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Student & Professional Issues Forum

Friday, February 21, 2020

Hosted by North Carolina Central University

1801 Fayetteville Street | Durham, NC 27707

CEU pre-approval is in process. ATRA and NCRTC cannot guarantee that this continuing education opportunity will be granted CEU's.

CONFERENCE DESCRIPTION: This conference will offer an opportunity for recreational therapy professionals, students, educators, and other human service providers to enhance skills and knowledge and develop competencies in successful treatment interventions while exploring other service delivery options.

OBJECTIVES:

- Enhance knowledge of and develop skills in therapeutic interventions used in the delivery of recreational therapy services.
- Increase understanding of current professional issues related to the delivery of recreational therapy services.
- Increase networking and collaboration among recreational therapy professionals, students, educators, and professionals in other disciplines.

REGISTRATION: Please visit www.ncrta.org to find the link to Eventzilla to register for the 2020 NCTRA Student & Professional Issues Forum (SPIF).

In order to receive the reduced conference registration fee, you must register online and submit payment by 11:59PM on **February 12th, 2019**. Be sure you are a member of NCRTA to receive updates from NCRTA. To become a member of NCRTA or to check your membership status, please log on to www.ncrta.org and click on the My Account menu tab. Follow us on social media for the latest conference updates.

FOLLOW US!  North Carolina Recreational Therapy Association  @OfficialNCRTA

All sessions are currently pending CEU pre-approval by ATRA and NCTRC. A brochure of approved CEU sessions will be emailed to conference registrants prior to the conference. The information listed on the initial brochure is subject to change. In efforts to keep conference registration fees low, please use electronic copies or print the brochure and bring it with you to the conference. Limited printed brochures will be available on site.

All conference attendees are required to register online. Payment may be made online by debit or credit card. On-site registration will also be available. Make all billing and payment inquiries to Alex Jones at alexjones.john@gmail.com.

NCRTA is committed to providing an inclusive experience for all participants. In compliance with the ADA, should you require any accommodations to fully participate in the conference trainings, please e-mail NCRTA at ncrtaconference@gmail.com. We request that accommodation requirements be made by **February 12th, 2019** so that we may fully meet your needs.

HOTEL INFORMATION:

Due to the fact that SPIF is being hosted at North Carolina Central University and not in a hotel, there are no discounted rates on hotels.

Hotel Name Info TBD	<i>Hotel Address</i>	Hotel Phone Number
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CONFERENCE FEES:

Membership Level	Before Feb 12th	After Feb 12th or On-Site
Professional Rates	\$40	\$45

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Student Rates	\$20	\$25
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CONTINUING EDUCATION FORMS:

CEU Forms (Professionals Only)	\$22.00
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Continuing Education Units (CEUs) pre-approval is in process. ATRA and NCTRC cannot guarantee that every session offered for this continuing education opportunity will be granted CEUs. CEU's are calculated at 1.0 CEU = 10 contact hours. CEUs cannot be awarded to participants who arrive more than 15 minutes late to a session or miss more than 15 minutes during a session; missing one or the other will result in the removal of credits for the session. Please ensure that you have signed in at the beginning of each session and have the CEU form punched at the end of each session to receive credit for the session.

Before leaving the conference the CEU sheet must be submitted, by the conference attendee, to the conference registration table and signed by conference officials. Please keep the CEU receipt for your records. Within 30 days following the conference the CEUs Attendance will be verified and then sent to ATRA. After 30 days, all CEU information will be sent to ATRA for processing. Contact ATRA CEU-online if you do not receive your transcripts within 6 weeks.

RECOMMENDED DRESS: Casual business attire is recommended for the NCRTA Student and Professionals Issues Forum. Please bring a sweater or jacket for sessions as temperatures within meeting facilities vary.

SESSIONS/TIMES MAY CHANGE: *Please note that all sessions and times listed are subject to change.* A brochure of approved CEU sessions will be emailed to conference registrants prior to the conference. In efforts to keep conference registration fees low, please use electronic copies or print the brochure and bring it with you to the conference. Limited printed brochures will be available on site.

LIABILITY: All attendees of the NCRTA SPIF must agree to abide by the rules and regulations established by North Carolina Central University relating to matters of safety and liability.

