

North Carolina Recreational Therapy Association



31st Annual NCRTA Conference

Hilton Charlotte University Place
8629 J M Keynes Drive
Charlotte, NC 28262

Sunday, October 20th, 2019- Tuesday, October 22nd, 2019

www.ncrta.org

2019 NCRTA Conference

CONFERENCE DESCRIPTION: This conference will offer an opportunity for recreational therapy professionals, students and 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 and 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 register for the 2019 NCTRA Annual Conference. Follow us on social media or sign-up for NCRTA e-mails for the latest conference updates.

FOLLOW US!  North Carolina Recreational Therapy Association

 @OfficialNCRTA

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.

All conference attendees are required to register online. Payment may be made online by debit or credit card only. **ALL CONFERENCE ATTENDEES MUST REGISTER ONLINE PRIOR TO TUESDAY, OCTOBER 15th, 2019.** There will only be 20 on-site registrations available during the Full Conference (SUNDAY or MONDAY or TUESDAY) on a first come, first serve basis. Meals may not be included or guaranteed for same day registrations and will be up to the conference attendee to arrange their own meal.

NCRTA MEMBERSHIP:

Prior to registering for the Conference, your membership must be effective until October 20th, 2019. All non-members will be subject to a non-member convince fee which is an additional \$50 and will not include a membership. All memberships will be verified the day of conference at check-in. Check out our affordable [membership rates](#). Membership fees are separate from conference registration fees. To become a member of NCRTA or to check your membership status, please login to the NCRTA website at www.ncrta.org.

STUDENTS:

A student membership requires proof of enrollment. An active Recreational Therapy/Therapeutic Recreation student membership is necessary to be eligible for the student member conference registration rate. Please bring a copy of your class schedule and school ID at check-in. Graduate students must be enrolled full-time in an RT/TR master's program (at least 9 hours). Any member who registers as a student is not eligible for CEU's. Must bring class schedule and ID to check-in.

CANCELATIONS & REFUNDS

All requests for refunds must be made in writing to NCRTA at ncrtaconference@gmail.com. Cancellations marked before September 20th, 2019 will receive a full refund minus a \$50 processing fee. After September 20th, 2019, refund requests are reviewed on a case-by-case basis and will be subject to a \$50 processing fee. No refunds will be made after October 14th, 2019 for any reason. Refunds will not be made for no-shows.

SPECIAL ACCOMODATIONS:

NCRTA is committed to providing an inclusive experience for all participants; however, requests for any special accommodation must be made by September 30th, 2019 by contacting John Rhodes at ncrtaconference@gmail.com. All meal requests for allergies, gluten free, dairy free, and vegetarian meals must be selected during conference registration. Meal specifications that are not completed during registration are not guaranteed.

LIABILITY:

All users of the Hilton must agree to abide by the hotel policies relating to matters of safety and liability.

2019 Annual Conference Fee Schedule

Early Registration Rates Ends Friday, August 30th, 2019	
Sunday One - Day Professional	\$ 90
Monday One- Day Professional	\$ 110
Tuesday One Day Professional	\$ 110
Three-Day Professional (Sunday, Monday, and Tuesday)	\$ 300
Sunday One Day Student	\$ 85
Monday One Day Student	\$ 95
Tuesday One Day Student	\$ 95
Three Day Student (Sunday, Monday, and Tuesday)	\$ 275
Non-Members Fee	\$ 50
CEU's (required to get Continuing Education Credit)	\$ 22
1st Increased Rates Ends September 30th, 2019	
Sunday One - Day Professional	\$ 110
Monday One- Day Professional	\$ 130
Tuesday One Day Professional	\$ 130
Three-Day Professional (Sunday, Monday, and Tuesday)	\$ 320
Sunday One Day Student	\$ 95
Monday One Day Student	\$ 105
Tuesday One Day Student	\$ 105
Three Day Student (Sunday, Monday, and Tuesday)	\$ 285
Non-Members Fee	\$ 50
CEU's (required to get Continuing Education Credit)	\$ 22
Late Registration All Registrations End October 15th, 2019	
Sunday One - Day Professional	\$ 130
Monday One- Day Professional	\$ 150
Tuesday One Day Professional	\$ 150
Three-Day Professional (Sunday, Monday, and Tuesday)	\$ 340
Sunday One Day Student	\$ 105
Monday One Day Student	\$ 115
Tuesday One Day Student	\$ 115
Three Day Student (Sunday, Monday, and Tuesday)	\$ 295
Non-Members Fee	\$ 50
CEU's (required to get Continuing Education Credit)	\$ 23
On-Site Registration Registrations on day of conference are limited to 20 people and meals are NOT guaranteed	
Sunday One - Day Professional	\$ 140
Monday One- Day Professional	\$ 160
Tuesday One Day Professional	\$ 160
Three-Day Professional (Sunday, Monday, and Tuesday)	\$ 350
Sunday One Day Student	\$ 105

