



TR IN EVERYDAY LIFE

APRIL 4-6, 2022

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SCHEDULE OVERVIEW

MONDAY, APRIL 4, 2022

10:00 a.m.—12:00 p.m.

Registration

12:00 p.m.—1:00 p.m.

Symposium Kick-off Lunch

1:15 p.m.—5:15 p.m.

Break-out Sessions

TUESDAY, APRIL 5, 2022

8:30 a.m.—11:15 a.m.

Break-out Sessions

11:45 a.m.—1:15 p.m.

MWSTR Recognition
Lunch

1:30 p.m.—4:15 p.m.

Break-out Sessions

6:00 p.m.

Social Event

WEDNESDAY, APRIL 6, 2022

8:00 a.m.—11:15 a.m.

Break-out Sessions

11:30 a.m.—1:00 p.m.

Keynote Speakers with Lunch

1:15 p.m.—3:30 p.m.

Break-out Sessions



PLENARY SESSIONS



Kick-off & Lunch: TR/RT—Threads of My Fabric

Speaker — Shayle Wigger, CTRS

Monday, April 4, 2022, 12:00 p.m.–1:00 p.m., Discovery A/D

Shayle Wigger, CTRS, will speak on the impact therapeutic recreation/recreation therapy (TR/RT) has had on her life. She will offer her perspective on how TR/RT has interwoven itself into her life's fabric and become the lens through which she views and approaches life's "ups and downs." Shayle will share how TR/RT has specifically influenced her experiences within various work settings and her personal life journey. It's not complex nor a hero's tale – just a simple story of one person experiencing **TR in Everyday Life**.

Recognition Lunch

Tuesday, April 5, 2022, 11:45 a.m.–1:15 p.m., Discovery A/D

Lunch: Using TR Principles in Everyday Life

Speakers — Larry D. Lindholm and Detective John Lindholm

Wednesday, April 6, 2022, 11:30a.m.–1:00 p.m., Discovery A/D



Laurence D. Lindholm (Larry), Retired CTRS:

Larry worked in long term care for 25 years. His employment has included working at Salem Village (Lutheran Social Services of Illinois) as the Activity Director, Alzheimer Coordinator and Director of Employee Relations. For Villa Franciscan (Franciscan Sisters of the Sacred Heart), Larry worked as the Director of Activities and Director of Damiano Unit (for residents with dementia), and at Brookdale Lisle (the Willow - Brookdale Living) as the Director of Activities, Dementia Coordinator and Weekend Administrator. While working at Chateau Center (Genesis Corp), he was the Dementia Unit Director and later, the Activity Director as well. Additionally, Larry worked at Sunnyhill Nursing Home of Will County (County Government of Will County) as the Activity Director and Second Wind Dreams Contact and Dreams Coordinator.

Larry graduated from Illinois State University with a degree in Recreation and Park Administration, Therapeutic Sequence.

Detective John Lindholm, Lee County Sheriff's Office , Florida:

John is currently employed by LCSO assigned to the Lehigh Acres area. Prior to being promoted to detective, he served within the capacity of a road deputy answering a wide range of calls for service to include missing and endangered juveniles and adults. John has also worked for Special Recreation of Joliet and Channahon (Joliet Park District, IL) and volunteered with the Special Olympics of Illinois. John has assisted and volunteered with numerous activities in long term care facilities throughout his life.

John studied Law Enforcement and Justice Administration and Therapeutic Recreation at Western Illinois University. John has worked numerous jobs working with individuals ranging from special populations to the professional level.

TR IN EVERYDAY LIFE

MONDAY, APRIL 4TH



10:00 a.m. – 12:00 p.m. Registration

(Outside Discovery A Conference Room)

12:00 p.m.—1:00 p.m. Symposium Kick-off Lunch

Discovery A/D

1:15 p.m.—2:15 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery C	Vicarious Trauma and Self Care: Coping with Indirect Exposure to Trauma	Dr. Michelle Bateman, CTRS, EP-C	Northwest Missouri State University
Imagination A-B	Ships Passing in the Night: TR Advocacy for Caregivers	Dr. Sue Myllykangas	Northwest Missouri State University

