

**SOUTHEAST THERAPEUTIC  
RECREATION SYMPOSIUM**

**Getting Connected**



**July 9-11, 2003  
Wilmington, North Carolina**



# About the Southeast Therapeutic Recreation Symposium

<p><b>PROGRAM DESCRIPTION</b></p> <p>The Southeast Therapeutic Recreation Symposium, Inc. is a private not for profit organization dedicated to the provision of professional development and training for therapeutic recreation professionals within the southeastern United States. With over forty individual sessions and nationally renowned keynote presenters, this Southeast Therapeutic Recreation Symposium program is designed to offer a quality, professional continuing education opportunity for the therapeutic recreation professional. Join us during this special time as we focus on getting connected.</p> <p><b>OBJECTIVES</b></p> <p>At the conclusion of this symposium, the active participant should be able to:</p> <ul style="list-style-type: none"><li>• Demonstrate new skills for contemporary clinical practice in therapeutic recreation.</li><li>• Compare and contrast issues impacting the profession.</li><li>• Evaluate content and apply core concepts to professional practice.</li></ul> <p><b>CREDITS (Full conference participation)</b></p> <p>15 Contact Hours 1.5 CEUs 7.5 Contact Hours Competency Track 1 6 Contact Hours Competency Track 2</p> <p><b>TARGET AUDIENCE</b></p> <p>Therapeutic recreation professionals and students within the southeastern United States.</p>	<p><b>REGISTRATION FEES</b></p> <ul style="list-style-type: none"><li>• To attend the entire conference: <b>\$175.00 per person</b>, postmarked on or before <b>June 27, 2003</b>. After <b>June 27</b>, registration fee will be <b>\$205.00</b>.</li><li>• The student rate will be <b>\$105.00 per person</b> postmarked on or before <b>June 27, 2002</b>. After <b>June 27</b>, registration fee for students will be <b>\$130</b>.</li><li>• One-day registration for Thursday, July 10, <b>only</b>, will be <b>\$95.00 per person</b>.</li><li>• One-half day registration for Wednesday, July 9, <b>OR</b> Friday, July 11, will be <b>\$65.00 per person</b>.</li></ul> <p><b>CEU's are not included in the above conference fees.</b></p> <ul style="list-style-type: none"><li>• CEU's will be <b>\$10.00 per person</b>.</li></ul> <p><b>Mail the completed registration form, or fax your registration to (336)716-6802.</b></p> <p><b>Refund policy:</b> Refunds, minus an administration fee of \$20.00, are available for cancellations made 48 hours prior to the symposium date.</p> <p><b>Confirmation:</b> If you have not received your confirmation or receipt for your registration 24 hours prior to the symposium date, please call (336)716-6778 to verify the status of your registration. <b>Substitutes are welcome and encouraged.</b></p>
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## ACCOMMODATIONS

The hotel will be the Wilmington Riverside Hilton in downtown Wilmington, NC. The room rate for conference participants is \$99/night. Call 1-888 324-8170 to make reservations. Please see <http://www.wilmingtonhilton.com/> to view the site and amenities. Please let them know that you are with the Southeast Therapeutic Recreation Symposium. The conference rate is good until June 14th, 2003.

**EXHIBITORS:** Exhibits will be featured throughout the entire symposium.

**RESOURCE AREA:** An area will be provided throughout the symposium for materials you wish to share with other participants. This area will include a job listing section.

For further conference information, go to our website [www.musc.edu/strs](http://www.musc.edu/strs).

## Special Needs:

We want to assure that all participants can benefit fully from this symposium. If you need auxiliary aids or special services to attend, please call us at least four weeks prior to the symposium at (336) 716-6778, and we will be glad to make the appropriate arrangements.

