

# ANSWERING THE CALL



**SOUTHEAST THERAPEUTIC  
RECREATION SYMPOSIUM  
July 14 - 16, 2004**



*Embassy Suites Greenville  
Golf Resort and Conference Center  
Greenville, South 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. In addition, an Adaptive Golf Clinic will be included as part of the overall program offering for the Symposium.</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 4.5 Adapted Golf Clinic</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>July 2, 2004</b>. After <b>July 2</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>July 2, 2004</b>. After <b>July 2</b>, registration fee for students will be <b>\$130</b>.</li><li>• One-day registration for Thursday, July 15, <b>only</b>, will be <b>\$95.00 per person</b>.</li><li>• One-half day registration for Wednesday, July 14, <b>OR</b> Friday, July 16, will be <b>\$65.00 per person</b>.</li><li>• Adaptive Golf Clinic fees for July 14 are \$25.00 if attending the symposium. (\$95.00 for Golf Clinic only)</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 Embassy Suites Greenville Golf Resort and Conference Center, 670 Verdae Boulevard • Greenville, South Carolina 29607

• Phone: (864) 676-9090 Fax: (864) 987-0378. The room rate for conference participants is \$99/night (single or double occupancy) or \$109/night (triple or quad). Call Embassy Suites to make reservations. Please let them know that you are with the Southeast Therapeutic Recreation Symposium. The conference rate is good until June 13th, 2004.

**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 14

**8:00 – 8:30 REGISTRATION FOR ADAPTIVE GOLF CLINIC**

**8:30 – Noon**

### ▪ **ADAPTIVE GOLF CLINIC**

This workshop is targeted towards training and hands-on experience for the professionals to use golf as a therapeutic modality. Specific areas to be addressed are techniques regarding neuro and ortho involvement to include amputees, brain injured, spinal cord injured, stroke, and visually impaired. Issues regarding equipment, modifications, national organizations, and local program development will be discussed.

**8:30 – Noon Therapeutic Benefits & Program Development, Swing, Equipment, Techniques, & Safety**

**2:45 – 4:15pm Driving Range for Lab**

**Review & Question/Answer Session/ Test**

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

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

### ◆ **Answering The Call...The CTRS in 2004**

Self reflection and critical analysis are key tools to be used in our attempt to strategically align the TR profession within the ever-changing world of health and human services. Data results from the first comprehensive, national research study on Certified Therapeutic Recreation Specialists will be presented in an effort to critically analyze the role of CTRSs in the workplace. Important information will be presented on utilization patterns regarding employment settings, client populations, client staff ratios, work schedules, salaries, job satisfaction, professional membership and collateral certification. The findings of this NCTRC sponsored research will be used to design an annual publication to inform regulators, employers and the public about employment practices and pertinent demographic information regarding CTRSs.

*Bob Riley, Ph.D., CTRS, Executive Director, NCTRC*

**2:30 BREAK**

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

### ◆ **Behavioral Medicine Module 1: Background, History and Relevance to Recreational Therapy (Part One of Two)(CT1-A)**

This is the first module of a track of sessions offered to provide comprehensive training for recreational therapists in behavioral medicine. The purpose of this module is to provide a basic knowledge and understanding of the foundations of behavioral medicine and the implications for recreational therapy services. Participants will learn the basic tenets of behavioral medicine and its applicability to recreational therapy for diverse diagnostic categories.

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

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

### ◆ **Essentials of Patient/Client Assessment (CT2-A)**

This session will review the fundamentals for developing guidelines/procedures for conducting individualized patient/client assessments of physical, mental, social and emotional functioning in order to determine patient/client abilities, interests and needs for treatment interventions. This session will review essentials of practice including standards for assessment, fundamentals of the assessment process and various methods of gathering information including patient/client interviewing techniques.

*Ray West, MS, TRS/CTRS, UNC Hospitals*

*Wayne Pollock, MS, TRS/CTRS, Virginia Wesleyan College*

### ◆ **Activity Spaces or Therapeutic Places? (A1)**

This session examines the role of the physical environment in enhancing older adults' opportunities for meaningful leisure and social engagement in eldercare settings. Participants will experience a photographic journey through the physical environments of several elder care settings. Common environmental problems will be described and a solution framework will be offered.

