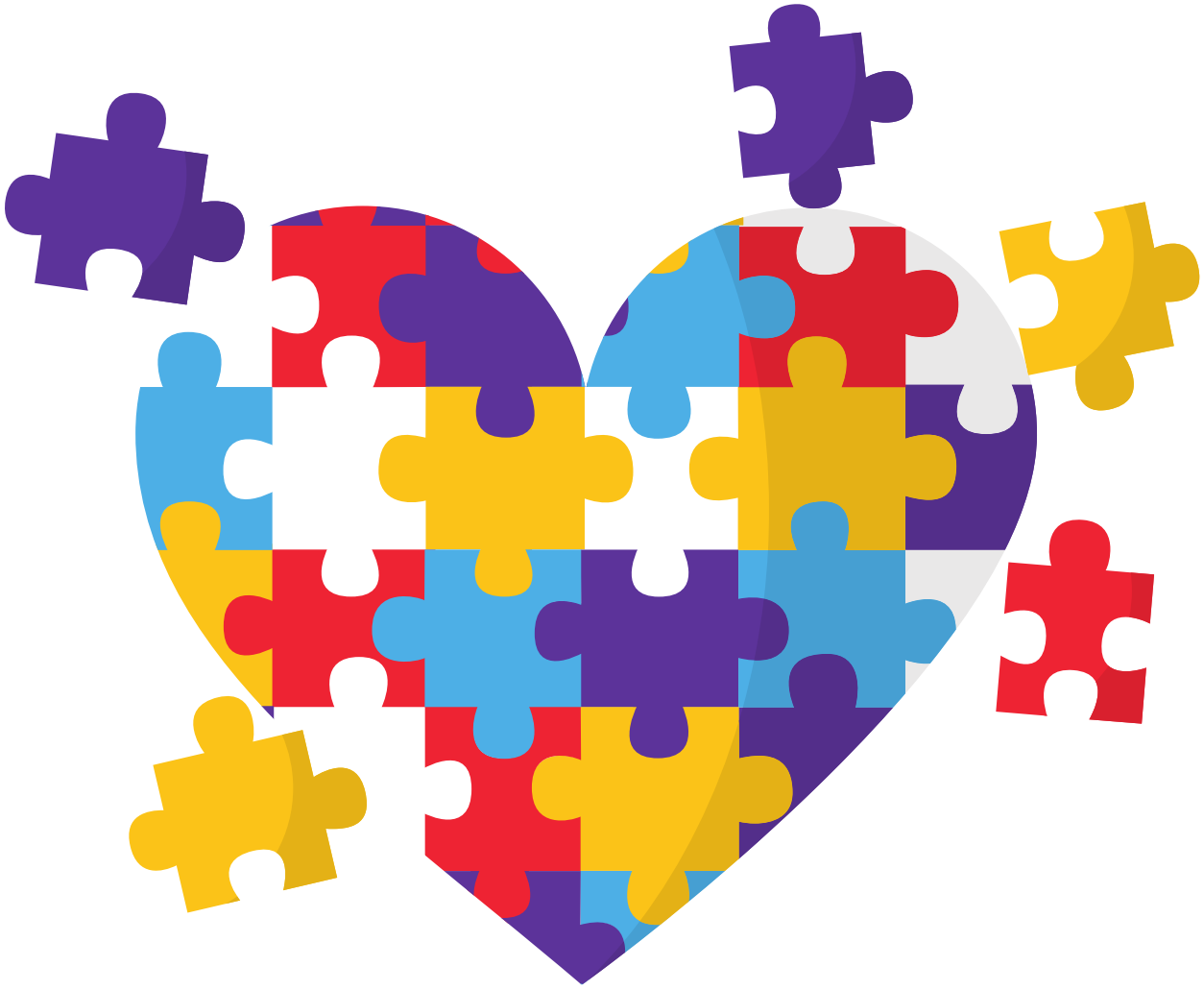
Recreational Therapy Helps You Find the Missing Piece in Life's Puzzle.