TR IN EVERYDAY LIFE



MONDAY, APRIL 4TH

2:30 p.m.—3:30 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery B	Students and Faculty Serving and Learning in our Community at the American Gold Star Manor	Dr. Terry Robertson Dr. Chungsup Lee, CTRS Dr. Heewon Yang, CTRS, FDRT	California State University, Long Beach
Discovery C	Utilizing Dialectical Behavioral	Madolyn Pochmara, CTRS	Henry Ford Health System
Imagination A-B	Leisure Motivation Scale Used in a Student Research Project and an Event	Dayna Baynes, M.S., CTRI PATH Int'l	Exceptional Equestrians of Missouri Valley

3:45 p.m.—5:15 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery B	Professional Boundaries in Therapeutic Recreation	Lisa Shelton, M.S., CTRS	Liberty Healthcare
Discovery C	Expressive Writing: Words That Heal	Thomas M. Blaschko, M.A.	Idyll Arbor
Imagination A-B	Changing the Narrative: How to Challenge Systemic Racism in Therapeutic Recreation <i>(60 minutes)</i>	Shevon Reed, CTRS, CDP Michael McNicholas, CTRS, MPA, Doctoral Candidate	SocialWork Consultation Group, Inc. Chicago State University

TR IN EVERYDAY LIFE

TUESDAY, APRIL 5TH



8:30 a.m.—9:30 a.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery B	Keys to Quality Internships in Recreational Therapy	Rachel Smith, ABD, CTRS	Illinois State University
Discovery C	Incorporating Therapeutic Recreation Concepts in Physical Activity	Dr. Laura Covert-Miller, CTRS. Libby VanRheen	Pittsburg State University

9:45 a.m.—11:15 a.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery B	Writing for Wellness: Shared Writing Experiences for Healthcare Support	Thomas M. Blaschko, M.A.	Idyll Arbor
Discovery C	How Covid Made Us Better - Finding the Silver Linings	Anne Cuizon, CTRS	Rocky Mountain Healthcare Services - PACE
Imagination A-B	Comparing Therapeutic Recreation Delivery in Geriatrics—Treatment & Detention Facilities <i>(60 minutes)</i>	Nicole Stevenson, CDP Michael McNicholas, CTRS, MPA, Doctoral Candidate	Liberty Healthcare Chicago State University

11:45 a.m.—1:15 p.m.

Recognition Lunch

Discovery A/D

TR IN EVERYDAY LIFE



TUESDAY, APRIL 5TH

1:30 p.m.–3:00 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery B	Using Technology to Hire and Retain Staff	Katie Mitzlaff, CTRS, CDP Laura Mock, CTRS, CDP Mary Glick, CTRS, CDP	iN2L
Discovery C	Use of Blind Maze for Therapeutic Recreation	Michael McNicholas, CTRS, MPA, Doctoral Candidate	Chicago State University

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery B	Advancement of the Profession through Student Advocacy: Adaptalooza!	Sherri Hildebrand, CTRS Kayla Officer, CTRS	Illinois State University. Exceptional Learners Collaborative
Discovery C	Impact of Special Recreation Association Implementation in Maywood Park District	Michael McNicholas, CTRS, MPA, Doctoral Candidate	Chicago State University/UIC
Imagination A-B	Using the Creative Arts in Therapeutic Recreation	Deborah Ann Stuart, Masters, CTRS, RSW Dr. Carol J. McDowell	Consultant Therapeutic Programs. Coverdell Elementary School

6:00 p.m.

Social Event

On-site at AmeriSports Bar & Grill Restaurant

TR IN EVERYDAY LIFE

WEDNESDAY, APRIL 6TH



8:00 a.m.—9:30 a.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery C	Leadership Lessons for Recreational Therapists	Dr. Brent Wolfe, CTRS, LRT, FDRT	University of North Carolina Greensboro
Imagination A-B	Fostering Hope: Building Hope with Chronic Substance Users Utilizing Strength Based Therapeutic Recreation Interventions	Abby Nelson, M.S., CTRS, CADC. Paul Fasano, M.A.	Rosecrance

9:45 a.m.—11:15 a.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery B	Wheelchair Football: The Next Paralympic Sport?	Sherri Hildebrand, CTRS Alex Dolgner, Student	Illinois State University
Discovery C	Finding Your Sense of Empowerment	Dr. Brent Wolfe, CTRS LRT, FDRT	American Therapeutic Recreation Association
Imagination A-B	Rett, Set, GO!	Dixie McGary, M.S., CDP, CTRS	Home Instead