Monday One Day Student	\$ 115
Tuesday One Day Student	\$ 115
Three Day Student (Sunday, Monday, and Tuesday)	\$ 295
Non-Members Fee	\$ 50
CEU's (required to get Continuing Education Credit)	\$ 23

Continuing Education Units

Continuing Education Units (CEUs)	\$22
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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 credit 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 the first 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 Annual Conference. 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 and listed on the NCRTA website. 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.

HOTEL INFORMATION:

Hilton Charlotte University Place 8629 J M Keynes Drive Charlotte, NC 28262 704-547-7444	Single Room: \$129.00 Double Room: \$129 Triple: \$139 Quad: \$139 Suites: \$199 Deadline: October 10th, 2019	Hotel Reservation Information: 704-547-7444 * Mention NCRTA for Discount Rates*
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Conference Agenda

Sunday, October 20th
Full-conference Day One

Time	Session Title	Session Presenter	Session Number	Location	CEU's
9:00am-10:50am	Check-In/ Registration			LOBBY	
10:50am-11:00am	Welcome	John Rhodes- NCRTA President			
	LUNCH SERVED				
11:00am-1:00pm	Intro to Motivational Interviewing	Sebastian Kaplan	1	Lakeshore Ballroom	0.2
1:15pm-1:30pm	Break				
1:30pm-3:00pm	How to Measure & Manage Stress: Evidence-Based Stress Management with Your RT Patients	Amelia Saul & Katina Hillard	2	University Ballroom A & B	0.15
1:30pm-3:00pm	"I Want to Make a Difference": Simple and Effective Advocacy to Promote the Profession and Practice of Recreational Therapy	Leandra Bedini	3	University Ballroom D & E	0.15
3:00pm-3:15pm	Break				
3:15pm-4:45pm	Trauma Informed Care "Perspectives"	Ashley Crawley and Travis Tweed	4	University Ballroom A & B	0.15
3:15pm-4:45pm	Aquatic Therapy: Why the water works for therapy	Madison Kolotello	5	University Ballroom D & E	0.15
5:00pm-7:00pm	NCRTA Social: Come Join NCRTA for a NCRTA Social <u>Onsite Social: Game Night</u> Location: TBD (weather contingent)				

Total CEU's Available Per Person for Sunday:

0.5 CEU's

Monday, October 21st
Full Conference Day Two

Time	Session Title	Session Presenters	Session Number	Location	CEU's
7:00am-8:00am	Check-In/ Registration			LOBBY	
7:45am-8:00am	Welcome & NCRTA Announcements				
8:00am-9:30m	Concurrent Sessions:				
	A Recreational Therapist's Guide to Mental Health Stigma	Jenny Zumwalde	6	University Ballroom A & B	0.15
	Adopting a Trauma-Informed Approach for LGBTQ Youth (Part 1)	Jeff Zacharias	7	University Ballroom C	0.15
	Scheduling for Success: Preventive Strategies and Support Structures for Working with People with Autism in Recreational Therapy	Casey Wermuth	8	University Ballroom D & E	0.15
9:30am-9:45am	Break				
9:45am-11:15am	Concurrent Sessions:				
	Therapeutic Use of Virtual Reality Sailing Simulation for People with Physical Disabilities	Cari Autry and Stephen Anderson	9	University Ballroom A & B	0.15
	ATRA – Empowering Recreational Therapists	Brent Wolfe	10	University Ballroom C	0.15
	Adopting a Trauma-Informed Approach for LGBTQ Youth (Part 2)	Jeff Zacharias	11	University Ballroom D & E	0,15
11:15am-11:45am	Break				
11:45am-12:45pm	LUNCH BUFFET SERVED			LOBBY	
12:45pm-2:15pm	Keynote Session: Recreational Therapist: Develop your potential: achieve your biggest goals this year	Danny Pettry	12	Lakeshore Ballroom	0.15
2:15pm-2:45pm	Break				
2:45pm-4:15pm	Concurrent Sessions:				
	Creating Something from Nothing: Developing a Therapeutic Environment through Wall Murals	Madalyn Miller, Katina Hillard, and Amelia Saul	13	University Ballroom A & B	0.15