*Jennifer Carson, M.S., CTRS, Clemson University*

*Judith Voelkl, Ph.D., CTRS, Clemson University*

*Dina Battisto, M.Arch, School of Architecture, Clemson University*

### ◆ **TBA (A2)**

### ◆ **Determining An Appropriate Education for the CTRS (A3)**

This session will involve participants in discussions of the evaluation and ranking of the outcome competencies that are necessary for a professionally prepared CTRS. Also, discussions of how best to achieve these outcomes and the role of experiential education will be included.

*Stephen Roberts, The University of Tennessee*

*Angela Wozencroft, The University of Tennessee*

*Megan DeArmand, The University of Tennessee*

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

4:30- 6:00

**CONCURRENT SESSIONS**

◆ **Behavioral Medicine Module 1: Background, History, and Relevance to Recreational Therapy – (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*

◆ **Essentials of Establishing Effective Communication and Helping Relationships with Patients/Clients (CT2-B)**

This session will review various techniques for establishing effective communications with patients/clients and various techniques to establish effective helping relationships with patients/clients to reach treatment outcomes.

*Wayne Pollock, MS, TRS/CTRS, Virginia Wesleyan College*

◆ **Magic Every Moment (B1)**

We have power over the thoughts we think. We can choose (such a beautiful word) to make many of the moments that make up our existence light, easy and joyful. Join us for a celebration of the *Now Moment* – a wonderful collection of treatment interventions intended to elevate the spirit of any patient/client population – care givers, too.

*Edward J. Kesgen, Ph.D., TRS/CTRS*

◆ **Car Packed and Ready to Go: Affordable Portables for Home Based Service (B2)**

This session will describe a family intervention service in rural Georgia that provides in home, community services for consumers ranging in age from 2 to 22 with mental health / alcohol and drug abuse diagnosis and are at out of home placement risk. The service and will be described and “affordable portables” used in the sessions will be introduced. Participants will be encouraged to volunteer to demonstrate various activities used in the homes and also use some of the props to come up with their own creative ideas to share with the group.

*Kathy Durden, CTRS, CACII, CPRP, CarePartners of Georgia*

◆ **Aromatherapy Works, I've Got Proof! (B3)**

Mother Nature's gift of plants in the form of essential oils has a dramatic, positive affect in health care. This session will reveal our one year study in an Alzheimer's unit and our continuing success. You will learn the history, usage, how and why the oils work on the physical, mental and spiritual levels.

*Jackie Farnell, LMT, LE, The Farnell Clinic*

**6:30 OPENING NIGHT SOCIAL:** Meet and mingle with your fellow TR professionals with dinner, door prizes, and entertainment.

**THURSDAY, JULY 15**

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

**9:00 -10:00**

**GENERAL SESSION**

◆ **Our Time is Now: Next Steps to Respect and Recognition**

Often times our daily routines do not allow us to focus on the vision of professional development or our future as recreational therapy professionals. Melinda Conway Callahan will share insights, based upon over twenty years of experience in a variety of settings, and key strategies to motivate and mobilize ourselves, in our current positions as recreational therapy professionals, to take an active role in our professional development. Melinda will also present a practical approach to reinvesting in our profession as a means to reach our potential and receive the respect and recognition we deserve as professionals.

*Melinda Conway Callahan, MPA, CTRS, CFRE, President, ATRA*

**10:00**

**BREAK**

**10:15-11:45**

**CONCURRENT SESSIONS**

◆ **Behavioral Medicine Module 2: Inducing the Relaxation Response (Part One of Two) (CT1-C)**

This session begins module two of the Behavioral Medicine track. The purpose of this module is to assist recreational therapists in developing a basic knowledge and understanding of the role of the 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 in part two and demonstrate the application of proper techniques.