TR IN EVERYDAY LIFE



WEDNESDAY, APRIL 6TH

11:30 a.m.—1:00 p.m. Keynote Speakers & Lunch
Using Therapeutic Recreation Principles in Everyday Life
 Larry D. Lindholm & Detective John Lindholm
 Discovery A/D

1:15 p.m.—2:15 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery B	Tennis for Behavioral Health	Ron Tankel, CTRS Michael-Ray Pallares, ITF Level 3 Certified	Retired CTRS. One Love Tennis
Discovery C	Finding Thriving: Professional TR Personal Care Management Plan	Michael McNicholas, CTRS, MPA, Doctoral Candidate Chelsea Jaramillo, Student	Chicago State University
Imagination A-B	Resistance Exercise Training as Interoceptive Exposure Therapy in the Treatment of Anxiety Disorders in TR Settings	Dr. Michelle Bateman, CTRS, EP-C Mary Jameson, NASM-CPT, Graduate Student	Northwest Missouri State University

TR IN EVERYDAY LIFE

WEDNESDAY, APRIL 6TH



2:30 p.m.—3:30 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Discovery B	Emotional Freedom Technique - Tapping: Will It Work for You?	Rachel Smith, ABD, CTRS	Illinois State University
Discovery C	Culturally Disabled: What Does It Mean and Why Does It Matter?	Riley Spreadbury, CTRS, Graduate Student	City University of New York
Imagination A-B	Effects of Positive Psychology in a Recreation Setting	Katherine Hart, Student	Chicago State University / Chicago Park District

END OF CONFERENCE

SAFE TRAVELS HOME!

TR IN EVERYDAY LIFE

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SIU SOUTHERN ILLINOIS UNIVERSITY
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PROFESSIONS



TR IN EVERYDAY LIFE



CONFERENCE CENTER MAP



SPECIAL THANKS TO ALL
WHO
ASSISTED WITH THIS
SYMPOSIUM!



DR. JAY
JOHNSON



DR. TERRY
LONG



REBECCA
LOBINA



JEN PITTS



CRYSTAL
WARD

MONDAY,
APRIL 4TH

DETAILED PROGRAM

12:00 p.m.—1:00 p.m.

SYMPOSIUM KICK-OFF WITH LUNCH

Enjoy lunch, network with colleagues, understand how to check-in to your break-out sessions to receive full CEU credit, and hear about what's in store for this year and next year's Midwest Symposium on Therapeutic Recreation. *Discovery A/D*

VICARIOUS TRAUMA AND SELF CARE: COPING WITH INDIRECT EXPOSURE TO TRAUMA

Recreational therapists (RT) have a unique ability to connect and develop a strong rapport with their clients. Additionally, RTs often provide treatment to individuals who have experienced psychological or physical trauma and often have the most face-to-face time with those clients when compared to other members of their treatment team. This indicates there are more opportunities for RTs to experience trauma indirectly which likely leaves RTs more vulnerable to experiencing vicarious trauma. This session will discuss the differences in commonly used terms such as professional burnout, vicarious trauma, secondary-traumatic stress, and compassion fatigue. This session will also discuss risk factors and different coping mechanisms to counter indirect exposure to trauma. *Discovery C*

DETAILED PROGRAM

MONDAY,
APRIL 4TH

1:15 p.m.—2:15 p.m. Breakout Sessions #1 (CONT.)

SHIPS PASSING IN THE NIGHT: TR ADVOCACY FOR CAREGIVERS

Have you ever had a caregiver ask you how you communicate with their loved one, especially those with dementia? Visiting with elders who are nearing the end of their lives can be a challenge for the friends and families that love them. This session will present information from a research project that revealed that visits with loved ones can be like ships passing in the night, unless you understand the changing needs of the elder. Advocacy for the elders we care for and ways to educate stakeholders will be shared. *Imagination A/B*

2:30 p.m.—3:30 p.m. Breakout Sessions #2

STUDENTS AND FACULTY SERVING AND LEARNING IN OUR COMMUNITY AT THE AMERICAN GOLD STAR MANOR

This session will provide an overview of a new collaborative, 3-year service learning partnership. The department of RLS has partnered with a community senior housing organization (AGSM) to assist them in the development of recreation therapy programs and services for residents. The RLS department is providing resident assessments, program and service recommendations, as well as students for fieldwork and internship placements to assist in delivery of the therapeutic recreation process. Partnership background, development of instrumentation, needs assessment, and evaluation of both program and service-learning efficacy will be discussed, as well as suggestions for activity and/or service modifications as a part of this effort. Participants will have opportunities to ask questions, take the associated assessment, and provide program and other service ideas/feedback in support of our local professional learning community (PLC). *Discovery B*

