



**Session One- Sunday, May 16<sup>th</sup> 5:15-6:45**

**Session Title: Healing Hoops**

**Speaker: Lizz Bapp, C.T.R.S. and Carol Lee Bowman**

**Room: James River Ballroom Salon C and D**

Healing through hoops! Learn the basic theory and history of hoop dance. Gain an understanding for target populations and accommodations to bring this program to life in your setting. All in a hands on workshop setting with lots of laughter and healing!

Session Objectives:

1. Learn the History and theory behind Hoop Dance.
2. Understanding of Lymphatic release via hoop dance, and other benefits.
3. Target populations/accommodations, and hands on workshop to fully experience hoop dance.

**Session Title: Attaining State Licensure: New Hampshire and Beyond**

**Speaker: Jill Gravink, MS, C.T.R.S./L**

**Room: Salon B**

Session will be a nuts and bolts discussion of the tasks and strategies employed during the process of attaining licensure for Recreational Therapists in the state of New Hampshire.

Session Objectives:

1. Participants will understand the place of licensure in the credentialing of our profession.
2. Participants will be able to identify key tasks to be accomplished before moving forward toward licensure.
3. Participants will understand how to begin the legislative process.

**Session Title: Music Therapy**

**Speaker: Megan Cummings, MT-BC**

**Room: Salon A**

This session will provide therapists with an opportunity to learn how music can elicit positive responses in residents with Alzheimer's and Dementia. Participants will also learn how to facilitate several music activities, participate in experiential music making and also learn how to choose appropriate music for music listening within their facilities.

Session Objectives:

1. Participants will learn how music affects the brain and has been used to elicit positive responses from in depth research in the music therapy field.
2. Participants will acquire numerous music as therapy activities to use within the long-term care facility through several experiential activities.
3. Participants will take away a new perspective on music listening and how to properly choose appropriate music for their residents to listen to in the long term care facility environment.

**Session Title: Attitude and Humor for Dummies (Therapy out of the box)**

**Speaker: Jimmie Yarres, C.T.R.S.**

**Room: Salon E & F**

An educational session to provide an in-sight to one's own attitude, self-esteem and the use of humor. In order to become a better therapist and therefore provide a better service.

1. Will gain an insight of one's degree of attitude and humor, through self-evaluation.
2. Understand the significance of using out-of-the-box techniques and strategy in providing better services.
3. Will laugh at least three times during the session.

**Session Title: Role of Therapeutic Recreation in Post-Secondary Education for Individuals with Intellectual Disabilities**

**Speaker: Lynn Noel, C.T.R.S. and Betsy Kennedy, C.T.R.S.**

**Room: Potomac Salon G**

This session will discuss a new and innovative post-secondary education and training program for young adults with intellectual disabilities at Old Dominion University. ODU READY is the first therapeutic recreation based post-secondary program in the country. The session will provide detailed information on the admission requirements, philosophy, mission, goals, and curriculum used to train young adults with intellectual impairments to live as independently as possible in the community. The unique role of therapeutic recreation will also be discussed.

1. Participants will learn about the seven curriculum components of ODU READY.
2. Participants will learn how therapeutic recreation is a new component to post-secondary education.
3. Participants will learn the anticipated outcomes of students who graduate from the ODU READY program.

**Session Title: Therapeutic Horseback Riding for Veterans**

**Speaker: April Yount & Irene Gilbert**

**Room: Shenandoah Salon H and J**

Discuss the benefits of Therapeutic Horseback Riding for Veterans and active duty soldiers receiving services at McGuire VAMC. Discussion of Lonesome Dove Equestrian Center, a non-profit organization in Powhatan, Virginia that offers Therapeutic horseback Riding for veterans with special needs.

1. Participants will learn the history of Therapeutic Riding and its implementation with veterans.
2. Participants will learn basic information regarding signs/symptoms of PTSD and TBI and the benefits of Therapeutic Riding.
3. Participants will learn basic information regarding signs/ symptoms of those in the Geriatric and Visually-Impaired population and the benefits of Therapeutic Riding.

**Session 2 – Monday, May 17<sup>th</sup> 8:30-10:00 am**

**Session Title: Therapeutic Yoga to improve Health and Well-being**

**Speaker Name: Nancy Glenmore Tatum MS, E-RYT500, CMT**

**Room: James River Ballroom Salon C & D**

Learn how Yoga therapy adapts the practice of yoga to create and maintain an optimum state of physical, emotional, and mental health and how these principles can be integrated into Therapeutic Recreation.