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Recreational Therapists know how to play the right cards for healing.

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Recreational Therapy Builds Bridges to Better Health and Happiness.

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PARTY

Like a Rec Therapist

We Put the "RT" in PARTY

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Recreational Therapy (RT)

is a SMART Idea

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Recreational Therapists
Teach Healthy Coping Skills

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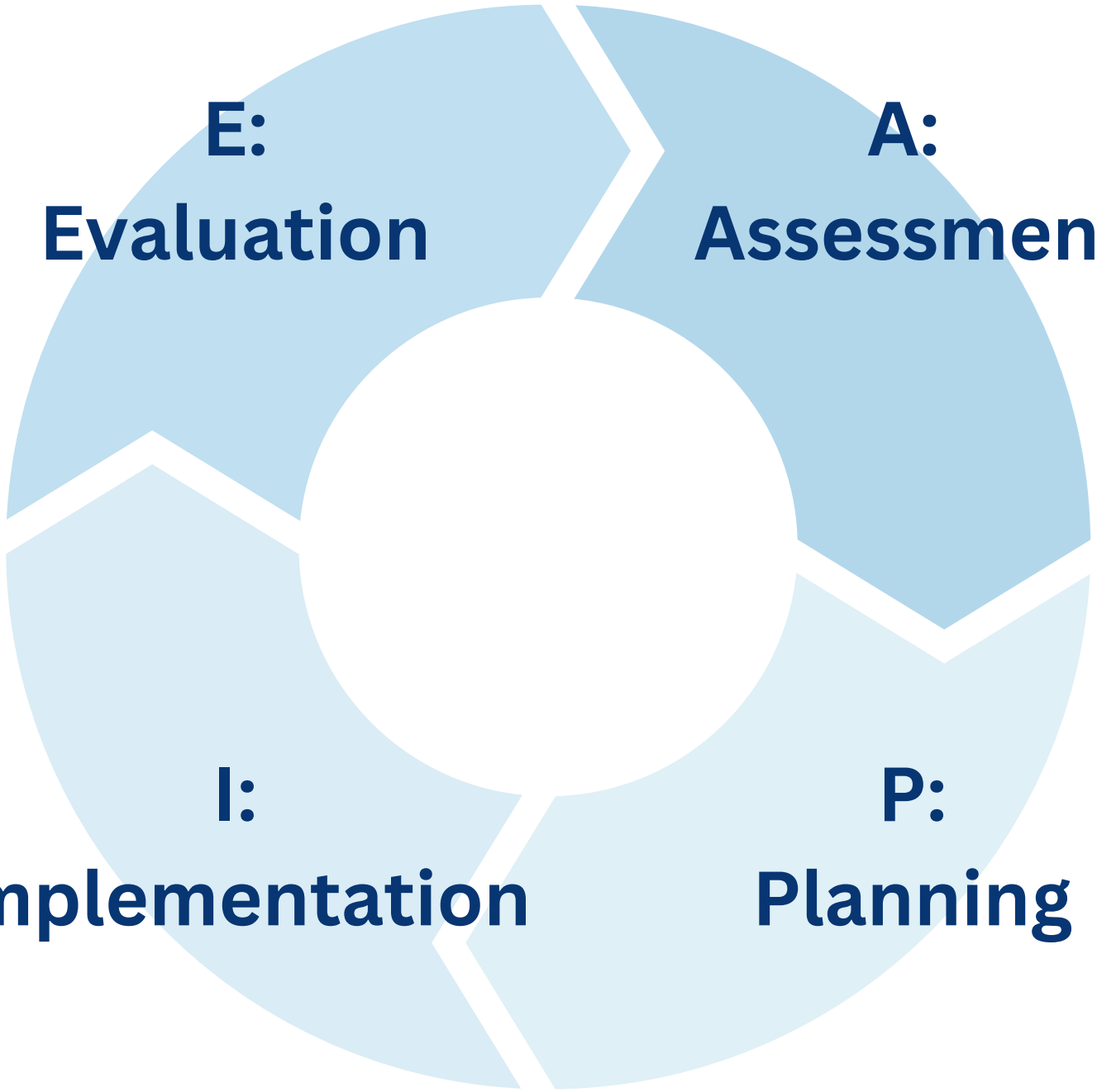
Recreational Therapy