MONDAY,
APRIL 4TH

DETAILED PROGRAM

2:30 p.m.—3:30 p.m. **Breakout Sessions #2 (CONT.)**

UTILIZING DIALECTICAL BEHAVIORAL THERAPY IN RT

Dialectical Behavior Therapy (DBT) is a cognitive behavioral psychotherapy modality developed to treat borderline personality disorder but has since been used for treatment of a wide variety of mental health disorders. The participants will be introduced to the four core principles of DBT and a variety of coping skills. Participants will be taught strategies that can be utilized in various settings as many concepts reinforced in Recreation Therapy align with treatments like DBT. *Discovery C*

LEISURE MOTIVATION SCALE USED IN STUDENT RESEARCH PROJECT AND EVENT

Veterans Motivation Research Project and the community event were completed during the Masters Recreation Program studied at Northwest Missouri State School of Health Science and Wellness. The purpose of the research finding was to determine if new therapeutic service developments would be beneficial in developing new programs using Leisure Motivation Scale while supporting veterans by creating more family inclusive events based off the results. Participants will network with professionals providing therapeutic equine assisted services to veterans. Participants will see how Leisure Motivation Scale was used in a student research project and if this assessment would benefit them in practice. Learn about Equine Assisted Services from a Certified Therapeutic Riding Instructor in Professional Association Therapeutic Horsemanship International and how you can locate a center near you.

Imagination A/B

DETAILED PROGRAM

MONDAY,
APRIL 4TH

3:45 p.m.—5:15 p.m. Breakout Sessions #3

PROFESSIONAL BOUNDARIES IN THERAPEUTIC RECREATION

Therapeutic recreation has potential to be viewed as less formal to the client compared to other therapy disciplines due to the nature of the interventions. RTs often are seen as the fun ones, yet it is important we set and maintain appropriate professional boundaries and a therapeutic alliance with the client. In this session we will dive into the research on professional boundaries as well as participate in small group discussions about your experiences. The goal of this session is to bring this topic to the table and provide thought provoking conversations. *Discovery B*

EXPRESSIVE WRITING: WORDS THAT HEAL

The extensive body of Expressive Writing research shows that using Expressive Writing leads to better health. This presentation looks at the research and guides the audience through an Expressive Writing session. We will discuss how teaching about Expressive Writing can be used to promote the professional images of recreational therapists. The presentation also explains the difference between private Expressive Writing and shared writing experiences. This session will teach RT practitioners, who work in any setting, how to use Expressive Writing techniques to deal with deep-seated trauma issues in a safe and efficacious manner. Participants will learn appropriate places to use several types of writing exercises, experience using Expressive Writing, debrief learning, and brainstorm applications. *Discovery C*

CHANGING THE NARRATIVE: HOW TO CHALLENGE SYSTEMIC RACISM IN THERAPEUTIC RECREATION *(60 minutes)*

Therapeutic Recreation can challenge systemic racism in service provision. Through investigating root causes of systemic racism in the field, Therapeutic Recreation professionals can play a vital role in changing the narrative, structures and practices that usurp the power and autonomy of people of color in the field, and those they serve. *Imagination A/B*

**TUESDAY,
APRIL 5TH**

DETAILED PROGRAM

8:30 a.m.—9:30 a.m. Breakout Sessions #4

KEYS TO QUALITY INTERNSHIPS IN RECREATIONAL THERAPY

The ATRA Quality Internships subcommittee was established in fall 2020 to establish thresholds for, and provide materials to assist in, improving the consistency and quality of recreational therapy internships nationally. This session outlines the assets of a qualified internship supervisor, provides a template for beneficial agency internship manuals, and introduces a new internship supervisor training that is being developed for national dissemination. *Discovery B*

INCORPORATING THERAPEUTIC RECREATION CONCEPTS IN PHYSICAL ACTIVITY

This session will focus on using Therapeutic Recreation concepts such as the FLOW Theory, self efficacy, locus of control, and perceived freedom in physical activity interventions. By using these concepts during physical activity, they can aid in boosting the client's confidence in themselves as well as their progress. This session will help teach attendees how to utilize physical activity and Therapeutic Recreation concepts together. This session will be interactive - participants need to come ready to move! *Discovery C*

