



Canadian Therapeutic Recreation Association with
Nova Scotia Recreation Professionals in Health &
Therapeutic Recreation Association of Atlantic Canada
Present
the 22nd Annual Conference & General Meeting
June 13th-15th, 2018, Dartmouth, Nova Scotia



At A Glance Schedule

Time	Sessions
	Tuesday, June 12th
6:30 p.m. – 8:00 p.m.	Registration Table Open including CEU table
6:30 p.m. – 8:00 p.m.	Enjoy local brewery -Battery Park Beer Bar Meet at registration table at 6:30 p.m. 20 min walk (maps available)

Time	Sessions
	Wednesday, June, 13th, Day 1
6:45 a.m. – 7:30 a.m.	Morning Walk Meet at <i>registration table</i> or Yoga karma pay, bring a towel Sullivan
7:30 a.m. – 8:15 a.m.	Registration & CEU Table Open Breakfast Buffet Harbourside Terrace
8:15 a.m. – 12:00 p.m.	101: The Role of Acceptance in Facilitating Living Well with Illness and Disability: Facilitating a Positive Identity and Supporting Positive Experience. Hawthorne
	102: ACTIVATOR™ Wellness Nordic Walking Course for Recreation Therapy Professionals Macdonald AB
	103: Grow Your Professional Skills: Gardening, Gardens & Therapeutic Horticulture Alderney
	104: Steps to Connect Facilitators' Training McNab A



	109: Revitalizing Our Professional Quality of Life McNab B
12:00 p.m. – 1:00 p.m.	Lunch – Grab & Go (provided) Harbourside Terrace
1:00 p.m. – 4:15 p.m. 2:45 Coffee & Tea available for delegates	105: Self Care Practice and Leisure Counselling in Community Based Addiction Services Hawthorne
	106: Committee on Accreditation of Recreational Therapy Education (CARTE): Orientation to Accreditation and Site Visitor Training McNab AB
	107: Spirituality and Expressive Arts in Therapeutic Recreation- Strengths Recognition, Resilience Building and Increased Self-Efficacy Implementing Ancient Spiritual Methods Alderney
4:15– 4:30 p.m.	108: Research in Action <ul style="list-style-type: none"> • Mind Body Mingle • Exploring Sex as Leisure for Adults with Acquired Physical Disabilities • Fitting In/Standing Out • Sowing the Seeds of Success MacDonald AB Session Full
5:45 p.m. – 7:30 p.m.	CEU table open
7:30 p.m. – 10:00 p.m.	Come join us for good conversation and appetizers, cash bar open- Followed by NSTRA welcome, CTRA Awards & “A Singularly Spectacular Event” Lake City Ballroom
	Exhibitor Social - Wine & Cheese with Silent Auction (don't forget your drink ticket) HarboursideTerrace



Time	Sessions
	Thursday, June 14th, Day 2
6:45 a.m. – 7:30 a.m.	Morning Walk meet at registration table or AquaFit karma pay Hotel Pool
7:30 a.m. – 8:30 a.m.	Registration and CEU table open Breakfast (provided) with Exhibitors Welcome remarks from conference co-chairs Harbourside Terrace
8:45 a.m. – 9:30 a.m.	Words of Welcome from CTRA President Chris Richard Lake City Ballroom
9:30 a.m. – 10:15 a.m.	Keynote Dr. Gord Gubitzi, MD, FRCPC, Assistant Professor, Neurology, Department of Medicine, Dalhousie University What Recreation Therapy Means to Me: A View From the Trenches Lake City Ballroom
10:15 a.m. – 10:30 a.m.	Break with Exhibitors Harbourside Terrace
10:30 a.m. – 12 p.m.	202: SitN'Dance MacDonald AB Session Full
	203: Promoting Discussion on the Entry Level Education for Recreation Therapy Practice McNab A
	204: Navigating Successful Therapeutic Relationships in Mental Health Settings; Revitalizing and Optimizing Healthy Strategies to Create Optimal Client Outcomes Hawthorne Session Full
	205: Are We All the Same: Perspective and Scope of Practice in United States, Australia, New Zealand, and Japan Alderney
	206: Collaborative Care in Paediatric Rehabilitation Sullivan



