# North Carolina Recreational Therapy Association



# 31st Annual NCRTA Conference

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

Sunday, October 20<sup>th</sup>,2019~ Tuesday, October 22<sup>nd</sup>, 2019 www.ncrta.org

# 2019 NCRTA Conference

<u>CONFERENCE DESCRIPTION</u>: 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. <u>ALL CONFERENCE ATTENDEES MUST REGISTER</u>

<u>ONLINE PRIOR TO TUESDAY, OCTOBER 15<sup>th</sup>, 2019.</u> There will only be <u>20</u> 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 nortaconference@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 <a href="mailto:ncrtaconference@gmail.com">ncrtaconference@gmail.com</a>. 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.

### <u>LIABILITY:</u>

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

2019 Africal Contende ree Schedule			
Early Registration Rates			
Ends Friday, Au	ugust 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		
	sed Rates		
	ber 30 <sup>th</sup> , 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			
	d 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		
	egistration		
	d 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		
	Ψ <b>=</b> 00		
Non-Members Fee  CEU's (required to get Continuing Education Credit)	\$ 50 \$ 23		

# Continuing Education Units

Continuing Education Units (CEUs)	\$22

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.

<u>SESSIONS/TIMES MAY CHANGE</u>: 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\*

# Conference Agenda

# Sunday, October 20<sup>th</sup> Full-conference Day One

Time	Session Title	Session Presenter	Session Number	Location	CEU's
9:00am- 10:50am	Check-I	n/ Registration		LOBBY	
10:50am- 11:00am	Welcome	John Rhodes- NCRTA Preside	ent		
		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 C	0.15
1:30pm- 3:00pm	Therapeutic Use of Virtual Reality Sailing Simulation for People with Physical Disabilities	Cari Autry and Stephen Anderson	4	University Ballroom D & E	0.15
3:00pm- 3:15pm	<i>A</i> (	Break			
3:15pm- 4:45pm	Trauma Informed Care "Perspectives"	Ashley Crawley and Travis Tweed	5	University Ballroom A & B	0.15
3:15pm- 4:45pm	Aquatic Therapy: Why the water works for therapy	Madison Kolotello	6	University Ballroom C	0.15
3:15pm- 4:45pm	"I Want to Make a Difference": Simple and Effective Advocacy Techniques to Promote the Profession and Practice of Recreational Therapy	Leandra Bedini	7	University Ballroom D & E	0.15
		NCRTA Social			
Come Join NCRTA for a NCRTA Social		ial			
7:00pm	Onsite Social: Game Night Location: TBD (weather contingent)				

Total CEU's Available Per Person for Sunday: O.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 Announce	ements		
8:00am- 9:30m		Concurrent Session	ns:		
	A Recreational Therapist's Guide to Mental Health Stigma	Jenny Zumwalde	8	University Ballroom A & B	0.15
	Adopting a Trauma-Informed Approach for LGBTQ Youth (Part 1)	Jeff Zacharias	9	University Ballroom C	0.15
	Scheduling for Success: Preventive Strategies and Support Structures for Working with People with Autism in Recreational Therapy	Casey Wermuth	10	University Ballroom D & E	0.15
9:30am- 9:45am		Break			
9:45am- 11:15am		Concurrent Session	ns:		
	Science for Seniors – We are never too old to learn and education benefits brains of all ages and cognitive abilities	Gloria Hoffner	11	University Ballroom A & B	0.15
	ATRA 101	Brent Wolfe	12	University Ballroom C	0.15
	Adopting a Trauma-Informed Approach for LGBTQ Youth (Part 2)	Jeff Zacharias	13	University Ballroom D & E	0,15
11:15am- 11:45am		Break			
11:45am- 12:45pm	LUNCH BUFFE	CT SERVED		LOBBY	
12:45pm- 2:15pm	Keynote Session: Recreational Therapist: Develop your potential: achieve your biggest goals this year	Danny Pettry	14	Lakeshore Ballroom	0.15
2:15pm- 2:45pm		Break			
2:45pm- 4:15pm		Concurrent Session	ns:		
1	Creating Something from Nothing: Developing a Therapeutic Environment through Wall Murals	Madalyn Miller, Katina Hillard, and Amelia Saul	15	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	16	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	17	University Ballroom D & E	0.15
		NCRTA SOCIAI			
5:00pm-	Come join NCRTA for a NCRTA Social				
7:00pm					
	Location: Boardwalk Billy's and/or Bar Louie				

# Total CEU's Available Per Person for Monday: O.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	n/ Registration		LOBB	Y
8:00am- 9:00am	Keynote: NCTRC – The Future	Robin McNeal and Anne Richard	18	Lakeshore Ballroom	0.10
9:00am- 9:15am	Break				
9:15am- 10:45am		Concurrent Sessi	ions:		
	Hooping to Cope with Stress: A research Study	Paige Dagenhard-Trainer and Caroline Haupt	19	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	20	University Ballroom C	0.15
	Children are not miniature adults: Key developmental challenges and the importance of play in treatment and recovery	Judy Kinney	21	University Ballroom D & E	0.15

10:45am- 11:15am	NCBRTL Public Hearing	NBRTL		Univers Ballroom	·
10:45am- 11:15am		Hotel Check Out/	Break		
11:15am 11:45pm	Lunch Served, Silent Au	ction Give Aways, Raffle	e Tickets	Lunch- Lobby Give Aways- Ballroom	
11:45pm- 12:15pm	NCRTA Business Meeting & Induction of 2020 Board of Directors  Lakeshore Ballroom			llroom	
12:15pm- 1:45pm	Keynote Session: Servant Leadership  Brent Wolfe 20		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 Conclus	ion: Turn in CEU Sl	HEETS	LOBBY	7

Total CEU's Available Per Person for Tuesday: O.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**: Session Description Pending

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: 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.

5. 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.

# 6. 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.

# 7. Speaker Name: Jenny Zumwalde

Title of Program: A Recreational Therapist's Guide to Mental Health Stimga

**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.

# 8. 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.

# 9. 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.

### 10. Speaker Name: Gloria Hoffner

**Title of Program**: Science for Seniors – We are never too old to learn and education benefits brains of all ages and cognitive abilities

**Session Description:** Science for Seniors since 2007 has been presented in 30 states, as well as three times in Canada. Through publications, this program is also being used in England and Australia. By using safe everyday materials, residents learn real science facts, ranging from the origin of the universe to how butterflies fly, in an engaging manner. Attendees will complete the session with the knowledge to do 12 monthly science themes with their residents.

11. **Speaker Name:** Brent Wolfe **Title of Program:** ATRA 101

Session Description: Session Description Pending

12. 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

13. 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.

14. 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.

15. 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!

16. 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.

17. 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.

# 18. 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.

# 19. 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

# 20. **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.

### 21. 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.

### 22. Speaker Name: Brent Wolf

Title of Program: Servant Leadership

Session Description: Session Description Pending

# 23. 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 reexamination will be described in detail. Utilization of the 2014 NCTRC National Job Analysis Study in relation to recertification requirements will be discussed.

# 24. 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.



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	

2019-202	0 Board of Directors
	OAL

# 2020 Student & Professional Issues Forum

Date TBA
Central University

2020 Annual NCRTA Conference

Hilton Greenville NC

207 SW Greenville Blvd SW, Greenville, NC 27834