1. Learn how the practice of yoga can be adapted for a specific group of students.
2. Learn how yoga postures, breathing and relaxation can be used to calm the nervous system and reduce anxiety.
3. Practice basic yoga postures that can be integrated therapeutically to strengthen and lengthen muscles and increase the flexibility of the spine.

**Session Title: Preparing for an internship – Student/supervisor**

**Speaker Name: Curtis A. Robb, CTRS & Lauren Kienle, CTRS**

**Room: Salon B**

This session will provide the therapist with the tools to create a productive internship program, as well as creating a productive supervisor/intern relationship. It will also provide the interns with the necessary insight and skills to carry throughout the affiliation and into the work force.

1. To provide information on how to create an internship program.
2. To provide skills to successfully complete an internship and to transition into the work field.
3. To provide tools to successfully communicate pre-internship, during, and post the internship.

**Session Title: Aquatic Exercise Trends – Let's Get Wet!**

**Speaker Name: Cathy Bradshaw, C.T.R.S. & Christy Donovan, C.T.R.S.**

**Room: Salon A**

This session will be an opportunity for Recreation Therapists to learn new trends in Aquatic Exercise through both a classroom and practical experience.

1. Learn basic information on the aquatic environment needed to teach in the pool.
2. Discuss different trends being used in Aquatic Exercise programs.
3. Participate in practical experience by performing exercise routines in the water.

**Session Title: WACKY WISDOM**

**Speaker Name: Jeremy Ross**

**Room: Salon E & F**

Discover new games or some twists on old ones. Learn to lead and play games that can be incorporated into your program. Keeping young people active is an important part of stimulating the brain and generating good health. This session will teach you a variety of active/educational games for school age children. You will be actively engaged, learn goal directed strategies and most of all have FUN! The games are for both indoor and outdoor settings, and they can be tailored for large or small groups. DRESS TO PLAY!!

1. Learn content of indoor and outdoor games that will keep their school age children active and having fun while generating good health.
2. Learn skills to effectively transition kids through fun activities and how to keep everybody involved.
3. Be able to apply what they learned to their programs by implementing fun and quality activities.
4. Have a variety of activities that will allow kids and staff to have positive interactions.

**Session Title: TR Process in Community Recreation**

**Speaker Name: Melody K. McMahan, CTRS**

**Room: Potomac salon G**

Ever wonder what community TR looks like or how to effectively execute the TR process in a community setting? This presentation will include information regarding assessments, personal information forms, physician forms and how to track this important information. We will also cover documentation and evaluation procedures. This session will show how the City of Norfolk's Therapeutic Recreation Center uses the TR Process.

1. What forms should be used in obtaining necessary information in community TR.
2. How to track the information obtained and keeping it up to date using a computer database.
3. Documentation and evaluation procedures.

**Session Title: Utilizing Therapy Dogs in Recreational Therapy Settings**

**Speaker Name: Leann Harris**

**Room: Shenandoah Salon H & J**

Learn ways to utilize Therapy dogs to reach beyond traditional forms of therapeutic healing and treatment. Different Therapy Dog certifying bodies will be discussed, with the merits of each explained. Learn the difference between an Animal Assisted Activity and Animal Assisted Therapy and when you should use them.

1. Learn when a Therapy Dog might be beneficial.
2. Learn how to utilize Therapy Dogs.
3. Learn how to use AAA and AAT treatments.

**Session 3 – Monday, May 17<sup>th</sup> 10:15 – 11:45am**

**Session Title: The road to Wii-covery**

**Speaker Name: Billy Perkins, CTRS & Amy Caplinger, CTRS**

**Room: James River Ballroom Salon C and D**

An interactive session focusing on the Wii game system and its use as a modality in improving functional ability of patients with various disabilities, ie: CVA, SCI, orthopedic and TBI.

1. Increase awareness of techniques used to improve balance, endurance, and general motor skills for persons with disabilities using the Wii system.
2. Improve awareness of adaptive equipment used for persons with disabilities using the Wii system.
3. Increase awareness of interdisciplinary co-treatment options when using the Wii system.

**Session Title: NCTRC Specialty Certification Program**

**Speaker Name: Bob Riley, Ph.D., CTRS and Noelle Molloy, M.S.Ed., CTRS**

**Room: Salon B**

This session will introduce the new NCTRC Specialty Certification Program that was developed to formally recognize CTRS's who have acquired advanced knowledge and experience in specific practice settings. Session content will include an overview of the standards, entry qualifications, and recertification requirements pertaining to the Specialty Certification Program.