# AGENDA

## WEDNESDAY, JULY 9

**9:00 - 12:45**                      **REGISTRATION FOR SOUTHEAST THERAPEUTIC RECREATION SYMPOSIUM**

**1:00 - 2:30**                      **WELCOME AND KEYNOTE ADDRESS**

◆ **Let's Get Connected....to your Future!**

The future of recreational therapy has never been brighter and we are blazing trails that were not conceivable even five years ago. The profession is achieving many positive outcomes at the local, state and national levels. Where do you and your future fit into the growth of the profession? Where do you fit in the future of the profession? Join us at this opening session "Let's Get Connected!"

*Ann Huston, MPA, CTRS, Executive Director, ATRA*

**2:30**                      **BREAK**

**2:45-4:15**                      **CONCURRENT SESSIONS**

◆ **Behavioral Medicine: Applications for Recreational Therapy – An Overview (Part One of Two)(CT1-A)**

The purpose of this module is to assist recreational therapists in developing a basic knowledge and understanding of how to integrate behavioral medicine interventions in recreational therapy protocols and to evaluate their effectiveness. Participants will learn the basic 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, Ph.D., TRS/CTRS, LPC, East Carolina University*

*Thomas K. Skalko, Ph.D., TRS/CTRS, East Carolina University*

◆ **The Role of the CTRS in Providing Services for Persons With Dementia (Part One of Two) (CT2-A)**

A CTRS is uniquely prepared to provide services for persons with dementia in clinical, residential and home settings. This presentation will explore the challenges encountered by the person with dementia, the theory of retro-genesis and impact on program and intervention design.

*Sheryl Ludeke-Smith, MA, CTRS, CPHQ, President, Aging Solutions*

◆ **Ethics – Know the Code (A1)**

In this session, participants will closely examine the Code of Ethics by which ATRA members have agreed to abide. Participants will explore and openly discuss case studies involving ethical, moral and legal dilemmas.

*Maureen Meador, CTRS*

◆ **Definition and Understanding – A Model for Expanding Therapeutic Recreation in Public Schools (A2)**

This session looks at the use of leisure time and therapeutic recreation in education and training children with disabilities in public schools for life and survival skills. It will briefly look at the history and legal side of services for children with disabilities in the public schools and the role of TR. In addition, it will provide a conceptual framework for the TR professional on how to become involved in a network toward the goal of developing TR services in the local school. New and vital information will be provided that was not available last year.

*Ted Muilenburg, Ph.D., CTRS, West Virginia State College*

◆ **Planting the Seed- Talking about Life and Leisure After Traumatic Injuries (A3)**

One of the hardest things as a recreational therapist is to motivate and persuade recently injured and traumatized patients from illness or tragedy to discuss the benefits of recreation and leisure at a time of such life changes. This session will discuss tactics to include in discussion of values to individuals in the acute physical rehabilitation process including amputations, spinal cord injury, brain injury, and stroke.

*Al Kaye, MS, CTRS, Patricia Neal Rehabilitation Center*

**4:30-6:00**                      **CONCURRENT SESSIONS**

◆ **Behavioral Medicine: Applications for Recreational Therapy – An Overview – (Part Two of Two) (CT1-B)**

See concurrent description CT1-A

*Carmen V. Russoniello, Ph.D., TRS/CTRS, LPC, East Carolina University*

*Thomas K. Skalko, Ph.D., TRS/CTRS, East Carolina University*

◆ **The Role of the CTRS in Providing Services for Persons With Dementia (Part Two of Two) (CT2-B)**

See concurrent description CT2-A

*Sheryl Ludeke-Smith, MA, CTRS, CPHQ, President, Aging Solutions*

◆ **Teach Your (Special) Children to Play (B1)**

Celebrate the benefits of this unique outdoor education program for 125+ children with severe disabilities that is organized and conducted by 150 university students each spring. The program shows how the children are selected and how the program is structured to enhance the social, physical, cognitive, and emotional development of the 'special' campers. Presentation will include dramatic audio-visual, poetry and personally touching stories that will 'tug at your heartstrings'.