	Becoming Involved in NCRTA: Promoting the Advancement of Licensed Recreational Therapists in North Carolina	John Rhodes and Miranda Evans	14	University Ballroom C	0.15
	Impacts of HeartMath Intervention Techniques & Health Science Undergraduate Majors at Western Carolina University Experiencing Stress: A research Study	Paige Dagenhard-Trainer and Selena Flippin	15	University Ballroom D & E	0.15
5:00pm-7:00pm	NCRTA SOCIAL: Come join NCRTA for a NCRTA Social Offsite Social: Bar/Restaurant Social Location: Boardwalk Billy's and/or Bar Louie				

Total CEU's Available Per Person for Monday:
0.6 CEU's

Tuesday, October 21st
Full Conference Day 3

Time	Session Title	Session Presenters	Session Number	Location	CEU's
7:00am-8:00am	Check-In/ Registration			LOBBY	
8:00am-9:00am	Keynote: NCTRC – The Future	Robin McNeal and Anne Richard	16	Lakeshore Ballroom	0.10
9:00am-9:15am	Break				
9:15am-10:45am	Concurrent Sessions:				
	Hooping to Cope with Stress: A research Study	Paige Dagenhard-Trainer and Caroline Haupt	17	University Ballroom A & B	0.15
	NCBRTL is sharing another busy year of small changes including legislative actions, new website features and Continue education survey results!	Becky Garrett	18	University Ballroom C	0.15
	Children are not miniature adults: Key developmental challenges and the importance of play in treatment and recovery	Judy Kinney	19	University Ballroom D & E	0.15

10:45am-11:15am	NCBRTL Public Hearing	NBRTL			University Ballroom C	
10:45am-11:15am	Hotel Check Out/ Break					
11:15am-11:45pm	Lunch Served, Silent Auction Give Aways, Raffle Tickets				Lunch- Lobby Give Aways- Ballroom	
11:45pm-12:15pm	NCRTA Business Meeting & Induction of 2020 Board of Directors				Lakeshore Ballroom	
12:15pm-1:45pm	Keynote Session: Servant Leadership and the Recreational Therapist: Exploring Connections	Brent Wolfe	20	Lakeshore Ballroom	0.15	
1:45pm-2:00pm	Break					
2:00pm-3:30pm	Concurrent Sessions:					
	Building Conflict Resolution and Problem Solving Skills at Murdoch Developmental Center	Kim Towne and Hayley Tate	21	University Ballroom A & B	0.15	
	NCTRC Recertification and Areas of Specialization: Continuing Professional Competence	Anne Richard and Robin McNeal	22	University Ballroom C	0.15	
	Zumba as a recreational therapy intervention	Kathryn Beaver and Mackenzie Gordon	23	University Ballroom D & E	0.15	
3:30pm-4:00pm	Conference Conclusion: Turn in CEU SHEETS				LOBBY	

Total CEU's Available Per Person for Tuesday:

0.55 CEU'S

Total CEU's For Sunday, Monday & Tuesday Per Person:

1.65 CEU's

Session Descriptions

Description corresponds with session number. For example, Session 6 is the description for number 6 under descriptions.