1. Participants attending this session will be able to comprehend and describe the purpose of the specialty Certification Program, including the entry qualifications and application process.
2. Participants will be able to comprehend and describe the recertification requirements of the specialty certification program as related to the existing NCATRC Recertification Program.
3. Participants attending this programs will be able to assess and discuss the advantages of obtaining Specialty Certification.

**Session Title: Aquatic Exercise**

**Speaker Name: Cathy Bradshaw and Christy Donovan**

**Room: Pool**

This session is part two of the Aquatic Exercise presentation.

**Session Title: Trail Mix: Therapeutics and the Outdoors**

**Speaker Name: Kariayn Smith, CTRS & Amy Elizabeth Bapp, CTRS**

**Room: Salon E and F**

An introduction in how to incorporate outdoor programming for people with disabilities. Learn how to integrate outdoor cooking, rock climbing, hiking, and canoeing into your programs.

1. How to create minimum eligibility for therapeutic outdoor programming.
2. How to plan a therapeutic outdoor activity; where to find adaptive equipment and how to use it.
3. How to do a hands on outdoor cooking experience.

**Session Title: LifeTools! Transforming Illness to Wellness**

**Speaker Name: Carol L Rickard, LCSW**

**Room: Potomac Salon G**

This session will focus on healthy coping skills and The Wellness Blueprint, a wellness recovery program. Skill building activities make this different from WRAP. Participants benefit both personally and professionally!

1. Participants will be able to identify the difference between.
2. Participants will be able to identify the four foundation blocks of The Wellness Blueprint.
3. Participants will be able to identify 3 coping skills intervention to utilize with their clients.

**Session Title: Bring the Feet to Life!**

**Speaker Name: Kymberly Keniston-Pond**

**Room: Shenandoah Salon H and J**

Therapeutic use of reflexology combined with the healing benefits of essential oils brings a natural balance to the body. This non-invasive treatment allows each individual reach their personal potential.

1. History of Reflexology and aromatherapy.
2. Proven benefits of both, especially when used together.
3. Current data on studies done with persons with disabilities.

**Session 4 Monday, May 17<sup>th</sup> 1:15pm – 2:45pm**

**Session Title: Extreme Sports in TR**

**Speaker Name: Kelly Keese, CTRS**

**Room: James River Ballroom Salon C and D**

Tired of teaching the same TR classes? In this session you will learn some extreme sports to price up your TR programs. Session will include information on choosing sports that are appropriate for your clientele and how to get started.

1. Discuss different types of extreme sports and how clients can benefit from them.
2. Learn how to set up an extreme sports program.
3. Discuss what extreme sports are appropriate for varying populations.

**Session Title: Assuring Professional Competence through NCTRC Certification**

**Speaker Name: Bob Riley, Ph.D., CTRS and Noelle Molloy, M.S.Ed., CTRS**

**Room: Salon B**

This session will provide an overview of the NCTRC Certification Program and services. A review of the critical steps toward obtaining and maintaining certification will be presented. The session will also contain a discussion of the role of the CTRS in field placement supervision.

1. To understand the basic nature and structure of the NCTRC certification program.
2. To understand the Certification Standards pertaining to New Application and CTRS Recertification.
3. To understand the application process.
4. To understand the exam format.
5. To understand the contributions of the CTRS certification program to professional development efforts.

**Session Title: We Have to Talk: How to Talk About “What Matters Most”**

**Speaker Name: Dr. Susan E. Lynch and Gary Austin Smith**

**Room: Salon A**

We all face difficult conversations in our daily lives and in the field of recreation therapy working with clients and co-workers. Yet, although we face these difficult conversations, how do we overcome them to provide optimal services to clients and work cohesively with other professionals. This presentation is based on strategies provided by the NY Times Bestseller “Difficult Conversations,” as well as research gathered by speakers.

1. Develop an understanding of what difficult conversations are composed of and how they begin.
2. Present and practice using specific conversations involved in dealing with difficult conversations such as: 1) The “What Happened?” Conversation, 2) The Feelings Conversation, and 3) The Identity Conversation.
3. Identify strong emotions that lead to difficult conversations and how to manage these emotions appropriately.
4. Identify difficult conversations that occur when working with clients and co-workers in the recreation field and how to successfully prepare for such conversations to provide optimal service to clients.

**Session Title: Working Together for Success**

**Speaker Name: Jeremy Ross**

**Room: Salon E and F**

Teamwork is built on trust, and nothing builds trust better than playing. This interactive session will help you learn activities that you can do with your staff and participants to build teamwork. Coming together is a beginning. Keeping together is a progress. Working together is a success. Come dressed to play!