*Angie Giffin, Student, TR, The University of Tennessee*

*Jenna Bales, GRA, TR, The University of Tennessee*

*Jon Blalock, Student, TR, The University of Tennessee*

*Gene A. Hayes, Ph.D., CTRS, The University of Tennessee*

◆ **Responding to Downsizing in Recreational Therapy (B2)**

Changes in healthcare and reduced resources had led to a great impact on many recreational therapy professionals. This session will explore positive means to respond to downsizing. Examples from the speaker's organization will be examined.

*Bob Raynor, MS, CTRS, Medical University of South Carolina*

◆ **Guided Imagery – A Healing Journey of the Mind (B3)**

An experiential example of the treatment intervention known as guided imagery. Accompanied by music, our journey will consist of a live narration through an enchanted forest, providing a vehicle through which participants might experience elements of cleansing, strengthening, spiritual insight, healing, and loving reconciliation.

*Edward J. Kesgen, Ph.D., TRS/CTRS, Western Carolina University*

## **THURSDAY, JULY 10**

### **8:00 - 8:45 REGISTRATION AND CONTINENTAL BREAKFAST**

**9:00 -10:00**

#### **GENERAL SESSION**

##### **◆ Keeping our Profession a Profession**

Every member of your profession has the ability and the opportunity to contribute to the continuance or advancement of the profession. Why must you act? Where are there opportunities? Who do you contact? What can YOU do? When is this necessary? How can you prepare your strategy today?

*Patty Irvin, MA, CTRS, Eastern State Hospital, NTRS President*

*Fran Daly, Ed.D., CTRS, CPRP, Kean University*

**10:00 BREAK**

**10:15-11:45**

#### **CONCURRENT SESSIONS**

##### **◆ Techniques for Inducing Relaxation (Part One of Two) (CT1-C)**

This session will explore specific techniques used to induce the relaxation response. Foundations of techniques will be presented. Participants will participate in hands on applications for part two of the session.

*Carmen V. Russoniello, Ph.D., TRS/CTRS, LPC, East Carolina University*

*Thomas K. Skalko, Ph.D., TRS/CTRS, East Carolina University*

##### **◆ Pharmacotherapy Issues in the Geriatric Population (CT2-C)**

This session will explore the issues of polypharmacy, age-related differences in drug metabolism, and basic principles of medication use in the elderly. Participants will also gain an understanding of a pharmacist's role in providing care for the elderly.

*Sue Kent, PharmD, Clinical Specialist, UNC Health Care System*

##### **◆ Partnership F.I.V.E.: Fostering Inclusive Volunteer Efforts (C1)**

This session will offer participants the opportunity to learn strategies that one community has used to foster inclusive volunteer efforts, those in which peers with and without disabilities volunteer side-by-side. Strategies for collaboration among "key players", as well as for the social inclusion of volunteers with disabilities, will be discussed and illustrated.

*Stuart J. Schleien, Ph.D., CTRS, CPRP, University of NC at Greensboro*

*Kimberly D. Miller, MS, CTRS, University of NC at Greensboro*

##### **◆ Marketing the Indispensable Recreational Therapy Program (C2)**

This session will include an overview of basic marketing principles and strategies the recreational therapist can utilize to increase awareness of their programs and services. Key elements of a marketing plan will be outlined along with a model to utilize when establishing promotional priorities. Examples of successful advertising and public relations techniques individuals can implement will be shared along with effective communication methods.

*Pamela Wilson, MS, TRS/CTRS, Wake Forest University Baptist Medical Center*

##### **◆ BlazeSports: Competitive Sports and Individuals with Physical Disability (C3)**

BlazeSports Clubs of America is a national network of community-based programs for youth and adults with physical disability that promotes athlete development through introductory and novice competitive sports opportunities. Athlete development is based on concepts that promote health and fitness and occurs through sports clinics, camps and competitions.