A.P.I.E. Process



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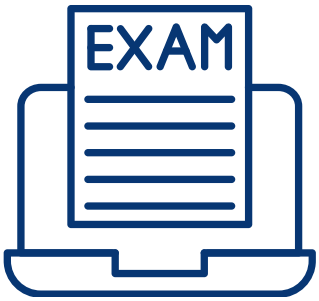
National Certification in Recreational Therapy Requires:

At least a bachelor's degree in field

An internship training experience



Pass a national written examination

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Recreational Therapy Specialization Areas:

Pediatrics

Geriatrics

Behavioral Health

Developmental Disabilities

Community Inclusion Services

Adaptive Sports and Recreation

Physical Medicine/Rehabilitation

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Recreational Therapists Creating safe spaces for

growth, connection, and healing.

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Recreational Therapists Inspire Individuals to Reach Their Highest Potential

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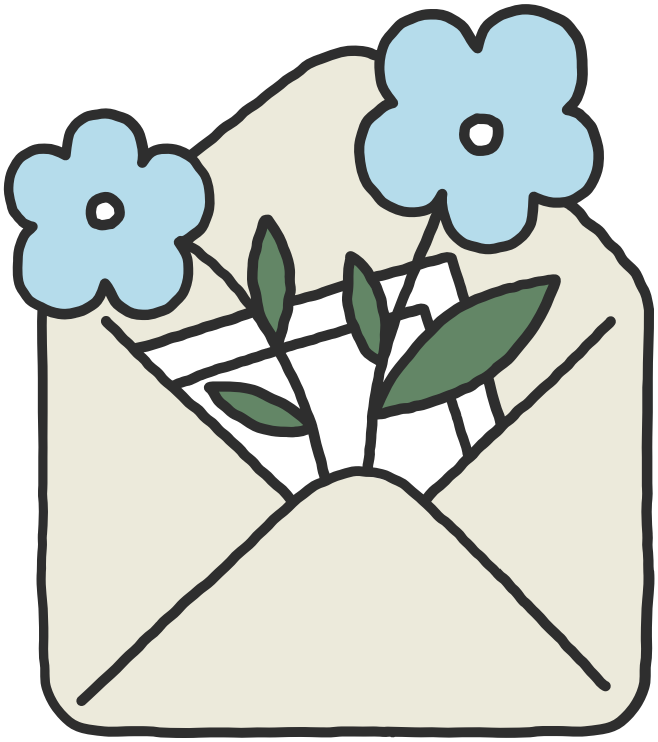
Dear Rec Therapist --

Thanks for making this world a better and much brighter place.



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Recreational Therapists Encourage Inclusion