- 1. Speaker Name:** Sebastian Kaplan
Title of Program: Intro to Motivational Interviewing
Session Description: A frequent source of frustration for helping professionals is the perception that some clients are not motivated to use strategies and resources available for their health. Often, the result of this impasse is for well-intentioned professionals to push, cheerlead, or coerce, which often leads to maintenance of the status quo. Motivational Interviewing (MI) is a person-centered conversational style that can form the foundation from which a professional communicates with clients, and has shown particular benefits for clients who are ambivalent about change. MI is a research-based approach that began in the field of addiction treatment and has since broadened in application to health care, education, corrections, and sports performance.
- 2. Speaker Name:** Amelia Saul and Katina Hillard
Title of Program: How to Measure & Manage Stress: Evidence-Based Stress Management with your RT patients
Session Description: This session will discuss what stress is, the effects of stress, and will demonstrate a variety of evidence-based mobile health interventions that can be done with recreational therapy clients of any age. Participants in this session will leave with a wealth of knowledge about helpful, cost-effective tools that can be used to assess stress and ways to help reduce symptoms of stress.
- 3. Speaker Name:** Leandra Bedini
Title of Program: "I Want to Make a Difference": Simple and Effective Advocacy to Promote the Profession and Practice of Recreational Therapy
Session Description: Despite over seven decades of growth and accomplishments, recreation therapy (RT) continues to face new challenges and goals. Thus, the need to promote and advocate for the RT field

remains critical. The 2014 NCTRC Job Analysis Survey identifies “Awareness and Advocacy” as one of 10 job task domains of RT practitioners. Multiple job expectations and demands, however, make it challenging for RT practitioners to find feasible and effective ways to advocate for the RT field and practice in today’s fast paced environment. Therefore, this session will describe specific, simple, and time-efficient examples of advocacy that RT practitioners can do to help advance the field and as well as their individual practice in RT. Techniques include short, do-able actions that can advance our professional organizations, promote legislation, expand existing and new programs, enhance occupational prestige, increase evidence-based practice, and build opportunities for mentorship. Handouts will be provided.

4. **Speaker Name:** Ashley Crawley and Travis Tweed
Title of Program: Trauma Informed Care “Perspectives”
Session Description: This session will provide participants the opportunity to understand the connection between Trauma, Adverse Childhood Experiences (ACES) and the development of chronic disease process.
5. **Speaker Name:** Madison Kolotello
Title of Program: Aquatic Therapy: Why the water works for therapy
Session Description: Aquatic therapy is a method of improving client’s abilities while in water. The water has certain properties and physical laws that cause it to help clients of varying conditions. This session will inform on the properties of water, the benefits water can provide, the differences of therapy in and out of the water, and equipment and resources. The water works for particular reasons and in multiple ways by understanding these basic principles you will better understand what can be gained by getting in the water with clients. This session will dive into the reasons, tips for when you are in the water with clients, and some ways to improve clients physical, cognitive, and emotional wellbeing.
6. **Speaker Name:** Jenny Zumwalde
Title of Program: A Recreational Therapist’s Guide to Mental Health Stigma
Session Description: Stigma is a phenomenon that negatively impacts a variety of populations, including those living with mental illnesses. Whether overt and public or subtle and private, Recreational Therapists are working with the effects of stigma every day. This session will enhance Recreational Therapist's ability to understand stigma, appreciate its influence on the mental health population, recognize the potential negative treatment outcomes, and consider methods to combat stigma as identified through recent research.
7. **Speaker Name:** Jeff Zacharias
Title of Program: Adopting a Trauma-Informed Approach for LGBTQ Youth (Part 1)
Session Description: Lesbian, gay, bisexual, transgender, and queer (LGBTQ) youth experience trauma at higher rates than their straight peers. Common traumas experienced by these youth include bullying, harassment, traumatic loss, intimate partner violence, physical and sexual abuse, and traumatic forms of societal stigma, bias, and rejection. Further, research detailed in a Harvard University study showed that LGBTQ youth are a high risk for incurring PTSD in particular when compared with cisgender and heteronormative populations. This session will focus on the challenges and traumatic events unique to the LGBTQ community and current best practices in addressing them.
8. **Speaker Name:** Casey Wermuth
Title of Program: Scheduling for Success: Preventive Strategies and Support Structures for Working with People with Autism in Recreational Therapy
Session Description: Recreational therapists encounter unique communication and behavioral challenges while working with people with Autism Spectrum Disorder. This session discusses why challenging behaviors occur, and signs of escalation. It also provides examples of visual supports and de-escalation techniques to help improve intervention implementation and promote effective relationships with clients.

