

STRS2002 AGENDA

WEDNESDAY, JULY 10, 2002

10:00 REGISTRATION FOR SOUTHEAST THERAPEUTIC RECREATION SYMPOSIUM

1:00– WELCOME AND KEYNOTE ADDRESS

2:30 ** **Play to Win: Provocative Notions on Personal Hardiness and Collective Effectiveness**

Consider, through self-examination and discussion, whether you and your profession are playing to win or playing to not lose (or not to get hurt) and the implications of each approach for your personal and our collective future. Are you coping or moping when confronted with stress and are you part of organizations that evidence apathy and cacophony or those which display synergy and harmony. Discover your level of personal hardiness and the extent to which our Therapeutic Recreation collectives (departments, professional groups) are functioning as high performance teams. Consider and commit to alternatives to the status quo.

Jeff Witman, Ed.D., CTRS

2:30 BREAK

2:45– **CONCURRENT SESSIONS**

4:00 ** **Behavioral Medicine: Background, History and Relevance to Recreational Therapy (Part One of Two) (CT1-A)**

The purpose of this module is to assist recreational therapists in developing basic knowledge and understanding of the foundations of behavioral medicine and the implications for recreational therapy services.

Carmen V. Russoniello, PhD, TRS/CTRS, LPC

Thomas K. Skalko, PhD, TRS/CTRS

** **Physiology Of Aging And Implications For Therapeutic Recreation Practice (Part One of Two) (CT2-A)**

What should recreational therapists understand about the implications of the aging process and the practice of TR? The presenter will provide an overview of the aging process in regards to the nervous, sensory, cardiovascular and muscular-skeletal systems. Also, there will be a review of the cognitive and affective systems as they pertain to activity theory and TR practice.

Robert M. Beland, PhD, CTRS

** **Therapeutic Recreation's Involvement in Supported Employment (A1)**

Therapeutic Recreation has an integral role in supported employment for individuals with developmental disabilities. This presentation will provide information on how TR can assist these adults to prepare for and succeed in supported employment settings.

Katie Roche, CTRS

** **It All Begins with Definition and Understanding – A Model for Expanding Therapeutic Recreation in Public Schools (A2)**

Therapeutic Recreation is a mandated related service under the individuals with disabilities act in all states. Session will present a brief historical perspective on services for children with disabilities and the progress of one state, West Virginia, to gain recognition of TR as a related service. The session will include the presentation of ideas which have worked and some which were less successful in promoting TR through the schools and community agencies.

Ted Muilenburg, PhD, CTRS

** **It Starts with a Good Plan – 7 Steps for Successful Intervention Planning (A3)**

There are seven essential questions to ask yourself as you plan your Therapeutic Recreation intervention. Therapists from all emphasis areas will benefit from a simple and effective tool that will enable them to target goals effectively. This session is packed with experiential activities designed to illustrate that a good plan goes a long way.

Maureen M. Meador, CTRS

4:15– **CONCURRENT SESSIONS**

5:30 ** **Behavioral Medicine: Background, History and Relevance to Recreational Therapy (Part Two of Two) (CT1-B)**

See concurrent description CT1-A

Carmen V. Russoniello, PhD, TRS/CTRS, LPC

Thomas K. Skalko, PhD, TRS/CTRS

** **Physiology Of Aging And Implications For Therapeutic Recreation Practice (Part Two of Two) (CT2-B)**

See concurrent description CT2-A

Robert M. Beland, PhD, CTRS

** **Hardiness: A Proactive Model for Therapeutic Recreation (B1)**

"Hardiness" represents the extent to which an individual deals with stress in transformational or positive rather than in regressive or negative ways. Personality hardiness combines three tendencies- control, commitment and challenge. Participants in this session will apply these constructs to the content and process of therapeutic recreation programming and to their own personal professional journey.

Jeff Witman, CTRS

** **Camp Koinonia – Celebrating 25 Years of Excellence (B2)**

Celebrate the 25th year of Camp Koinonia, an outdoor education program for 110+ children with severe disabilities that is organized and conducted by 150 university students each spring. Presentation will include dramatic audio-visual, poetry and personal touching stories that will tug at your heartstrings.

Heather Reel, GRA, TR University of Tennessee

Theresa Thomas, GRA, TR University of Tennessee

Kisa Mason, GRA, TR University of Tennessee

Gene A. Hayes, PhD, CTRS

** **Group Problem Solving as an Intervention in an Intensive Outpatient Drug and Alcohol Program (B3)**

This session will describe the utilization of group problem solving as an intervention in an intensive outpatient drug and alcohol program. Group problem solving exercises that have useful metaphors for people with drug and alcohol problems will be demonstrated experientially, with a focus on processing.