*Susan Oglesby, CTRS, Program Director, BlazeSports Georgia*

*Lynne Cory, CTRS, Graduate Assistant, University of Georgia*

**11:45 -1:00 LUNCH (ON YOUR OWN)**

**1:00 - 2:30**

#### **CONCURRENT SESSIONS**

##### **◆ 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, 2001, 2002, or 2003.**

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, Ph.D., TRS/CTRS, LPC, East Carolina University*

*Thomas K. Skalko, Ph.D., TRS/CTRS, East Carolina University*

##### **◆ Elderly, 'A Pain' or in Pain? (CT2-D)**

Elderly are often under treated for their pain for a variety of reasons. The assessment and management of acute/chronic pain can make a major difference in the quality of their life. This session will focus on a multidisciplinary approach to the assessment and management of acute/chronic non-cancer pain in older adults.

*Jane Campbell, RN, MSN, APRN, BC, Gerontology Clinical Nurse Specialist, UNC Hospitals*

##### **◆ Expanding Measurement Options in Recreational Therapy Practice (Part One of Two) (D1)**

In this working session, participants will examine trends in outcome measurement in health care and human services. Participants will be provided with outcome measurement resources and a decision-making strategy for choosing outcome measures. You will come away from this session with an outcome measurement plan tailored to your specific setting.

*Dan Johnson, Ph.D., TRS/CTRS, University of North Carolina-Wilmington*

*Candy Ashton, Ph.D., TRS/CTRS, University of North Carolina-Wilmington*

##### **◆ Qigong for Health and Healing (D2)**

Qigong (pronounced chee kung) is a Chinese system of preventive and therapeutic health care. The art combines deep breathing, full range of motion movement, mindfulness, and relaxation to foster wellness. Qigong is the foundation of T'ai Chi Ch'uan, the gentle form of moving meditation that has achieved widespread adoption in the field of recreational therapy. Join us for an experiential sampler.

*Edward J. Kesgen, Ph.D., TRS/CTRS, Western Carolina University*

1:00 - 2:30

**CONCURRENT SESSIONS (continued)**

◆ **A Balanced Recreation Program for Persons with Developmental Disabilities (D3)**

Persons with developmental disabilities often need to learn social skills, including peer interactions and acceptable social behavior, as well as skills in recreation and leisure to be successful in the community. Participants will learn the value of a balanced program and become familiar with sports programs for this population.

*Kevin Enright, CTRS, Community Mental Health Center of East Central Georgia*

2:30 **BREAK**

2:45-4:15

**CONCURRENT SESSIONS**

◆ **Expanding Measurement Options in Recreational Therapy Practice (Part Two of Two) (E1)**

See Concurrent Session D1

*Dan Johnson, Ph.D., TRS/CTRS, University of North Carolina-Wilmington*

*Candy Ashton, Ph.D., TRS/CTRS, University of North Carolina-Wilmington*

◆ **Does God Use the Internet? (E2)**

Speakers will present the audience with a series of stories that have come via the internet that 'speak' to spirituality.

Participants are encouraged to bring their own stories to the session to be shared with the group. The stories will be shared with the group and discussed in relation to 'life's lessons learned'.

*Denira Baird, Student, TR, The University of Tennessee*

*Jay Smelser, Student, TR, The University of Tennessee*

*Gene A. Hayes, Ph.D., CTRS, The University of Tennessee*

◆ **Intervention Techniques Used for Geriatric Population with Cognitive Deficits (E3)**

This session will provide participants with intervention techniques to utilize with the geriatric population with cognitive deficits. Emphasis is placed on identifying common diagnostic characteristics, terms, and increasing knowledge of how to plan and implement appropriate interventions that will increase life functioning abilities in the five domains in recreational therapy.

*Stacie Cowhig, TRS/CTRS, UNC Hospitals*

*Julie Womble, TRS/CTRS, UNC Hospitals*

◆ **Therapeutic Recreation and Psychosocial Rehabilitation: A Winning Combination (E4)**

This session will provide participants with background information related to a transition plan implementation for Adult Mental Health Day Services that embraces the psychosocial rehabilitation philosophy and how TR concepts are a part of the plan. Hands-on activities will be experienced.

