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## Student & Professional Issues Forum

**Friday, February 21, 2020**

*Hosted by North Carolina Central University*

**1801 Fayetteville Street | Durham, NC 27707**

All sessions that are designated are  
preapproved for CEUS.

# NCRTA 2020SPIF

**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 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](http://www.ncrta.org) to find the link 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, 2020**. 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](http://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. Information listed on 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](mailto:alexjones.john@gmail.com).

NCRTA is committed to providing an inclusive experience for all participants. In compliance of the ADA, should you require any accommodations to fully participate in the conference trainings, please e-mail NCRTA at [ncrtaconference@gmail.com](mailto:ncrtaconference@gmail.com). We request that accommodation requirements be made by **February 14th, 2020** so that we may fully meet your needs.

**CONFERENCE FEES:**

Membership Level	Before Feb 12th	After Feb 12th or On-Site
Professional Rates	\$45	\$50
Student Rates	\$25	\$30
Non-Member Professional	\$95	\$100
Non-Member Student	\$75	\$95

**CONTINUING EDUCATION FORMS:**

CEU Forms (Professionals Only)	\$22.00
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## NCRTA 2020SPIF

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 regulation established by Foothills Higher Education Center relating to matters of safety and liability.

**PARKING:** A parking deck is located on site for our use, but street parking is also encouraged. Parking Deck will be first come first serve and please print the pass beforehand. Parking deck address is **705 E Lawson St, Durham, NC 27701.**

**SHUTTLE:** The parking pass will allow you to park for free in the Latham Parking Deck. You can then take the shuttle to the Leroy T. Walker Physical Education and Recreation Complex. The campus shuttle buses (Maroon or Gray line) depart every 20 minutes from 7 a.m. to 10 p.m., Monday through Friday from the Latham Parking Deck, to various campus buildings.

Parking Deck: **LATHAM PARKING DECK** (free with parking pass- see email)  
705 E Lawson St  
Durham, NC 27701

**LEROY T. WALKER PHYSICAL EDUCATION AND RECREATION COMPLEX**  
1450 S Alston Ave  
Durham, NC 27707

## Conference Schedule at a Glance

		Room Number
7:30-8:45	Check-in/Registration	TBD
8:15-8:30	Welcome to SPIF, Announcements/Awards/Keynote Intro	B100
8:30-9:30	<b>Keynote Session</b>	
<b>Session 1</b>	<b>NCTRC – The Future (0.10 CEU’s)</b> Presenters: Anne Richard, MS, LRT/CTRS, Executive Director & Susan Kaufer, CTRS, Credentialing Specialist	B100
9:30-9:50	Break	
9:50-11:20	Concurrent Sessions ( <b>Each session is 0.15 CEU’s</b> )	
<b>Session 2</b>	<b>How can I avoid errors in my RT license Application?</b> <i>Student Track- No CEU’s available</i> Presenter: Becky Garrett, LRT/CTRS	B100
<b>Session 3</b>	<b>PeaceLove and Recreational Therapy: Use of Expressive Art Interventions with Adolescents</b> Presenter: Katina Hillard, MS, LRT/CTRS	C310
<b>Session 4</b>	<b>Stress Busters: How Recreational Therapists Assist Clients in Managing Stress</b> Presenter: Judith Classen, M.Ed., LRT/CTRS	C225
11:20-1:00	<b>Lunch on your own</b>	
1:00-2:30	Concurrent Sessions ( <b>Each session is 0.15 CEU’s</b> )	
<b>Session 5</b>	<b>WOW Program (Workout Wonder Program)</b> Presenter: Lacey Burgess, MS LRT/CTRS	C225
<b>Session 6</b>	<b>Crash Course in Transitioning from Recreational Therapy student to Recreational Therapy practitioner</b> <i>Student Track- No CEU’s available</i> Presenters: Alex Jones, LRT/CTRS and Travis Tweed, LRT/CTRS	B100
<b>Session 7</b>	<b>Biofeedback? What’s That? Introduction and Demonstration of Biofeedback Interventions to Use with Recreational Therapy Clients</b> Presenters: Lauren Scroggs, MS, NCC, CCMHC, LCAS-A, LPC-A & Amelia Saul, MS LRT/CTRS	C310
2:30-2:50	Break	
2:50-4:20	Concurrent Sessions ( <b>Each session is 0.10 to 0.15 CEU’s</b> )	
<b>Session 8</b>	<b>Thinking About Graduate School in Recreational Therapy? Factors to Consider Before, During, and After Your Degree</b> <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	B100
<b>Session 9</b>	<b>Becoming Involved in NCRTA: Promoting the Advancement of Licensed Recreational Therapists in NC</b> Presenter: John Rhodes, MS LRT/CTRS	C310
<b>Session 10</b>	<b>NCTRC Internship Guidelines: Ensuring a Quality Internship</b> Presenters: Anne Richard, MS, LRT/CTRS, Executive Director & Susan Kaufer, CTRS, Credentialing Specialist	C225

## **Full Conference Schedule**

### **CEU Session #1-Keynote:**

#### ***NCTRC: The Future (0.10 CEU's)***

Presenter: Anne Richard, MS, LRT/CTRS, Executive Director & Susan Kaufer, CTRS, Credentialing Specialist.

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:**

#### ***How can I avoid errors in my RT License Application?***

*Student Track- No CEU's Available*

Presenter: Becky Garrett LRT/CTRS

An overview of what forms and additional required documents are needed to obtain your license as quickly as possible. Learn how to use the NCBRTL online application process.

### **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)***

Presenters: 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)***

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

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 & Susan Kaufer, CTRS, Credentialing Specialist.

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 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**