Bob Raynor, MS, CTRS

THURSDAY, JULY 11, 2002

8:00 REGISTRATION AND CONTINENTAL BREAKFAST

9:00- GENERAL SESSION

10:00 ♦ **Staying on Top While Moving Forward: The Age of Enlightenment in TR**

The session will address the balance that we attempt to achieve by demonstrating professional competence while acknowledging the need for our continued growth and development. Becoming enlightened professionals can help us to remain motivated to maintain this delicate balance. Dr. Dattilo will identify challenges that may occur when providing therapeutic recreation services and some possible ways to reduce these tensions through the use of research supported facilitation techniques, leisure education, and inclusive leisure services.

John Dattilo, Ph.D., CTRS

10:00 BREAK

10:15- **CONCURRENT SESSIONS**

11:30 ** **Relaxation Response Techniques in Health and Healing (Part One of Two) (CT1-C)**

The purpose of this module is to assist recreational therapists in developing knowledge and understanding of the role of relaxation response in obtaining and maintaining health, and to apply those newly learned skills. This module will focus on the techniques used in relaxation response. Participants will return for part two and demonstrate the application of proper techniques.

Carmen V. Russoniello, PhD, TRS/CTRS

Thomas K. Skalko, PhD, TRS/CTRS

** **Activity Programming for Persons with Alzheimer's Disease (C-1)**

Participants will receive instruction in how to conduct specific activity therapy programs designed for older adults with Alzheimer's disease. Emphasis is placed on the simplicity, cost and effectiveness of the activities. Instruction is also provided on how to develop original activities and modify and adapt current activities. Program and resource sharing will be featured. Selected activity materials and information will also be provided.

Robert M. Beland, PhD, CTRS

** **Reality Therapy and Solution-Focused Brief Counseling in Adventure TR (C2)**

Speakers will present participants with a brief description of Reality Therapy and Solution-focused Brief Counseling and how these techniques can be used in therapeutic recreation, especially adventure-based TR. Participants will be involved in activities and role playing to emphasize these interactions.

Charles Thompson, PhD

Gene A. Hayes, PhD, CTRS

** **Lifting Techniques to Save Your Back (C3)**

This interactive session will discuss proper lifting techniques and strategies when moving patients from one point to another. Regardless of what you know, we will demonstrate some innovative ways to move a person to save your back. We will do demonstration and class participation. Dress to lift.

Al Kaye, MS, CTRS

** **The UT Model Program – TR in the Public LRE Classroom (C4)**

Speakers will graphically demonstrate how and why UT students are conducting therapeutic recreation activities in eight to ten public school LRE classrooms. The procedural steps will be presented in power point, discussion and activity formats.

Theresa Thomas, GRA, TR Univ. of TN

Tina Bailey, GRA, TR Univ. of TN

Tiffany Keplinger, GRA, TR Univ of TN

Gene A. Hayes, PhD, CTRS

11:30 LUNCH (ON YOUR OWN)

1:00- **CONCURRENT SESSIONS**

2:15 ** **Behavioral Medicine II: Advanced Applications for Recreational Therapy (CT1-D) Pre-requisite required to obtain Competency Track Certificate. Participants must have attended Behavioral Medicine: Applications for Recreational Therapy Overview at STRS 2000, STRS 2001 or 2002.**

The purpose of this module is to assist recreational therapists in developing increased knowledge and understanding of how to integrate behavioral medicine interventions in recreational therapy protocols and to evaluate their effectiveness. Participants will learn the tenets of behavioral medicine and its applicability to recreational therapy for diverse diagnostic categories. Examples for application will be discussed and explored.

Carmen V. Russoniello, PhD, TRS/CTRS

Thomas K. Skalko, PhD, TRS/CTRS

** **Quality of Life: Framework for Intervention in Aging Services (Part One of Two) (CT2-D)**

This session will define quality of life and focus on issues of quality of life and aging. The purpose of this module is to assist recreational therapists in developing increased knowledge and understanding of quality of life and the implications for TR interventions with the aging population. TR Interventions must produce effective clinical outcomes as well as offer meaningful opportunities that enrich the spirit and contribute to continued personal growth and fulfillment.