*Kathy Durden, CTRS, CACII, CPRP, Ogeechee Behavioral Health Services*

*David Crooke, LPC, Ogeechee Behavioral Health Services*

*Sheila Lewis, Activity Therapist, Ogeechee Behavioral Health Services*

◆ **State of North Carolina is Making Some Changes! (E5)**

NC-TRCB is currently in the process of returning to the state legislature for revisions to the law GS Chapter 90C. The current draft will be presented as well as updates on the process to date.

*Becky Garrett, TRS/CTRS, TRCB Executive Director*

*Pamela Wilson, MS, TRS/CTRS, TRCB Chair*

4:15 **BREAK**

4:30-6:00

**CONCURRENT SESSIONS**

◆ **Biofeedback Assisted Optimization of Heart Rate Variability (F1)**

The utilization of biofeedback and Heartmath in a burn center will be discussed with reference to a case study. Physiological and emotional outcome based recreational therapy interventions will be discussed along with the basic concept of heart rate variability as a marker of overall health status.

*Michele L. Barr, TRS/CTRS, UNC Hospitals*

◆ **SAFER: An anger management skill (F2)**

SAFER: an anger management program was implemented with male adolescents with an alcohol and drug problem who reside in a residential treatment facility for six to nine months. Participants will be introduced to the program and be involved in hands on activities.

*Sheila Lewis, Activity Therapist, Ogeechee Behavioral Health Services*

◆ **Inclusion: Appropriate Advocacy for Persons with Cognitive Disabilities (F3)**

This session will evaluate appropriate inclusion of persons with developmental disabilities in various treatment interventions. Participants will recognize how behavior determines appropriate participation. Session will include interactive discussion.

*Tonya D. Goldsmith-Rucker, CTRS, Southeastern Virginia Training Center*

◆ **Animal Assisted Therapy – Meet Lanai (F4)**

This program is about the use of dogs for assisting persons who are disabled to become more independent in their daily lives as well as giving personal pleasure to individuals who are in need. Speaker will present participants with a video tape that details the use of dogs for personal and 'therapeutic use' to help individuals gain personal independence. Participants will have the opportunity to interact with Doc and his Dog and experience the wonders of canine therapy.

*Gene A. Hayes, Ph.D., CTRS, The University of Tennessee*

◆ **Recreational Therapy Goals, Programs and Activity Ideas (F5)**

Recreational Therapy Goals, Programs and Activity Ideas promotes the philosophy that recreational therapy enhances the mental, physical, emotional, intellectual and psychosocial well-being of the participant by adapting a wide variety of recreational activities to a wide range of ability levels.

*Marie Flositz, CTRS, Quest, Inc.*

6:30 **SOCIAL: STRS LUAU (hors d'oeuvres and cash bar)  
DINNER (ON YOUR OWN)**

## **FRIDAY, JULY 11**

**8:00 - 8:30 REGISTRATION AND CONTINENTAL BREAKFAST**

**8:30 -10:00 CONCURRENT SESSIONS**

◆ **Techniques for Inducing Relaxation (Part Two of Two) (CT1-G)**

See concurrent description CT1-C

*Carmen V. Russoniello, Ph.D., TRS/CTRS, LPC, East Carolina University*

*Thomas K. Skalko, Ph.D., TRS/CTRS, East Carolina University*

◆ **Enhancing Health Through T'ai Chi (Part One of Two) (G1)**

Participants will learn about the principles of T'ai Chi that can be used in every day life. Session will combine ten to twelve T'ai Chi movements and three warm-ups to make up microform.

*Larry Brown, MS, CTRS, CAS, The University of Tennessee*

◆ **Getting Connected to RT Reimbursement, Payment and CMS (G2)**

We have accomplished a great deal with our agenda to address reimbursement and payment for recreational therapy services. Specifically, our work with the Centers for Medicare and Medicaid Services (CMS) reflects a concerted effort to gain respect and recognition from the federal government. This interactive session will examine the positive outcomes we have achieved, the work still ahead of us, and the direction you think the profession should head next.

*Ann Huston, MPA, CTRS, Executive Director, ATRA*

◆ **Therapeutic Recreation is Education Too! (G3)**

Speakers will graphically demonstrate how and why UT students are conducting therapeutic recreation activities in eight public school LRE classrooms. TR is planned and conducted to enhance the learning skills of the children in the LRE classrooms. The procedural steps will be presented in power point, discussion and activity formats.