1. Learn content of specific games and activities that can help create a more productive staff.
2. Gain skills around becoming a more effective manager, supervisor, and/or employee.
3. Learn skills in order to effectively manage and/or work well within a team.

**Session Title: Mental Health Wellness and Recovery in Virginia**

**Speaker Name: Bonnie Neighbour**

**Room: Potomac Salon G**

Learn what mental health wellness programs are available in Virginia including mental health peer-run wellness programs and WRAP (Wellness Recovery Action Plan) classes and groups.

1. Participants will know what mental health wellness programs and activities are available in Virginia.
2. Participants will know what a WRAP (Wellness Recovery Action Plan) is and how to find local WRAP classes.
3. Participants will know the potential of mental health recovery.

**Session Title: Swimming For Heroes: The Virginia Home Resident Aquathon and Aquatics program.”**

**Speaker Name: Jody Young, CTRS and Stephanie Eisenhart, CTRS**

**Room: Shenandoah Salon H and J**

The Aquathon, an annual fundraising event hosted by The Virginia Home, enables residents with physical disabilities to raise money for charity through swimming. Attendees will learn how this resident-driven event has raised over \$40,000 for the community and has expanded the public’s perception of people with disabilities. In addition, attendees will gain an understanding of The Virginia Home’s thriving adapted aquatics program and specific adapted aquatic techniques.

1. Be able to identify 3 techniques in assisting swimmers with physical disabilities to swim independently.
2. Be able to identify each step in the execution of the Aquathon and other like events; pre-event planning, event implementation, and post-event evaluation.
3. Be able to identify 4 assessment criteria to become a Virginia Home swimmer and Aquathon participant.

**Session 5 Monday, May 17<sup>th</sup> 3:00-4:45pm**

**Session Title: Continuum- The Healing Movement of Life**

**Speaker Name: Cory Blake**

**Room: James River Ballroom Salon C and D**

Continuum Movement explores breath, sound, and movements that engage our living fluid nature. It is an awakening and healing practice that benefits therapist and patient alike.

1. The participant will gain a basic understanding of the theory of Continuum Movement.
2. Participants will have an opportunity to have a direct experience of the work.
3. Each participant will learn processes that can compliment any other modalities for patient care.

**Session Title: Beyond Training Wheels**

**Speaker Name: Danah Kaigler**

**Room: Salon B**

This session will discuss the basic needs of our frontline staff to prevent or decrease the amount of turn over during difficult economic times.

1. To discuss the training needs of our frontline staff.
2. To discuss strategies to assist in coaching our frontline staff in order to increase their functionality on site.
3. The participants will gain a renewed commitment to pushing and encouraging staff to work towards their degree in TR or to sit for CTRS exam.

**Session Title: Challenging Behaviors: What are they saying? Using Positive Behavior Supports to improve quality of life.**

**Speaker Name: Molly Dellinger-Wray and Carol Schall**

**Room: Salon A**

We will present the description, process, and strategies, of Positive Behavior Support (PBS) how it helps to support people with disabilities.

1. The presenters will describe PBS and how it differs from traditional “behavior management” approaches.
2. The presenters will discuss the systems change efforts that have resulted in increased PBS services to individuals with brain injury.
3. The presenters will describe evidence-based practices and environmental and behavioral supports.

**Session Title: Dynamics of a Polytrauma Recreation Therapy Program**

**Speaker Name: Lucile Lisle**

**Room:**

Characteristics of a comprehensive Polytrauma Recreation Therapy Program will be discussed including the mission and focus, diagnostic groups served, group and individual interventions and individual and program evaluation.

1. Identify the meaning of Polytrauma and one way in which Recreation Therapy supports the mission of the Polytrauma Rehabilitation program
2. Identify three important focus areas for assessment purposes as it relates to the Polytrauma population.
3. Identify three suitable therapeutic groups and three suitable individual interventions for Polytrauma Recreation Therapy programming.
4. Identify two areas of consideration for program evaluation as it relates to the Polytrauma population.

**Session Title: Ravenchase Adventures**

**Speaker Name: Chris Dove and Meghan St. Clair, CTRS**

**Room: Potomac Salon G**

Would you like to engage in a friendly competition while enjoying the sites of Richmond? Through this interactive session you will build teamwork and communication with your group while participating in

an “amazing race” style adventure through Richmond. A handmade treasure map and clues will be provided to you, but teamwork will be essential to crack the codes, solve the clues and beat the clock! We will also be providing you with resources to implement a similar style activity with your clients or staff in your setting. Come dressed to play! The chase will happen rain or shine. An additional fee of \$35 and pre-registration are required for this event.