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

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

◆ **Practice Essentials: Recreational Therapy Practice According to Regulatory, Accreditation and Professional Standards of Practice (Part One of Two) (CT2-C)**

This session will review the content of standards that define and regulate the management of the practice of recreational therapy in health care agencies. Similarities between JCAHO, CARF and professional standards of practice will be reviewed. Participants should bring copies of the ATRA Standards of Practice for review and discussion at the session.

*Ray West, MS, TRS/CTRS, UNC Hospitals*

◆ **Programming and Interventions for Dual Diagnosis (MR/MI) (C1)**

This session will include a brief description of Dual Diagnosis (Mental Retardation/Mental Illness), the role of Recreation Therapy on the Dual Diagnosis Unit at Pitt County Memorial Hospital, programming options, and creative interventions for the MR/MI population.

*Rebecca Riedl, TRS/CTRS, Pitt County Memorial Hospital*

*Lori Haddock, TRS/CTRS, Pitt County Memorial Hospital*

◆ **Transforming the Face of Eldercare: The Eden Alternative™ (C2)**

This session will provide an overview of The Eden Alternative™, a powerful tool for improving the quality of life for people who live in elder care environments. Believing that the bulk of suffering among people receiving LTC services is a result of loneliness, helplessness, and boredom, the Eden Alternative seeks to give meaning to the lives of Elders by offering real antidotes to these plagues. The principles of the Eden Alternative will be discussed and an update of the growth of this movement in the Southeast will be provided.

*Karen Nichols, Eden Alternative Mentor, South Carolina Coalition Coordinator*

◆ **Therapeutic Recreation: Treatment Benefits For Adolescent Sex Offenders (C3)**

This session will educate participants about the sexual abuse cycle and about the role recreation plays in building necessary skills for sex offenders to master daily functioning and community functioning. It will focus on the use of recreation and activities to promote change and to provide opportunities to acquire skills essential for healthy, balanced lives.

*Melanie Frohnheiser, CTRS, KidsPeace National Centers, Pioneer Center*

**11:45 -1:00 LUNCH PROVIDED IN THE ATRIUM**

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, 2003 or 2004.**

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*

- ◆ **Practice Essentials: Recreational Therapy Practice According to Regulatory, Accreditation and Professional Standards of Practice. (Part Two of Two) (CT2-D)**

See current description for CT2-C

*Ray West, MS, TRS/CTRS, UNC Hospitals*

- ◆ **Creative Arts and Therapeutic Recreation Intervention (D1)**

This session will explore how dance/movement and the visual arts can be used as an intervention for TR clients with developmental disabilities and/or mental illness. It will review the current research, demonstrate many creative arts techniques, and provide information about how to process these activities with TR clients.

*Lorilei Swanson, EdS, LPC, LMFT, Clemson University*

*Kellianne Pate, Clemson University*

- ◆ **Group Dynamics: A Powerful Therapeutic Tool for Inpatient Physical Rehabilitation (D2)**

Neuro-rehabilitation principles and new motor learning theory will be introduced to justify therapeutic approaches for group interventions. This session's interdisciplinary approach offers learning via lecture, visuals and audience participation. Key concepts will be introduced followed by demonstration of approaches.

*Theresa Thomas, M.S., CTRS, Fort Sanders Regional Medical Center*

*Jeremy L. Keough, MSOT, OTR/L, Fort Sanders Regional Medical Center*

- ◆ **Do You Believe In Magic? (D3)**

The use of magic as a therapeutic tool is being revisited. Discussion will center on the historic use of Magic for work with a variety of disabilities. Participants will learn the fundamental strategies behind the use of magic as a treatment intervention for physical, cognitive, and behavioral domains. A learning lab will be used to demonstrate intervention strategies. Associated arts like juggling and balloon art will also be discussed.

*Al Kaye, M.S., CTRS, Patricia Neal Rehabilitation Center*

2:30 **BREAK**

2:45- 4:15

**CONCURRENT SESSIONS**

- ◆ **Using Aromatherapy in your Relaxation Program (E1)**

A typical Relaxation Session often involves a CD player, some gentle mood music and a good imagination. Participants in this experiential session will add the sense of smell to the mix and discover how aromatherapy can enhance your relaxation program.