DETAILED PROGRAM

TUESDAY,
APRIL 5TH

9:45 a.m.—11:15 a.m. Breakout Sessions #5

WRITING FOR WELLNESS: SHARED WRITING EXPERIENCES FOR HEALTHCARE SUPPORT

Writing for Wellness gives people a chance to connect with others who are facing health problems. This presentation describes the benefits of Writing for Wellness and guides the audience through a Writing for Wellness session. We will discuss how to create a Writing for Wellness class for the people the professional works with. The presentation also explains the best times to use this type of shared writing, and other times when private, unshared writing is a better option. We will also discuss how leading a Writing for Wellness group promotes the professional image of a healthcare provider.

Discovery B

HOW COVID MADE US BETTER - FINDING THE SILVER LININGS

The Program of All Inclusive Care for the Elderly (PACE) is a model of care that always requires the provision of services to its participants...even during a global pandemic. This session will cover how our teams, in particular our recreation therapists, met the challenge of providing those services to over 800 participants during this time. *Discovery C*

COMPARING THERAPEUTIC RECREATION DELIVERY IN GERIATRICS - TREATMENT AND DETENTION FACILITIES (60 minutes)

Therapeutic recreation practice as treatment and non-treatment in two distinct environments. Delivery of modalities is informed by choice versus prescription. Participation consequences vary in different settings. *Imagination A/B*

11:45 a.m.—1:15 p.m. Recognition Luncheon

Enjoy lunch as we recognize the speakers who shared their expertise at this conference. A few surprise awards / recognitions will be announced as well so don't miss this! *Discovery A/D*

**TUESDAY,
APRIL 5TH**

DETAILED PROGRAM

1:30 p.m.—3:00 p.m. Breakout Sessions #6

USING TECHNOLOGY TO HIRE AND RETAIN STAFF

Today's employment market is competitive. You can set your community apart by incorporating technology into your daily workflow. This will increase staff satisfaction, reduce stress, and help avoid turnover. Technology plays a big role in making job duties easier and can help attract qualified employees. Join us as we explore the implementation of technology into recreation; how to use technology to gain personnel and volunteers; and advancing the profession by promoting wholistic care for staff and residents. We will highlight a multitude of different technological advances available to you. *Discovery B*

USE OF BLIND MAZE FOR THERAPEUTIC RECREATION

This is an interactive session which engages facilitators in developing, recognizing and confronting attitudes that create barriers in group performance and engagement. *Discovery C*

3:15 p.m.—4:15 p.m. Breakout Sessions #7

ADVANCEMENT OF THE PROFESSION THROUGH STUDENT ADVOCACY: ADAPTALOOZA!

Advocating for the profession is not limited to TR professionals. TR students understand the importance of advocating for the profession through hands-on learning. Adaptalooza is an advocacy event the TR students at Illinois State University have planned and implemented since 2015. Learn about the impact this event has placed on the ISU community and the challenges encountered over the years that continue to be faced. You will have the opportunity to influence the future of Adaptalooza. *Discovery B*

DETAILED PROGRAM

TUESDAY,
APRIL 5TH

3:15 p.m.—4:15 p.m. Breakout Sessions #7 (CONT.)

IMPACT OF SPECIAL RECREATION ASSOCIATION IMPLEMENTATION IN MAYWOOD PARK DISTRICT

This session presents three years of research integrating a new Special Recreation Association into the Maywood Park District community. It describes strategies and impacts of inclusion and program development on empowering people with disabilities. *Discovery C*

USING THE CREATIVE ARTS IN THERAPEUTIC RECREATION

An interactive session will demonstrate how to create/develop therapeutic learning experiences using the Creative Arts. Examples of research and evidence based practice using the creative arts, music and movement. *Imagination A/B*

6:00 p.m.