Sheridan Black, CTRS

** **Leisure Education as an Intervention in an Intensive Outpatient Drug and Alcohol Program (D1)**

This presentation will describe the utilization of leisure education as an intervention in an intensive outpatient drug and alcohol program. The rationale for leisure education in an addictions program will be explored. The content of a four session curriculum will be reviewed with related experientials.

Bob Raynor, MS, CTRS

** **Empty Pockets, Big Ideas (Part One of Two) (D2)**

In this two part interactive session, you will learn how easy it is to formulate a game for your population with material provided for you.

Kathleen Conway, CTRS

.. Dance of the Four Directions (D3)

Incorporating animal totem symbolism from the Medicine Wheel tradition with T'ai Chi-like movement, the Dance of the Four Directions promises to improve leg strength, respiration, flexibility, balance, circulation and digestion among its practitioners. This gentle form of moving meditation is a marvelous non-invasive strategy for health improvement. It will be taught in its entirety during this two-part session, fully empowering attendees to add the Dance to their treatment intervention inventory.

Edward J. Kesgen, PhD, TRS/CTRS

2:30– CONCURRENT SESSIONS

3:45 .. Quality of Life: Framework for Intervention in Aging Services (Part Two of Two) (CT2-E)

See concurrent description CT2-D

Sheridan Black, CTRS

.. Activities With a Purpose (Part One of Two) (E1)

Speakers will involve the audience in many different types of activities that are, have been and will be used in actual programs with clients. Activities will enhance growth and development in one or all of the domains – physical, cognitive, social, emotional. Handouts provided and/or sold. Come dressed to participate.

Rod Case, GRA, Therapeutic Recreation, University of Tennessee

Heather Reel, GRA, Therapeutic Recreation, University of Tennessee

Nancy Headlee, GRA, Counseling Psychology, University of Tennessee

Gene A. Hayes, PhD, CTRS

.. Empty Pockets, Big Ideas (Part Two of Two) (E2)

See concurrent description D2

Kathleen Conway, CTRS

.. Dance of the Four Directions (Part Two of Two) (E3)

See concurrent description D3.

Edward J. Kesgen, PhD, TRS/CTRS

.. Community Reintegration: A Treatment Approach (E4)

This presentation will demonstrate how community reintegration interventions can increase a patient's functional independence and assist each individual to develop strategies to compensate for deficits and barriers they will encounter after discharge from the treatment setting. The primary focus will be on assessing the patient's ability to function effectively and independently in community settings and increasing each patient's knowledge of community resources for use after discharge. Potential barriers and solutions will be explored to enhance participants' understanding of ways a patient's transition can be improved.

Bridget Taylor, MS, TRS/CTRS

3:45 BREAK

4:00– CONCURRENT SESSIONS

5:15 .. Activities With a Purpose (Part Two of Two) (F1)

See concurrent description E1

Rod Case, GRA, Therapeutic Recreation, University of Tennessee

Heather Reel, GRA, Therapeutic Recreation, University of Tennessee

Nancy Headlee, GRA, Counseling Psychology, University of Tennessee

Gene A. Hayes, PhD., CTRS

.. Developing Community Recreation Programs for Persons with Physical Disabilities (F2)

This session will discuss the Patricia Neal Innovative Recreation Cooperative and its founding principles. This is a sports program for the Knoxville Metropolitan Area which serves the spinal cord and brain injured, stroke, amputee and related orthopedic and neurologically impaired individual. Discussion will focus on program development and progress into some of the adaptations for water sports.

Al Kaye, MS, CTRS

.. Managing the Horizon: Utilizing Strategic Planning To Enhance Service Delivery (F3)

This session will focus on utilizing strategic planning techniques in the workplace to assess the current delivery of recreational therapy services and to proactively plan for future challenges. Key elements of the strategic planning process will be outlined along with a model to utilize in developing vision framework. Emphasis will be placed on trends/issues that may impact future service delivery and how to address these potential changes in the planning process. Participants will be provided with a humorous look at dealing with change and how to involve team members in the strategic planning process.

Pam Wilson, MS, TRS/CTRS

.. The Use of Bibliotherapy as A Therapeutic Recreation Facilitation Technique (F4)

This session will highlight the efficacy of bibliotherapy with various populations, provide implications and ideas for professional practice of this technique, and offer suggestions for furthering the use and research of this facilitation technique. The session will include hands-on activity participation.

Leslie Black, Graduate Student, University of Georgia

.. Horticulture and Therapeutic Recreation

Speakers will demonstrate how and why horticulture can be used in the four domains of therapeutic recreation. The background and basics of horticulture therapy will be discussed. Activities will be conducted to address how to use horticulture with various levels of ability.