9. **Speaker Name:** Cari Autry and Stephen Anderson
Title of Program: Therapeutic Use of Virtual Reality Sailing Simulation for People with Physical Disabilities
Session Description: “I can’t change the direction of the wind, but I can adjust my sails to always reach my destination” (Dean). Metaphorically and literally, the therapeutic use of sailing can address various physical, cognitive, emotional and social functional outcomes for people with disabilities. It is a recreational therapy intervention that also allows for inclusive participation with those without disabilities. Virtual Reality Sailing Simulators (VRSSs) can help people with disabilities increase functional skills, sailing skills, and transition such skills into real life participation by bridging the gap between on-land and on-water sailing. The presenters have a VRSS in Dr. Autry’s Simulation Lab at ECU in which the purpose is to increase evidence through research. In this session, participants will learn about the therapeutic use of sailing and virtual reality sailing simulation (VRSS) for people with physical disabilities. Preliminary results from a current research study in the Simulation Lab will also be discussed.
10. **Speaker Name:** Brent Wolfe
Title of Program: ATRA – Empowering Recreational Therapists
Session Description: Within the profession of Recreational Therapy, the American Therapeutic Recreation Association is the only professional organization supporting the issues pertinent to ALL Recreational Therapists. This session will describe current trends within the field of Recreational Therapy and how ATRA is uniquely positioned to aid Recreational Therapists as they encounter and wrestle with these different professional issues. Particular attention will be given to current trends and issues relevant to Recreational Therapy and how Recreational Therapists can be on the cutting edge of advancing the profession. Finally, this session will highlight several reasons how all Recreational Therapists benefit when we all support a single mission in the advancement of our profession, and how individuals can get involved and make a difference.
11. **Speaker Name:** Jeff Zacharias
Title of Program: Adopting a Trauma-Informed Approach for LGBTQ Youth (part 2)
Session Description: See Session description for Session 8
12. **Speaker Name:** Danny Pettry
Title of Program: Recreational Therapist: Develop your potential: achieve your biggest goals this year.
Session Description: This keynote session is designed to encourage recreational therapists to think about their professional and personal goals. Focus of this workshop is to review four key principles for reaching greater levels of professional and personal achievement. Session includes focus on responsibility, measurable goal-setting, implementing a plan, and evaluating the plan. The session is twofold, including: skills for professional development and skills for teaching and facilitating recreational therapy group therapy sessions.
13. **Speaker Name:** Madalyn Miller, Katina Hillard, and Amelia Saul
Title of Program: Creating Something from Nothing: Developing a Therapeutic Environment through Wall Murals
Session Description: This session will provide foundational knowledge for enhancing hospital settings through wall murals to create an environment that encourages connectedness, stress reduction, self-expression, and creativity. In the presentation, we will explore how specific policies, facility requirements, and the availability of supplies can assist the recreational therapist with creating a Wall Mural program within their facility. Additionally, the presentation will include completed demonstrations and a hands-on approach to assist the recreational therapist with incorporating specific art techniques into their recreational therapy group sessions.