SOCIAL EVENT

On-site at AmeriSports Bar & Grill Restaurant

WEDNESDAY,
APRIL 6TH

DETAILED PROGRAM

8:00 a.m.—9:30 a.m. **Breakout Sessions #8**

LEADERSHIP LESSONS FOR RECREATIONAL THERAPISTS

Leadership is a conversation that often gets overlooked when it comes to the practice of recreational therapy. While we talk extensively about assessments, planning, interventions, and a host of other topics, rarely do we discuss leadership styles, techniques, and skills that a recreational therapist should possess. This session will explore different leadership styles, how we can use different styles as recreational therapists, and how we can use our leadership techniques to empower those we serve. We will discuss real-world examples and use them as case studies to help us understand our own leadership styles and avoid potential pitfalls when working with our clients in recreational therapy. *Discovery C*

FOSTERING HOPE: BUILDING HOPE WITH CHRONIC SUBSTANCE USERS UTILIZING STRENGTH BASED THERAPEUTIC RECREATION INTERVENTIONS

Chronic substance use is a barrier to experiencing joy and a life worth living. How do you help a client move from hopelessness to hope, hurt to health, or despair to optimism? Strength-based therapeutic recreation interventions can be the conduit to fostering this relationship and growth. Bring an open mind and a willingness to think abstractly about the interventions and skills you can utilize with clients. *Imagination A/B*

DETAILED PROGRAM

WEDNESDAY,
APRIL 6TH

9:45 a.m.—11:15 a.m. Breakout Sessions #9

WHEELCHAIR FOOTBALL: THE NEXT PARALYMIC SPORT?

The Paralympic games are viewed by millions of people. Well-known sports include wheelchair basketball, wheelchair racing and wheelchair rugby. But there is ONE popular sport known by everyone that is not included YET: wheelchair football! Learn about the sport that could become the newest Paralympic sport, and strategies for starting your own program.

Discovery B

FINDING YOUR SENSE OF EMPOWERMENT

At the heart of what every recreational therapist does is empowerment. We empower our clients to overcome barriers. We empower our clients to attempt new challenges. We empower our clients to enhance their quality of life. At the core of every recreational therapist's daily job is the idea of empowering others. But who is empowering recreational therapists? Who is looking out for recreational therapists the way recreational therapists look out for others? The answer to this question is the American Therapeutic Recreation Association (ATRA). This session will look at the idea of how ATRA lives its mission to empower recreational therapists. Additionally, we will discuss ideas for self-care and how therapists can continue to grow and develop even as they are helping others grow and develop. *Discovery C*

RETT, SET, GO!

Rett, set, go! Leaping into the unknown and often misunderstood brings a range of fears and may set you adrift on an emotional roller coaster. Rett Syndrome is a known, but rare diagnosis that typically only affects little girls. Understanding a rare syndrome that can present uniquely in each child introduces unusual challenges for the parents, love ones and therapists. What is Rett Syndrome? Follow the diagnosis, assessment process, and the life of children with RS. We will investigate RS and practice identifying appropriate therapeutic interventions even in the midst of a global pandemic. We will also identify support and research resources. *Imagination A/B*

WEDNESDAY,
APRIL 6TH

DETAILED PROGRAM

11:30 a.m.—1:10 a.m. Lunch with Keynote Speakers

Mr. Larry Lindholm, retired CTRS, and Detective John Lindholm, a father and son duo will explain how they've used recreational therapy principles in everyday life. Examples will include TR techniques used in grade school as a substitute teacher to adapt in the classroom, as an umpire for conflict resolution on the playing field and a community project utilized by the Lee County Florida Sheriff's Department and United Way called "Project Unite." Hear the successes from incorporating TR and how you may be able to adapt TR in ways you hadn't considered. *Discovery A/D*

1:15 p.m.—2:15 p.m. Breakout Sessions #10

TENNIS FOR BEHAVIORAL HEALTH

This presentation will inform our audience about the therapeutic benefits of tennis as an intervention for mental health clients. This will be demonstrated by making participants aware of successful programs co-facilitated by recreational therapist Ron Tankel and tennis professional Michael-Ray Pallares. *Discovery B*

FINDING THRIVING: PROFESSIONAL TR PERSONAL CARE MANAGEMENT PLAN

Covid heightened screen-time obligations, more difficulty with client retention, higher demands in care, empathy fatigue, and a host of other work-condition changes have given rise to the importance of having a self-care plan. TRs require energy management, time to reflect, and refreshed resources such as joy, empathy strength, listening capacity, and meaningful personal vitality. This session will address developing a plan and recognizing your individual professional needs in managing self-care. *Discovery C*

DETAILED PROGRAM

WEDNESDAY,
APRIL 6TH

1:15 p.m.—2:15 p.m. Breakout Sessions #10 (CONT.)