1. Participants will gain knowledge of adventure race programming and facilitation techniques through experiential education and discussion.
2. Participants will develop teamwork and increase communication skills by working with their team to solve the clues provided.
3. Participants will learn about adaptations and modifications of adventure style programming for various settings and populations.

**Session Title:**

**Speaker Name:**

**Room:**

**Session 6 Tuesday, May 18<sup>th</sup> 8:30- 10:00am**

**Session Title: Healing the Body, Mid, and Spirit Through Martial Arts**

**Speaker Name: S. Dubuque and Gary Wheaton**

**Room: James River Ballroom Salon C and D**

This session is designed to introduce the benefits of an exercise program using martial arts that can increase focus, reduce stress, clear the mind, and improve simple to complex motor skills, flexibility and coordination. The martial arts are an alternative, holistic approach to physical, mental, and spiritual fitness.

1. Provide participants with information regarding alternative approaches to physical and mental fitness through martial arts.
2. Introduce a series of exercises and techniques they can use to improve fitness, balance, flexibility and coordination improving simple and complex motor skills.
3. Involve participants in a light exercise program utilizing the skills taught above so that they can see immediate benefit of the program and continue to use themselves daily.

**Session Title: Building a successful Conference**

**Speaker Name: Marily Radatz MS, CTRS and Chip Shefelton, CTRS**

**Room: Salon B**

Participants will gain knowledge into what goes into making a conference successful including budgeting, time line, selecting speakers, committee chairs and overall evaluations.

1. Participant will be able to state how to coordinate a successful conference.

2. Participant will be able to state the importance of having a good conference coordinator and committee chair persons.
3. Participants will be able to state how to write an evaluation for the conference and how to utilize the evaluation for a future conference.

**Session Title: Resilience: How We Deal with Adversity and Transitions in Life**

**Speaker Name: Dr. Susan E. Lynch**

**Room: Salon A**

Our ever changing society requires us to be resilient. But why do some people seem to adapt when others seem to stay stuck in a chronic helpless state? We will explore the concept of resilience to help our client's transition in life endeavors.

1. Define the concept of resilience.
2. Identify at least three factors of resilience.
3. Identify ways to build resilience in your clients to help with adversity.

**Session Title: Workplace Politics: Working with Professional Colleagues and Management**

**Speaker Name: Betsy Kennedy**

**Room: Salon E and F**

The session will address politics in the workplace and how they impact our ability as recreation therapists to work effectively with professional colleagues. Discussion will include; dealing with difficult supervisors, reading the political climate, establishing working relationships, and managing physicians. Strategies for becoming "politically savvy" will be presented.

1. Upon successful completion of this session, each participant will be able to identify components to a workplace political climate.
2. Upon successful completion of this session, each participant will be able to identify management styles of a difficult boss.
3. Upon successful completion of this session, each participant will be able to identify strategies to working more effectively with colleagues and management.

**Session Title: 90 Minutes Special: How to avoid burn-out and change how you see your peers, job, and life.**

**Speaker Name: Amy Robinson, RN**

**Room: Potomac Salon G**

This presentation discusses how to recognize and avoid burn-out in the workplace. Current research will be presented including the benefits individuals receive from participating to develop a positive working atmosphere. The session incorporates ideas on how individuals can find value and balance with co-workers, boss, and peers while providing resources to continue a positive and encouraging work environment.

1. Participants will understand top 10 triggers to avoid burn-out and learn how to cope with stressful situations with a more positive attitude by implementing the key points of through process.
2. Participants will gain insight on their value and importance as individuals while developing communication and relationship skills to learn the value of others.
3. Participants will have better understanding of how to keep balance with all demands of the work atmosphere and how to implement these skills in their job with higher standards and excellence.

**Session Title: Small and Simple Gardens- Inside & Out**

**Speaker Name: Cindy Rinker**

**Room: Shenandoah Salon H and J**

Planning and implementing small garden programs; 1. Indoor herb gardens, window boxes; 2. Outdoor container gardens, raised beds, vegetable gardens. Come ready to get elbow-deep in dirt!

1. Seed to Flower: how a plant grows, survives, and thrives with sun, soil, and water.
2. Where, when, and how to plant: the best garden for your time and space.
3. Shared gardens: ideas on garden programs for all ages and abilities.