*Maureen Meador, CTRS, Charter Behavioral Health System*

- ◆ **The Professional Agenda: Where Are We Going? (E2)**

There are many exciting events occurring that are directly impacting recreational therapy services. From the state Local Medical Review Policies (LMRP) to the World Health Organization International Classification of Function manual, ATRA is a player in these local, state, national and international initiatives. This session will provide an overview of the exciting ventures in which ATRA is actively participating and understand how these new initiatives will impact your practice, today, tomorrow and in the future.

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

- ◆ **The Contribution Alumni Can Make in the Future of Therapeutic Recreation (E3)**

This session is a description of a study done at the University of Tennessee where alumni from the recreation program were surveyed to obtain feedback of the curriculum offered and the preparedness that each graduate felt they obtained from their course of study at UT. This session will outline the results of the study and provide valuable information to representatives from other institutions who are interested in improving their program as well as promoting and giving purpose to alumni participation from those in the field of Therapeutic Recreation.

*Angela Wozencroft, The University of Tennessee*

- ◆ **Group Problem Solving as an Intervention in an Intensive Outpatient Drug and Alcohol Program (E4)**

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

*Bob Raynor, M.S., CTRS, Medical University of South Carolina*

- ◆ **The Juggling Arts: Yes, There Are Benefits to Throwing Up! (E5)**

Learning how to juggle provides a number of health benefits and serves as a wonderful metaphor for life. In this session, participants will learn how the juggling arts can be used as a tool to teach wellness principles and relapse prevention techniques to their clients.

*Brian Bruggeman, CTRS, Tanner Medical Center*

4:15 **BREAK**

4:15 **Winner Take All SWOT Golf Outing**

4:30- 6:00

**CONCURRENT SESSIONS**

- ◆ **Managing Aggressive Behavior in Troubled Youth (F1)**

The youth of today are increasingly becoming more aggressive toward peers, parents and school officials. This session will discuss the sources, scope and solutions of aggression. Therapeutic activities will be conducted to address various ways to deal with aggressive youth in a treatment setting.

*Jan Marie Talkish, CTRS, Three Rivers Center for Behavioral Health*

*Mary McGregor, CTRS, Three Rivers Center for Behavioral Health*

- ◆ **High Impact Initiatives Using Low Budget Equipment (F2)**

This session focuses on several initiatives that can be implemented with very low cost equipment. Volunteers will be asked to participate in shortened versions of the selected team building, problem-solving, trust or communication initiatives. Processing questions related to specific client goals will be discussed.

*Cindy Konarski, M.S., TRS/CTRS, Western Piedmont Community College*

◆ **Obtaining Grant Funding For Recreational Therapy Programs (F3)**

This session will outline successful strategies for identifying grant providers, submitting grant proposals and managing funded projects. Comprehensive healthcare issues impacting grant funding priorities in the 21<sup>st</sup> century will be reviewed with emphasis on trends influencing funding for recreational therapy programs. Key elements of the grant proposal will be detailed along with reference materials for assuring compliance with ethical and regulatory standards. Supportive materials specific to recreational therapy for inclusion in grant proposals will be highlighted along with examples of grants obtained by practitioners.

*Pam Wilson, M.S., TRS/CTRS, Wake Forest University Baptist Medical Center*

◆ **Grant to Gardening: Ptoeey (F4)**

This session will guide participants through grant process and community involvement to creation of a healing garden designed for individuals with physical, behavioral and cognitive disabilities. Topics of client-guided design, coordinated efforts of state and community agencies, mobility/sensory issues, adaptive methods/tools, and teaching/healing values will be covered.

*Linda L. Geoghegan, CTRS, Woodrow Wilson Rehabilitation Center*

*Jane A. Walsh, CTRS, Woodrow Wilson Rehabilitation Center*

◆ **Self-Determination in TR: Strategies for Growth and Development through Leisure (F5)**

“Self-determination through leisure” is one of the current “buzz” phrases frequently voiced by Recreational Therapists. This session will explore the range of needs that may be met through self-determination (i.e., competence, autonomy, relatedness). Through presentation and guided experiences, participants will learn about the strategies they may use to promote clients’ self-determination.