RESISTANCE EXERCISE TRAINING AS INTEROCEPTIVE EXPOSURE THERAPY IN THE TREATMENT OF ANXIETY DISORDERS IN TR

SETTING Aerobic exercise modalities have long been accepted as an effective adjunct to cognitive behavioral therapy (CBT) and other cognitive-restructuring therapies in the treatment of populations with anxiety-based disorders. Resistance exercise training (RET) has not been researched or implemented in practice to the same extent, but recent studies have shown it is comparable to aerobic exercise in regards to effectiveness of symptom-attenuation. RET acts as a form of interoceptive exposure therapy, primarily because it results in the physical sensations characteristic of typical anxiety. RET also works to increase feelings of self-efficacy in patients due to its systematic and progressive nature, promotes higher levels of self-esteem due to the element of mastery, and emphasizes a mind-body connection similar to mindfulness practices. This session will focus on the implementation of RET in a TR setting, as it requires special consideration beyond that of aerobic exercise implementation.

Imagination A/B

2:30 p.m.—3:30 p.m. Breakout Sessions #11

EMOTIONAL FREEDOM TECHNIQUE - TAPPING: WILL IT WORK FOR YOU?

Explore and practice Emotional Freedom Technique (EFT) tapping. This technique often called "psychological acupressure" works with the same meridian system used in acupuncture. EFT can be used to resolve a wide variety of issues from anxiety and past trauma to weight loss and pain relief. While there is evidence-based research on the effectiveness of this self-help technique it is currently unregulated. We will explore EFT research and the benefits of EFT. We will also do some tapping so you can judge for yourself if this technique will work for you.

Discovery B

DETAILED PROGRAM

WEDNESDAY,
APRIL 6TH

2:30 p.m.—3:30 p.m. Breakout Sessions #11 (CONT.)

CULTURALLY DISABLED: WHAT DOES IT MEAN AND WHY DOES IT MATTER?

In this session, we will explore the Social Model of Disability and its applicability to recreational therapy/therapeutic recreation programs. The RT/TR field has a somewhat complicated history in regard to what models of disability are more appropriate for the profession. While the Social Model gains popularity among the general populous, our profession often gravitates toward a more medical/individualized view of disability. A current graduate student of disability studies will discuss topical research that indicates the importance of the Social Model as well as the benefits that exist in recognizing disability culture. We will touch on the International Classification of Functioning, Disability, and Health and how it relates to both the Medical and Social Model of Disability. Additionally, examples will be provided of how to apply the Social Model to RT/TR programs. This session will include facilitated discussions as well as time at the end for questions. *Discovery C*

EFFECTS OF POSITIVE PSYCHOLOGY IN A RECREATION SETTING

This session will present how one can use positive psychology in their community recreational setting to provide nurturing and support within the community recreation program.

Imagination A/B

CEU INFORMATION

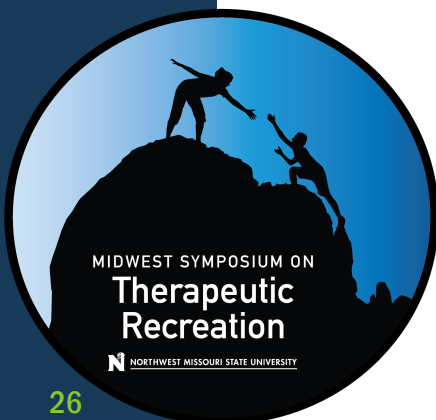
All sessions have been presented to NCTRC and approved for content, except for the lunch presentation on the third day. ATRA awards CEUs for continuing education opportunities based on the number of actual contact hours. One CEU = ten contact hours of participation in organized CE/training experience under responsible, qualified direction and instruction. (1.0 CEUs = 10 contact hours; 0.1 CEUs = 1 contact hour).

1.35 CEUs are available through this conference.



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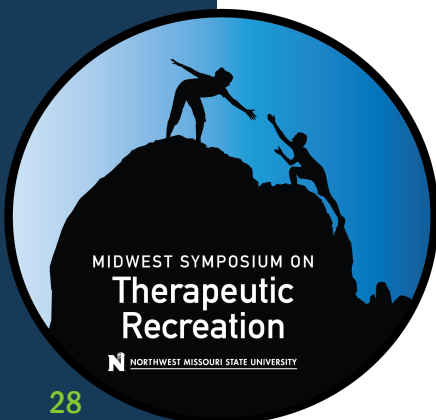
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