*Angela Wozencroft, GRA, TR, The University of Tennessee*

*Stephen Roberts, GRA, TR, The University of Tennessee*

*Kelly Cothorn, GRA, TR, The University of Tennessee*

*Gene A. Hayes, Ph.D., CTRS, The University of Tennessee*

◆ **Leisure and Spirituality: A Personal and Professional Look Within (G4)**

How do we facilitate spiritual experiences? This session will explore and define the role of spirituality in our lives both personally and as recreational therapists. The spiritual principles of the twelve steps will be reviewed. Participants will engage in experiential exercises and obtain programmatic ideas for implementation.

*Sue Fazio, MS, CTRS, Baptist Medical Center Behavioral Health Partial Hospitalization Program*

**10:15-11:45**

**CONCURRENT SESSIONS**

◆ **Enhancing Health Through T'ai Chi (Part Two of Two) (H1)**

See concurrent session G-1

*Larry Brown, MS, CTRS, CAS, The University of Tennessee*

◆ **Recreational Therapy: A Vehicle to Change for Adolescents with Sexual Aggression Issues (H2)**

Learn about the philosophy of treatment and how recreational therapy functions within the New Hope-Waypoint program. We will provide an opportunity to discuss how we normalize the leisure experience with regard to touch and various forms of arousal.

*Melissa Chiplis, CTRS, New Hope-Waypoint Program*

*Cynthia Roberts, CTRS, New Hope-Waypoint Program*

◆ **Relaxation Techniques: Professional and Personal Applications (H3)**

This session consists of identification of the physical responses to stress; adrenal response; emotional attachments on a cellular level and the mid-eastern concept of the body's seven energy levels; awareness of self-destructive coping strategies; benefits of relaxation and techniques from promoting rest to healing for professional and personal use.

*Michele A. Dubel, CTRS, Augusta Medical Center, Fishersville, VA*

◆ **Examining the First Year after Spinal Cord Injury: Implications for Community Reintegration (H4)**

This session will provide 2001 data examining the leisure patterns of individuals with spinal cord injuries. The speaker will present leisure patterns one year after injury, relationships between health outcomes and recreation activities, and provide practical strategies for practitioners to promote successful community reintegration among patients following rehabilitation.

*David P. Loy, Ph.D., TRS/CTRS, East Carolina University*

◆ **Living in a World of Disarray: A Look Into the Mind of a Mentally Ill Person (H5)**

This is an interactive training session designed to provide insight into the mind of a mentally ill person through a simulation activity in which the participants are expected to participate in an assessment process and engage in an activity while hearing distressing voices.

*Markeeta Wilkerson, BS, CTRS, Western State Hospital*

**11:45 BREAK**

**12:00-1:00**

**GENERAL SESSION**

◆ **Choose Your Words...Change Your Life**

Someone once commented that: "The pen is mightier than the sword, but the tongue is sharper!" The words you choose powerfully determine the quality of your relationships, career success, and ability to meet your emotional needs. This presentation is designed to help participants to first understand basic principles that determine positive and negative communication. A series of skill development exercises are then used to overcome negative "word habits" and create positive changes in personal communication style.

*Bruce Baldwin, Ph.D., Clinical Psychologist*

**1:00 CLOSING, FINAL EVALUATION, DOOR PRIZES**

**SOUTHEAST THERAPEUTIC RECREATION SYMPOSIUM**  
**GETTING CONNECTED**

July 9-11, 2003  
Wilmington, NC

Name \_\_\_\_\_ SS# \_\_\_\_\_

Employer \_\_\_\_\_ Your title \_\_\_\_\_

**Preferred Address (Please Specify) ( ) Home ( ) Work**

Work address \_\_\_\_\_  
Street City State Zip

Home address \_\_\_\_\_  
Street City State Zip

( ) \_\_\_\_\_ ( ) \_\_\_\_\_ ( ) \_\_\_\_\_  
Home Telephone Number Work Telephone Number Fax Telephone Number