14. **Speaker Name:** John Rhodes and Miranda Evans
Title of Program: Becoming Involved in NCRTA: Promoting the Advancement of Licensed Recreational Therapist in North Carolina
Session Description: 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!
15. **Speaker Name:** Paige Dagenhard-Trainer and Selena Flippin
Title of Program: Impacts of HeartMath Intervention Techniques & Health Science Undergraduate Majors at Western Carolina University Experiencing Stress: A research study
Session Description: HeartMath is a training tool used for coherence and resilience techniques. This session aims to discuss a research study completed by the presenters. This research study was to measure the impacts of HeartMath for college students experiencing stress. Each participant was given a pre- and posttest and attended a 4-hour resilience HeartMath training session. While attending this presentation, participants will be given a full description of the research methodology, discussion of undergraduate research, and the results from the study, which were favorable. Participants will also have the opportunity to practice coherence techniques and view how to use the HeartMath software.
16. **Speaker Name:** Robin McNeal and Anne Richard
Title of Program: NCTRC – The Future
Session Description: 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.
17. **Speaker Name:** Paige Dagenhard-Trainer and Carolina Haupt
Title of Program: Hooping to Cope with Stress: A research study
Session Description: Hooping has been used for exercise starting in 1000 BC. Hoop dancing was introduced by Apache Native Americans to tell stories, and today it is used as recreation to express emotions, creativity and for exercise. During this presentation, participants will learn about the research study conducted at Western Carolina University on hooping and how it applied to coping with stress. A discussion of research methodology as well as study results from the 6-session program will be given. Participants will also have an opportunity to practice basic hooping techniques and given directions on how to order materials and make cost effective hoops.
18. **Speaker Name:** Becky Garrett
Title of Program: NCBRTL is sharing another busy year of small changes including legislative actions, new website features and Continue education survey results!
Session Description: Session Description Pending
19. **Speaker Name:** Judy Kinney
Title of Program: Children are not miniature adults: Key developmental challenges and the importance of play in treatment and recovery
Session Description: This session will address the overall considerations when working with children and highlight the importance of developmental milestones and challenges children face when sick or adjusting to a disability. Key developmental considerations include applying developmental theories, developmental milestones, and understand typical child reactions to hospitalization or illness. The use of play will be explored as a method of assessment and as a treatment intervention to promote healthy adjustment to illness

or disability. This session will address two of the NCTRC Job Analysis areas: foundational knowledge and implementation of RT programs.

20. **Speaker Name:** Kim Towne and Hayley Tate

Title of Program: Building Conflict Resolution and Problem Solving Skills at Murdoch Developmental Center

Session Description: Learn how Murdoch Developmental Center is building Conflict Resolution and Problem Solving Skills with persons who live at the center, diagnosed with Intellectual Disabilities and various Psychological Disorders. We will take a close look at the facility-developed assessment tool, creative group interventions, and explore the purpose and outcomes of the program. Participants will engage in hands on learning during a couple of the interventions used at Murdoch, along with modifications for different functioning levels.

21. **Speaker Name:** Brent Wolf

Title of Program: Servant Leadership and the Recreational Therapist: Exploring Connections

Session Description: Servant leadership is an oft overlooked style of leadership because it is so contrary to many cultural influences that affect our society today. In reality, there are many concepts of servant leadership that are directly relatable to the practice of recreational therapy. This session will explore the concept of servant leadership by defining several key terms and wrestling with the overarching concepts behind this leadership style. In addition to defining the key terms, ten characteristics as identified by Larry Spears will be explored and compared to facilitation techniques employed by recreational therapists. The session will close by examining how the characteristics of servant leadership can be utilized by recreational therapists in wide variety of practice settings with a wide variety of client types.

22. **Speaker Name:** Anne Richard and Robin McNeal

Title of Program: NCTRC Recertification and Areas of Specialization: Continuing Professional Competence

Session Description: This session provides an in depth coverage of recertification standards and requirements for the areas of specialization. Continuing education, professional experience, and re-examination will be described in detail. Utilization of the 2014 NCTRC National Job Analysis Study in relation to recertification requirements will be discussed.

23. **Speaker Name:** Kathryn Beaver and Mackenzie Gordon

Title of Program: Zumba as a recreational therapy intervention

Session Description: The session will detail benefits of implementing Zumba as an exercise modality with patient populations, the history of Zumba and specific types available, and how Zumba can benefit patients beyond sessions during treatment.

CEUS Pending

2018-2019 Board of Directors	
John Rhodes	President
Miranda Evans	Past-President
Marlee Carbajal	Secretary
Amelia Saul	President Elect
John Alex Jones	Treasurer
Debbie Logan	Member at Large
Katina Hilliard	Member at Large
Lucian Hughes	Member at Large
Sara Miller	Member at Large
Lacey Hatley	Conference Planning Chair
Makenzie Niston	Student Representative
Ariel Malphrus	Student Representative

2019-2020 Board of Directors	

2020 Student & Professional Issues Forum

Date TBA
Central University

2020 Annual NCRTA Conference

Hilton Greenville NC

207 SW Greenville Blvd SW, Greenville, NC 27834