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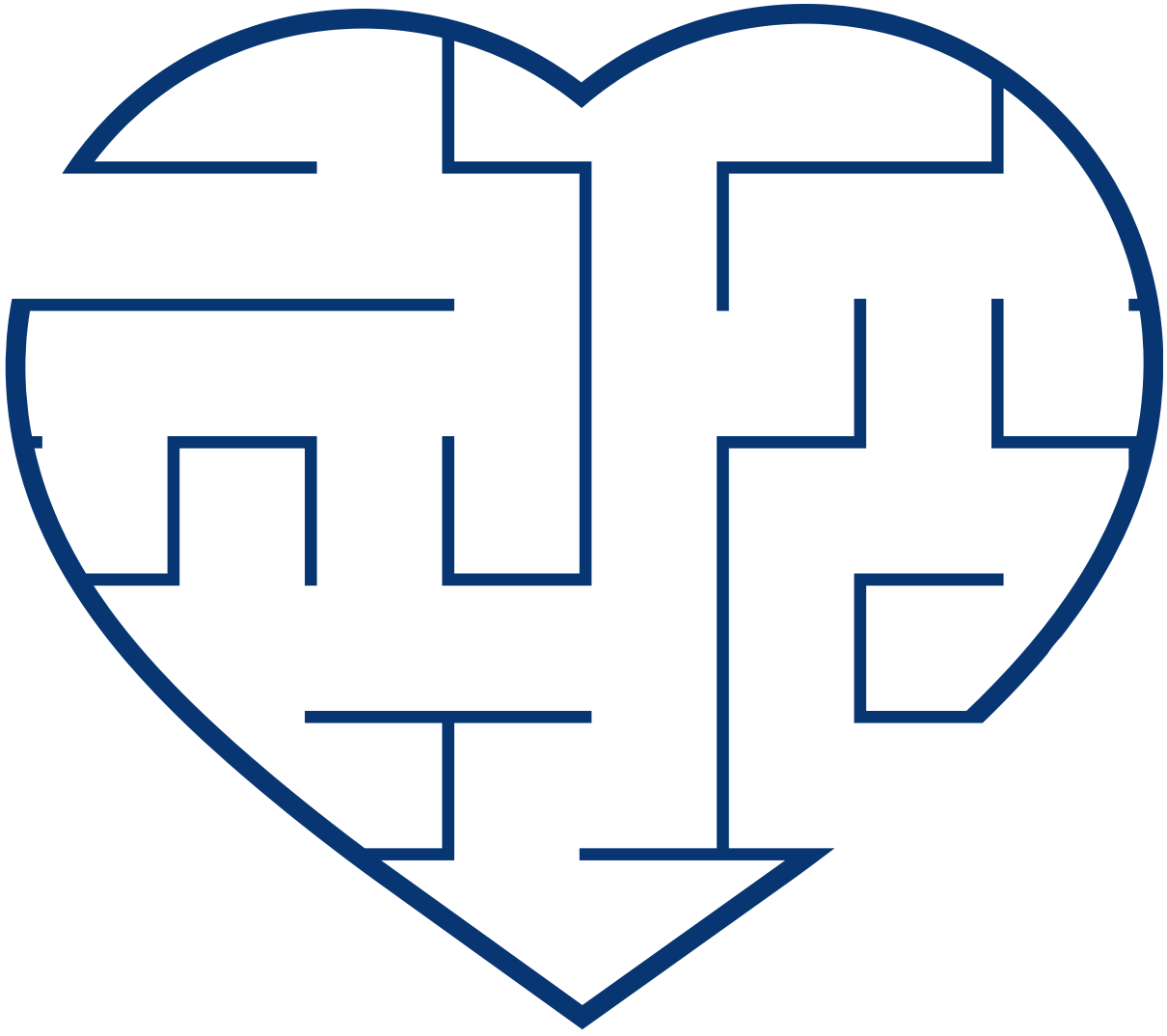
Recreational Therapists are A-MAZE-ing



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Recreational Therapists are unsung heroes

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Recreational Therapy Facilitation Techniques

- Community Re-Integration Activities: Preparing individuals to transition back into their community through outings, public transportation training, and group participation.
- Social Skills Training: Enhancing interpersonal skills such as communication, cooperation, and conflict resolution.
- Therapeutic Use of Music: Utilizing music for relaxation, emotional expression, or improving cognitive and social functioning.
- Therapeutic Use of Creative Arts: Engaging in activities like painting, drawing, writing, or drama to promote emotional and creative expression.
- Self-Expression Activities: Encouraging individuals to express thoughts and emotions through creative or verbal methods.
- Yoga and Mindfulness: Using yoga, meditation, and breathing exercises to reduce stress and improve physical and mental well-being.