*Begum Aybar-Damali, M.S., Clemson University*

*Judith Voelkl, Ph.D., CTRS, Clemson University*

*Frances McGuire, Ph.D., CTRS, Clemson University*

*Jennifer Carson, M.S., CTRS, Clemson University*

*Kellianne Pate, B.A., Clemson University*

*Kirby Player, M.S., Clemson University*

*Lorilei Swanson, M.A., Clemson University*

**Dinner on your own. Experience Downtown alive in the heart of Greenville on the award winning Main Street.**

**FRIDAY, JULY 16**

**8:00 - 8:30**

**REGISTRATION AND BREAKFAST**

**8:30 -10:00**

**CONCURRENT SESSIONS**

◆ **Inducing the Relaxation Response (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*

◆ **Play At Work: How to Promote “Fun” in the Workplace and Teach the Value of Recreation to Your Co-Workers (G1)**

This session will teach you how to increase morale at your company through a variety of games and activities that promote teambuilding and reinforce the value of recreation. We will teach you how to make any meeting, training session or event more exciting. Come prepared to participate.

*Deborah Tilley, B.A., QMRP, Fairfield Center / ViaQuest*

*Mandy Bergmayr, B.A., Fairfield Center / ViaQuest*

◆ **Leisure and Spirituality: A Personal and Professional Look Within (G2)**

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*

◆ **An Update to Our Connection on CMS Coverage and Reimbursement (G3)**

Last year, we had an informative session on various stages of coverage and reimbursement for recreational therapists in long term care, inpatient rehabilitation, and mental health settings. Join Ann for a year’s review of ATRA’s activities with the Center for Medicare and Medicaid Services (CMS) and our exciting new agenda for Part A services.

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

◆ **Can YOU Use Tai Chi as a Therapeutic Modality? (Part One of Two) (G4)**

This session will teach the principles of Tai Chi that can be used in every day life, a combination of Tai Chi movements and three warm-ups to make up microform, and learn skills necessary to teach Tai Chi to a special population. How Tai Chi helps to manage stress, increase balance, improve range of motion, and improve circulation will be discussed. Research findings and application of Tai Chi in the TR program will also be included in this double session.

*Larry Y. Brown, M.S., CTRS, CAS, The University of Tennessee-Knoxville*

**10:15-11:45**

**CONCURRENT SESSIONS**

◆ **Paws and Fins: The Influence of Animals on the Stress of Individuals with Dementia (H1)**

Long term care living facilities often have trouble managing the care of individuals with Dementia. This presentation will focus on a study conducted to examine the effectiveness of animal-related interventions to manage stress and agitation among people with Dementia. Research results and practical implication will be presented.

*Melissa Petterson, East Carolina University*

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

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

◆ **State of North Carolina Seeks Licensure: How Are They Doing It? (H2)**

An overview of the NC-TRCB strategy in making changes to the North Carolina Chapter 90C. A brief description of the process needed to obtain changes through the State legislature. They will look at what changes need to occur to be current with today.

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

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

◆ **Therapeutic Recreation in New Zealand: Embracing an Entrepreneurial Spirit (H3)**

Therapeutic Recreation is a new field in New Zealand. Academic preparation was initiated in 1999. Graduates of this emerging profession are finding jobs in a variety of settings similar to their overseas counterparts. There are also many opportunities for entrepreneurial approaches. One method for introducing the field is with the TR Centre. This Centre is a major ingredient in promoting and demonstrating the benefits of TR in a brand new market, as well as, providing cultural diverse opportunities for TR students from around the world.

*Heather Layton, M.A., CTRS, Southern Institute of Technology, Invercargill, New Zealand*

◆ **Having Fun With Documentation (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.

*Angie Griffin, Graduate Assistant, The University of Tennessee*

*Amanda Powley, Graduate Assistant, The University of Tennessee*

*Angela Wozencroft, Graduate Assistant, The University of Tennessee*

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

◆ **Can YOU Use Tai Chi as a Therapeutic Modality? (Part Two of Two) (H5)**

See concurrent session G-4.