PARKING: TBD

Conference Schedule at a Glance

**If you are attending multi-part sessions, you have to attend all sessions in that series to receive any CEU Credits*

7:30-8:45	Check-in/Registration.....	TBD
8:15-8:30	Welcome to SPIF, Announcements/Awards/Keynote Intro	TBD
8:30-9:30	Keynote Session	
Session 1	NCTRC – The Future (0.10 CEU’s)	TBD
	Presenters: Anne Richard, MS, LRT/CTRS, Executive Director and Robin McNeal, CTRS, Director of Credentialing	
9:30-9:50	Break	
9:50-11:20	Concurrent Sessions (Each session is 0.15 CEU’s)	
Session 2	Preparing for your interview: Interview and Resume building	TBD
	<i>Student Track- No CEU’s available</i> Presenter: John Rhodes, MS LRT/CTRS	
Session 3	PeaceLove and Recreational Therapy: Use of Expressive Art	TBD
	Interventions with Adolescents. Presenter: Katina Hillard, MS, LRT/CTRS	
Session 4	Stress Busters: How Recreational Therapists Assist	TBD
	Clients in Managing Stress Presenter: Judith Classen, M.Ed., LRT/CTRS	
11:20-1:00	Lunch on your own	
1:00-2:30	Concurrent Sessions (Each session is 0.15 CEU’s)	
Session 5	WOW Program (Workout Wonder Program)	TBD
	Presenter: Lacey Burgess, MS LRT/CTRS	
Session 6	Crash Course in Transitioning from Recreational	TBD
	Therapy student to Recreational Therapy practitioner <i>Student Track- No CEU’s available</i> Presenters: Alex Jones, LRT/CTRS and Travis Tweed, LRT/CTRS	
Session 7	Biofeedback? What’s That? Introduction and Demonstration	TBD
	of Biofeedback Interventions to Use with Recreational Therapy Clients Presenters: Amelia Saul, MS LRT/CTRS & Lauren Scroggs, MS, NCC, CCMHC, LCAS-A, LPC-A	
2:30-2:50	Break	
2:50:-4:20	Concurrent Sessions (Each session is 0.10 to 0.15 CEU’s)	
Session 8	Thinking About Graduate School in Recreational Therapy?	TBD
	Factors to Consider Before, During, and After Your Degree. <i>Student Track- No CEU’s available</i> Presenters: Cari Autry, Ph.D., LRT/CTRS & Matt Fish, Ph.D., LRT/CTRS, LPCA, BCB & David Loy, Ph.D., LRT/CTRS, CARSS	

Session 9 **Becoming Involved in NCRTA:** *TBD*
Promoting the Advancement of Licensed Recreational Therapists in NC
Presenter: John Rhodes, MS LRT/CTRS

Session 10 **NCTRC Internship Guidelines:** *TBD*
Ensuring a Quality Internship
Presenters: Anne Richard, MS, LRT/CTRS, Executive Director and Robin McNeal, CTRS,
Director of Credentialing

Full Conference Schedule

CEU Session #1-Keynote:

NCTRC: The Future (0.10 CEU's)

Presenters: Anne Richard, MS, LRT/CTRS, Executive Director and Robin McNeal, CTRS, Director of Credentialing

This session will focus on various aspects of NCTRC including the future of credentialing. Present day updates and a look at the 2019 CTRS Profile Study and professional pride in the credential will be discussed.

CEU Session #2:

Preparing for your interview: Interview and Resume building (0.15 CEU's)

Student Track- No CEU's Available

Presenter: John Rhodes, MS LRT/CTRS

This session will focus preparing students for interviews and prepping their resumes for professional use. Feel free to bring what you have so far.

CEU Session #3:

PeaceLove and Recreational Therapy: Use of Expressive Art Interventions with Adolescents. (0.15 CEU's)

Presenter: Katina Hillard, MS, LRT/CTRS

This session will provide foundational knowledge about the PeaceLove Program which trains professionals in 6-8 different expressive art sessions. In the presentation, we will explore the PeaceLove story, the difference between expressive arts and other forms of art, possible outcomes of each session, and how the program teaches individuals to create a safe environment through encouragement, active listening, reflection, and sharing. Additionally, the presentation will include a hands-on approach to assist attendees in understanding how the PeaceLove program is utilized within the Recreational Therapy setting.