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Recreational Therapy Facilitation Techniques

- Therapeutic Gardening/Horticulture: Incorporating gardening activities to promote relaxation, responsibility, and connection with nature.
- Leisure Skills Training: Teaching individuals how to engage in leisure activities that match their interests and abilities.
- Life Skills Training: Developing practical skills for daily living, such as time management, budgeting, and cooking.
- Cognitive/Intellectual Stimulation: Using puzzles, memory games, and problem-solving activities to enhance cognitive functioning.
- Aquatics Therapy: Incorporating water-based activities to improve physical strength, coordination, and relaxation.
- Adaptive Sports and Recreation: Modifying sports and games to ensure participation for individuals with disabilities.
- Therapeutic Use of Animals: Interacting with animals to improve mood, social interaction, and emotional well-being.

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Recreational Therapy Facilitation Techniques

- Stress Management Techniques: Teaching coping skills through relaxation exercises, guided imagery, and mindfulness practices.
- Team-Building Activities: Promoting group cooperation and social engagement through fun, structured activities.
- Adventure Therapy: Using outdoor and experiential activities like hiking or rock climbing to build confidence and resilience.
- Aquatic-Based Programs: Combining physical activity with the calming effects of water, such as swimming, water aerobics, or hydrotherapy.
- Therapeutic Recreation Games: Using games as tools for fun, connection, and meeting therapeutic goals.
- Storytelling and Reminiscence Therapy: Encouraging individuals to share memories or personal stories to enhance cognitive and emotional health.
- Therapeutic Use of Humor: Uses laughter, jokes, or playful activities to reduce stress, enhance mood.

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25 Places where Rec Therapist might work

1. Hospitals
2. **Group Homes**
3. Nursing Homes
4. **Outpatient Clinics**
5. Acute Care Facilities
6. **Equine Therapy Centers**
7. Aquatic Therapy Centers
8. **Rehabilitation Hospitals**
9. Adaptive Sports Programs
10. **Behavioral Health Centers**
11. Assisted Living Facilities
12. **Residential Treatment Programs**
13. Parks and Recreation Departments
14. **Substance Abuse Treatment Centers**
15. Prisons and Correctional Facilities
16. **Hospice and Palliative Care Centers**
17. Adventure and Outdoor Therapy Programs
18. **Military and Veteran Recreation Programs**
19. Veterans Affairs (VA) Hospitals and Clinics
20. **Universities and Colleges (student wellness programs)**
21. Schools (K-12, special education, and alternative schools)
22. **Retreat Centers (for individuals with chronic conditions or trauma)**
23. Community Settings (e.g., community centers, nonprofit organizations)
24. **Camp Programs (e.g., therapeutic camps for children with disabilities)**
25. Corporate Wellness Programs (focusing on employee mental health and engagement)

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About the Creator:
Danny Pettry

Danny Pettry is a Certified Therapeutic Recreation Specialist with a behavioral health specialization and a lifetime member of the American Therapeutic Recreation Association.

With over two decades of experience, Danny has been providing recreational therapy services to children and teens at residential treatment facilities since 2002.

Holding master's degrees in Mental Health Counseling and Therapeutic Recreation, Danny is passionate about helping youth thrive through creative and meaningful interventions.

In his free time, Danny enjoys driving his mustang, visiting parks, reading, writing, petting cats, drinking coffee, and indulging in comic books and movies. His enthusiasm for fun and learning inspires his work and the resources he creates, like the Recreational Therapy Month printouts.

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Rec Therapy Today

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Rec Therapy Today is an online self-study platform designed to help Certified Therapeutic Recreation Specialists (CTRS) and licensed recreational therapists earn continuing education units (CEUs) with ease.

Focused on innovation and convenience, the platform offers a variety of engaging, high-quality courses tailored to meet the professional development needs of recreational therapists.

Whether you're maintaining NCTRC certification, fulfilling state licensure requirements, or seeking to enhance your skills, Rec Therapy Today provides flexible, evidence-based learning opportunities to help you grow and succeed in the field.

Online:

www.RecTherapyToday.com

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