Teffany Keplinger, GRA, Therapeutic Recreation, University of Tennessee

Theresa Thomas, GRA, Therapeutic Recreation, University of Tennessee

Rene Thompson

5:15 DINNER (ON YOUR OWN)

6:30 Exploring Gatlinburg or Falls Hike

FRIDAY, JULY 21, 2002

8:00 REGISTRATION AND CONTINENTAL BREAKFAST

8:30- CONCURRENT SESSIONS

9:45 " Relaxation Response Techniques in Health and Healing (Part Two of Two) (CT1-G)

See concurrent description(CT1-C)

Carmen V. Russoniello, PhD, TRS/CTRS, LPC

Thomas K. Skalko, PhD, TRS/CTRS

" Documenting the Clinical Process in Aging Services (CT2-G)

This session will focus on components of assessment of needs for establishing a thorough, person-centered plan with aging consumers of Therapeutic Recreation services. Methods for collecting information, identifying needs for outcome oriented plans development, documenting interventions, and evaluating the outcomes will be discussed.

Jenny Miller, CTRS

Sheridan Black, CTRS

" T'ai Chi As A Treatment Modality (Part One of Two) (G1)

This session will introduce the participants to the practice of Tai'Chi and how this 'gentle' martial art form can enhance one's health. Audience will participate in learning how to do the 'first circle' of Tai' Chi Chuan as well as learn the specific health benefits.

Larry Y Brown, MS, CTRS, CAS

Steve Brown, MSW

" Sexual Trauma and Recreation Therapy: What Works (Part One of Two) (G2)

This session will discuss the role of the CTRS in the treatment of sexual trauma. Information provided will address successful therapeutic recreation treatment modalities. This session will also allow participants the opportunity to participate in these modalities first hand.

Barbara L. Parker, CTRS

Kelley Larson, CTRS

Tifphani Nall, CTRS

" Simple Things (Part One of Two) (G3)

Learn how to transform simple activities into therapeutic programming tools and explore the various ways to measure outcomes when working with the geriatric population. A variety of geriatric specific diagnoses will be discussed including the cognitive, physical and social barriers that effect goal-directed program planning.

Vikki Grant, TRS/CTRS

Anthony Moran, TRS/CTRS

" The ABCs and 123s of HIPAA (G4)

An overview of the Health Insurance Portability and Accountability Act of 1996 (HIPAA) will be presented. The medical rehabilitation industry has recently completed preparation strategies to conform to the Prospective Payment System (PPS) for inpatient rehabilitation providers, and it must now turn its attention and resources to yet another federally-mandated Act that impacts the entire healthcare industry. Learn how to become an "early-informed" healthcare professional as your organization faces the challenges of conforming to this significant Act.

Mike Marshall, MHSA, CTRS

10:00- CONCURRENT SESSIONS

11:15 " T'ai Chi As A Treatment Modality (Part Two of Two) (H1)

See concurrent description G1.

Larry Y Brown, MS, CTRS, CAS

Steve Brown, MSW

" Sexual Trauma and Recreational Therapy: What Works (Part Two of Two) (H2)

See concurrent description G2.

Barbara L. Parker, BS, CTRS

Kelley Larson, BS, CTRS

Tifphani Nall, BS, CTRS

" Simple Things (Part Two of Two) (H3)

See concurrent description G3.

Vikki Grant, TRS/CTRS

Anthony Moran, TRS/CTRS

" The Heart of a Hero (H4)

Speaker will present the audience with a video tape title 'Heart of a Hero' that details the Canine Companions for Independence (CCI) program. This program is about training dogs for assisting persons who are disabled to become more independent in their daily lives. Participants will have the opportunity to interact with Doc and his dog and experience the wonders of canine therapy.

Gene A. Hayes, PhD, CTRS

" Memories in the Making (H5)

"Memories in the Making" is a basic art expression that allows patients with Dementia and Alzheimer's disease the opportunity for a new form of recreation. In this program you can see how your patients'/residents' memories can create art that can be used to benefit charity organizations such as the Alzheimer's Association.

Penny Shaw, CTRS

11:15 BREAK

11:45- GENERAL SESSION

12:45 " The Purpose Driven Life

All of us are driven by something! In order to have a healthy purpose and mission in life we need to understand the 'purpose driven life'. Find out in this keynote address what drives you and how you can be driven.

Joe Lambert, Pastor, Crossroads Community Church

12:45 CLOSING