*Larry Y. Brown, M.S., CTRS, CAS, The University of Tennessee-Knoxville*

11:45 **BREAK**

12:00-1:00

**GENERAL SESSION**

◆ **Answering the Call to Improved Practice and Outcomes in Recreational Therapy: On the Road to Excellence**

The theme of this year's Symposium is a challenge to action for all participants. Many emerging issues face the profession and every practicing professional plays an important role in securing a more recognized and respected profession. This speaker will provide a summary of the professional ideas presented throughout the conference and weave these new ideas into a challenge to improve our practice and the resulting client outcomes. The participants will be challenged to be active contributors to implementing new ideas to create a more imaginative, progressive and recognized healthcare profession.

*Peg Connolly, Ph.D., CTRS*

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

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Embassy Suites Greenville  
Greenville, SC

Name \_\_\_\_\_

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**

**Behavioral Medicine Track (1) \_\_\_\_\_ Core practice Competencies Track (2) \_\_\_\_\_**

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

- |             |                 |  |
|-------------|-----------------|--|
| <b>Fees</b> | <b>\$175.00</b> | Entire conference postmarked by July 2, 2004 (\$205 after July 2)                        |
|             | <b>\$105.00</b> | Student Rate entire conference postmarked by July 2, 2004 (\$130 after July 2)           |
|             | <b>\$ 95.00</b> | Daily registration (Thursday, July 15, 2004 <b>only</b> )                                |
|             | <b>\$ 65.00</b> | One-half day (Wednesday, July 4, 2004 or Friday, July 16 only). <b>(Please specify.)</b> |
|             | <b>\$ 10.00</b> | CEU's  |
|             |                 | <b>Pre-Conference Golf Clinic (Additional fee to entire conference fee above).</b>       |
|             | <b>\$ 25.00</b> | For Adapted Golf Clinic if registered for the full conference                            |
|             | <b>\$ 95.00</b> | For Adapted Golf Clinic Only   |

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

**METHOD OF PAYMENT:**

\_\_\_\_\_ Personal check \_\_\_\_\_ Business Check  
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](mailto:pwilson@wfubmc.edu)

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

"NCTRC does not preapprove any continuing education. NCTRC has not reviewed or approved of the content of these materials, and does not endorse or sponsor any of the activities of STRS."

## ENHANCED COMPETENCY FOCUS OF STRS

The 2004 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 "*Clinical Training in Behavioral Medicine: A Recreational Therapy Perspective*", and contains 7.5 contact hours.

**These sessions are indicated as CT1**

**Track Two** is titled, "*Core Practice Competencies*", 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:** "*Clinical Training in Behavioral Medicine: A Recreational Therapy Perspective*" (7.5 hours)

The purpose for the behavioral Medicine track is to provide comprehensive training for recreational therapists in behavioral (mind/body) medicine. A special emphasis will be placed on the development of intervention skills and the incorporation of behavioral medicine processes and techniques into current recreational therapy programs. Recreational therapists will learn the history and development of behavioral medicine, behavioral medicine's biopsychosocial (spiritual) underpinnings, the impact of stress on the human organism, how to facilitate behavioral change, relaxation response techniques, and how to assess and effectively treat numerous stress related medical disorders. 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 modules: "Behavioral Medicine: Background, History and Relevance to Recreational Therapy", "Inducing the Relaxation Response", and "Behavioral Medicine II: Advanced Applications for Recreational Therapy".

**Track Two:** "*The Core Practice Competencies*" (6 hours)

The Core Practice Competencies track is designed to clarify and refine the knowledge essential for effective practice as a recreational therapist. This track is provided for those practitioners with less than two years of practice as a recreational therapist and those who desire to improve the consistency of their practice as a recreational therapist. The Core Practice Competencies track will include sessions on Essentials of Assessment, Effective Communication and Helping Relationships, Essentials of Basic Practice and Essentials of Managing Basic Practice.

### TWO PART SESSIONS

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