E-mail address \_\_\_\_\_

**Please check if you will be attending one of the optional Competency Tracks**

**Competency Track 1 \_\_\_\_\_ Competency Track 2 \_\_\_\_\_**

**Please note:** If you are a presenter, please check \_\_\_\_\_

<b>Fees</b>	<b>\$175.00</b>	Entire conference postmarked by June 27, 2003 (\$205 after June 27)
	<b>\$105.00</b>	Student Rate entire conference postmarked by June 27, 2003 (\$130 after June 27)
	<b>\$ 95.00</b>	Daily registration (Thursday, July 10, 2003 <b>only</b> )
	<b>\$ 65.00</b>	One-half day (Wednesday, July 9, 2003 or Friday, July 11 <b>only</b> ). <b>(Please specify.)</b>
	<b>\$ 10.00</b>	CEU's

**Please note that CEU fees are separate from the conference fees.**

**METHOD OF PAYMENT:**

\_\_\_\_\_ Personal check \_\_\_\_\_ Business Check \_\_\_\_\_ Cash

Amount Enclosed \_\_\_\_\_ Check # \_\_\_\_\_

**Make check payable to:**

Southeast Therapeutic Recreation Symposium

**Mail check with registration form to:**

Pam Wilson  
WFUBMC Recreation Therapy  
Medical Center Blvd  
Winston-Salem, NC 27157-1110  
Fax: 336-716-6802  
Phone: 336-716-6778  
Email: pwilson@wfubmc.edu

***YOU MAY FAX YOUR REGISTRATION (336) 716-6802***  
***ATTENTION: Pam Wilson***

## ENHANCED COMPETENCY FOCUS OF STRS

The 2003 STRS reflects the approach initiated at the 2000 STRS, as a result of outcomes assessment conducted with STRS participants, from the planning of program content based solely on response to a Call for Papers to a competency-based approach to develop/refine basic practice competencies and intervention skills. To supplement the wide variety of concurrent sessions offered at the symposium, two independent and certificate-based training tracks will be offered. THESE TRACKS ARE OPTIONAL! Track One is titled "*Behavioral Treatment Techniques and Intervention Skills*", and contains 7.5 contact hours.

These sessions are indicated as CT1

Track Two is titled, "*Skills for Working with Older Adults*", and contains 6 contact hours.

These sessions are indicated as CT2

Participants **MUST** attend each session of the related track in order to receive a competency certificate for that specific track.

**Note:** ONLY those participants who pre-register for a "track" will be guaranteed attendance at respective sessions. All other available seats (if any) will be on a "first come" basis.

**Track One: "*Behavioral Treatment Techniques and Intervention Skills*" (7.5 hours)**

The emphasis for the behavioral treatment techniques track is to introduce the therapist, administrator, and student to the principles of behavioral approaches to treating a variety of populations including: Mental Health, Rehabilitation, Aging, and others. This track will provide the clinician competencies (i.e., knowledge, skills, and ability) for direct treatment, from assessment and treatment planning through evaluation of effectiveness. This track will cover the following topics: "Behavioral Medicine: Applications for Recreational Therapy - An Overview", "Techniques for Inducing the Relaxation Response", and "Behavioral Medicine II: Advanced Applications for Recreational Therapy".

**Track Two: "*Skills for Working with Older Adults*" (6 hours)**

The Skills for Working with Older Adults track is intended to provide in-depth competencies across a spectrum of issues and content as it relates to working with older adults. Content for the RT professional necessary for competent practice in the geriatric setting will be offered. Track content was developed to include biopsychosocial aspects of the population and techniques for effective programming and intervention planning.

### TWO PART SESSIONS

Please remember that you **must** attend Part I and Part II of any two-part session to receive CEU credit.

Thomas Skalko, Ph.D.  
East Carolina University  
Recreation and Leisure Studies  
Minges 174  
Greenville, NC 27858-4353