CEU Session #4:

Stress Busters: How Recreational Therapists Assist Clients in Managing Stress (0.15 CEU's)

Presenter: Judith Classen, M.Ed., LRT/CTRS

Your consumers are nervous, afraid, and apprehensive to go out into the “real” world after hospitalization. It is our job to make sure they have the knowledge for a successful outcome to reintegrate back into society once they have been injured or are newly diagnosed. This session will provide a comprehensive overview of what to include in a

CEU Session #5:

WOW Program (Workout Wonder Program) (0.15 CEU's)

Presenter: Lacey Burgess, MS LRT/CTRS

How to formulate a workout plan/routine that can be modified and adapted for anyone regardless of age, demographic, and/or disability/limitation. Techniques, modifications and options will be taught as well as risks /contraindications and benefits will be discussed. Finally, information that may not initially be thought about (i.e., space, music, equipment) when leading a workout program for clients will be touched upon.

CEU Session #6:

Crash Course in Transitioning from Recreational Therapy Student to Recreational Therapy practitioner

Student Track- No CEU's Available

Presenters: Alex Jones, LRT/CTRS and Travis Tweed, LRT/CTRS

Session will provide current recreational therapy students with an opportunity to learn/ask questions about the transition from being a full-time recreational student to becoming a full-time recreational therapy intern and/or clinician. The session will include a current LRT/CTRS Supervisor and recently transitioned/practicing LRT/CTRS to facilitate and experiential initiative, give an overview of what transitioning may look like from each perspective, and answer questions students may have.

CEU Session #7:

Biofeedback? What's That? Introduction and Demonstration of Biofeedback Interventions to Use with Recreational Therapy Clients (0.15 CEU's)

Presenters: Amelia Saul, MS LRT/CTRS and Lauren Scroggs, MS, NCC, CCMHC, LCAS-A, LPC-A

Biofeedback is becoming an ever-increasing field of research and interventions. As a recreational therapist, the use of biofeedback can be an effective tool when implementing different interventions such as stress management. Biofeedback can be used to measure the physiology of an individual in order to assess the effectiveness of an intervention. Biofeedback can also be used as an intervention to help manage symptoms related to specific physical and mental health issues including anxiety, insomnia, chronic pain, headaches, constipation, and attention-deficit/hyperactivity disorder. The purpose of this presentation is to provide recreational therapists with information about biofeedback, the benefits of biofeedback, and how to use biofeedback in recreational therapy.

CEU Session #8:

Thinking About Graduate School in Recreational Therapy? Factors to Consider Before, During, and After Your Degree.

Student Track- No CEU's Available

Presenters: Cari Autry, Ph.D., LRT/CTRS, Matt Fish, Ph.D., LRT/CTRS, LPCA, BCB, and David Loy, Ph.D., LRT/CTRS, CARSS-II

The focus of this session will be to share information to help you decide if graduate school in recreational therapy (RT) is the path for you. We will provide a brief overview of the current trends in higher education in RT and how graduate education can help with the advancement of the profession. We will mainly focus on factors to consider before applying to programs; a general overview of graduate culture, expectations, requirements and specialization areas during graduate school; the benefits of obtaining a graduate degree; and career options afterwards. We will also provide information on RT graduate programs in NC and the Southeast. Participants will also be given the opportunity to ask questions and speak with other invited faculty and graduate students during and after the presentation.

CEU Session #9:

Becoming Involved in NCRTA: Promoting the Advancement of Licensed Recreational Therapists in NC. (0.15 CEU's)

Presenter: John Rhodes, MS LRT/CTRS

Ever wonder what goes on behind the scenes of NCRTA? Come find out how NCRTA is supporting recreational therapists in the state of North Carolina. This session will cover NCRTA as an organization, what goes into conference planning, and where you fit in!

CEU Session #10:

NCTRC Internship Guidelines: Ensuring a Quality Internship (0.15 CEU's)

Presenters: Anne Richard, MS, LRT/CTRS, Executive Director & Robin McNeal, CTRS, Director of Credentialing.

The internship experience is an integral part of preparing the future professional for practice as a successful Certified Therapeutic Recreation Specialist. The internship supervisor is the link between education and practice for the new professional. In order to best prepare the student, it is necessary that all individuals involved in the internship experience be aware of the current standards for the internship experience. This session provides an in depth coverage of the NCTRC Internship Standard. The information is geared to

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internship supervisors and will discuss how to successfully develop an internship experience. It will include the requirements necessary to complete an internship experience and requirements to maintain certification.

Available CEU's to each attendee (PENDING): = Up to 0.55 CEU's