12:00 p.m. – 1:00 p.m.	Grab and Go Buffet Lunch (Provided) – Exhibitors Open Harbourside Terrace
1:00 p.m. – 2:30 p.m.	207: Including Children of All Abilities in Summer Camp: A Universal Design Approach McNab A
	208: TRANSFIXED ON TR: Exploring the Ways to Support Gender Identity in Recreation Hawthorne
	209: Ensuring Competence and Success: A Guide For Internship Supervisors and Students Sullivan
	210: Growing Therapeutic Recreation: Standards of Practice and Growth Competencies Alderney
	211: Improving Outcomes for Survivors of Complex Childhood Trauma MacDonald AB
2:30 p.m. – 2:45 p.m.	Break with Exhibitors and Exhibitor Closing Harbourside Terrace
2:45 p.m. – 3:45 p.m.	212: The Use of iPads in Dementia Care Hawthorne Session Full
	213: Recreation Therapy in the Yukon: Larger Than Life McNab A
	214: NCTRC Certification Process McNab B
	215: What is My Story? Being a Reflective Practitioner Alderney
	216: Challenge by Choice: Meaning-Making and Youth-Led Approaches to Community Based TR MacDonald AB
3:45 p.m. – 4:00 p.m.	Break on your own
4:00 p.m. – 5:00 p.m.	217: Using Multisensory Interventions in Recreational Therapy to Address Anxiety, Agitation and Pain in Individuals Receiving Substance Abuse Treatment Hawthorne
	218: TR Certification – via Equivalency Path A: Insights and Understandings McNab A



	219: Photovoice: Digital Storytelling and Speakers Series: 2 Upstream Interventions That Can be Applied to Your TR Practice to Address the Social Determinants of Health Session Cancelled
	220: Grief, Loss and Leisure: What a TR Professional Needs to Know Sullivan
	221: Friends Group: A Session for Focusing on Younger Populations in Long-Term Care. Alderney
5:00 p.m.-5:15 p.m.	CEU Table Open
Evening	Pub Crawl 6:30 p.m. Registration Table- bring shirt and bus tickets – Sold Out Segway Tour 6:00 p.m. Meet in lobby near Starbucks –Sold out

Time	Sessions
	Friday, June 15th, Day 3
6:45 a.m. – 7:30 a.m.	Morning Walk meet at registration table or Yoga karma pay, bring a towel Sullivan
7:15 a.m. – 8:30 a.m.	Breakfast Buffet Harbourside Terrace
7:30 a.m.-8:30 a.m.	Registration and CEU Table Open
7:30 a.m. – 8:25 a.m.	NCTRC Certificants Meeting Alderney
8:30 a.m. – 10:00 a.m.	301: Future-Proofing: Investigating the Intersection of TR and the Recovery Model in Youth Mental Health Services Sullivan
	302: Models of Therapeutic Recreation: Which One is Best for You? MacDonald A



	303: NCTRC Recertification: Continuing Professional Competence McNab B
	304: Evidence-Based Practice: How and Where to Search for Evidence Hawthorne Session Full
	305: Non- Pharmacological Interventions in Dementia Care Alderney Session Full
10:00 a.m. – 10:15 a.m.	Nutrition Break (provided)
10:15 a.m. – 11:45 p.m.	306: Therapeutic Recreation in Schools for Students with Various Mental Health, Physical, Developmental and/or Learning Disabilities – A Pilot Project Series Sullivan
	307: The Recreation for Mental Health Game: A Leisure Education Tool to Facilitate Community Participation Alderney
	308: Just the Facts – TR Evidence Based Fact Sheets MacDonald AB Session Full
	309: Navigating the Tide, Revitalizing and Enhancing our National Code of Ethics McNab A
	310: Strengthening Our Services: Exploring Professionals’ Perspectives on Therapeutic Recreation Practice McNab B
12:00 p.m. – 1:15 p.m.	CTRA AGM & Luncheon Lake City Ballroom
1:00 p.m. – 1:30 p.m.	CEU Table Open
1:30 p.m. – 2:30 p.m.	311: Including Students with Disabilities in Extracurricular High School Sullivan
	312: The Engagement in Preferred Activities Alderney Session Full
	313: How to Better Use Music to Supercharge Your Exercise Programs MacDonald AB
	314: Walking Soccer NS: Navigating a New Program that Revitalizes Physical and Social Engagement of Seniors McNab B



	315: SPP for Student Engagement: A Proposal for New TR Professional Organization to Consider Supporting the Next Generation McNab A
2:30 p.m. – 2:45 p.m.	Break on your own
2:45 p.m. – 3:45 p.m.	316: Physical Activity Recommendations for Children With and Without Disabilities: The 24-Hour Movement Guidelines McNab A
	317: Loneliness Due to Lack of Community Connection and How TR Can Bridge the Gap Sullivan
	318: Putting Out the Fire Before it Starts – Proactive Fall Prevention MacDonald AB Session Full
	319: Mental Illness – It's Time to Stop Being Weird About it: Use of Recreation Therapy to Reduce Stigma Alderney
	320: Sharing our Experiences: An Inter-Professional Approach to Addressing Post-Stroke Depression McNab B
3:45 p.m. – 4:15 p.m.	Nutrition Break (provided) Harbourside Terrace
4:15 p.m. – 5:15 p.m.	Closing Address by Andrew Ritcey, MA, CTRS, Consultant – Living Our History of Therapeutic Recreation Lake City Ballroom
5:15 p.m. – 5:30 p.m.	CEU Table Open

