Annual Conference - At a Glance Program

May 6th – May 8th, 2020

Jasper, Alberta

*** Please note: conference sessions and CEU approval for some sessions are subject to change. We invite you to consult the website regularly for up-to-the-minute confirmations. ***
General Information - Registration Information & Rates

Registration must be completed online at
https://canadian-tr.org/professional-development/ctra-conference-may-6-8th-2020/

Registration fees and payment options:
1. Credit card using PayPal (contact treasurer@canadian-tr.org if an invoice is required)
2. Credit card using Square (contact treasurer@canadian-tr.org if an invoice is required)
3. E-transfer to treasurer@canadian-tr.org using password Jasper2020
4. Cheques addressed to “CTRA Conference” mailed to PO Box 448 Russel, ON, K4R 1E3 (please ensure delegates’ names are clearly included with all payments via cheque)

Registration will be confirmed once fees are paid.

Registration Categories and Rates:

<table>
<thead>
<tr>
<th>Category</th>
<th>Until March 23rd</th>
<th>After March 23rd</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Member Rates:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full Conference</td>
<td>$500.00</td>
<td>$600.00</td>
</tr>
<tr>
<td>One Day</td>
<td>$300.00</td>
<td>$350.00</td>
</tr>
<tr>
<td><strong>Non-Member Rates:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full Conference</td>
<td>$615.00</td>
<td>$715.00</td>
</tr>
<tr>
<td>One Day</td>
<td>$350.00</td>
<td>$400.00</td>
</tr>
<tr>
<td><strong>Student Member Rates:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full Conference</td>
<td>$300.00</td>
<td>$325.00</td>
</tr>
<tr>
<td>One Day</td>
<td>$200.00</td>
<td>$225.00</td>
</tr>
<tr>
<td><strong>Student Non-Member rates:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full Conference</td>
<td>$350.00</td>
<td>$375.00</td>
</tr>
<tr>
<td>One Day</td>
<td>$250.00</td>
<td>$275.00</td>
</tr>
</tbody>
</table>

D) Processing fee for CEUs
   $30.00 (members)
   $35.00 (non-members)
General Information - Registration Information & Rates (continued)

Social Events
Maligne Canyon Wilderness Kitchen: $70.00
Jasper Planetarium: $50.00 (includes 20% discount)

Guest Tickets for Wine Social: $35.00

Early bird registration MUST be received by March 23rd, 2020

Confirmation of Registration: Registration will be confirmed by email. Receipts will be emailed on registration day.

Registration Deadline: Registrations must be received by April 14th, 2020. After April 14th, should additional requests be received and if space allows, an additional fee of $50.00 will be applied to cover administrative costs related to late registration.

Cancellation Policy: All cancellations are subject to a $50.00 processing fee. Refunds will be issued within 30 days. Cancellations received after April 14th, 2020 will not be refunded, however, another delegate can be sent in your place.

For registration information visit

www.canadian-tr.org
General Information – Transportation and Hotel

**Flying to the Conference**

Use the West jet Booking Code G27EO87


**Car Rental**

Head to the Avis website and use the code below:

AVIS Code: D016848


**Carpooling**

Head to the **Facebook page – CTRA 2020 Conference – Venturing Beyond** and look for our post regarding ride share options. Comment on where you are heading to Jasper Park Lodge from and we will do our best to connect you to a ride share. Our ride share will include options for those staying in the town of Jasper and commuting to Jasper Park Lodge.

[https://www.facebook.com/groups/2128451653944371/](https://www.facebook.com/groups/2128451653944371/)

**Hotel – Fairmont Jasper Park Lodge**

Use the link below to book your room(s) at Jasper Park Lodge. (Link includes discount rate for members attending the conference)

# CTRA 2020 - Conference At a Glance

May 6\textsuperscript{th} – 8\textsuperscript{th}, 2020  
Jasper Park Lodge  
Jasper, Alberta

## Registration

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday May 5\textsuperscript{th}, 2020</td>
<td>6:30pm - 8:30pm</td>
<td>Registration Desk Open</td>
</tr>
</tbody>
</table>

## Workshops

**Wednesday May 6\textsuperscript{th}, 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am - 8:30am</td>
<td>Registration Desk Open &amp; Continental Breakfast</td>
</tr>
</tbody>
</table>
| 8:30am - 12:00pm   | **101:** Cracking the Dementia Code\textsuperscript{TM}  
|                   | Presenter: Karen Tyrell                                                |
| 8:30am - 12:00pm   | **102:** Using Social Media for Marketing                           
|                   | Presenters: Susan and Andrew Purrington                              |
| 8:30am - 12:00pm   | **103:** Preparing Practice-Ready Graduates: A Therapeutic Recreation Educators Forum  
|                   | Presenters: Kimberley Woodford, Anne-Marie Sullivan, Devan McNeill and Sarah Moore |
| 8:30am - 12:00pm   | **104:** Creating Fact Sheets to Support Evidence Based Practice in RecT: A How-To  
|                   | Presenters: Kellie Duckworth and Courtney Knight                     |
| 10:00am - 10:30am  | Break                                                                 |
| 12:00pm - 1:30pm   | Light Lunch - followed with a walk around the lake                   
<p>|                    | <em>Saskatchewan and Manitoba Chapter members are invited to attend a meet in greet at this time</em> |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am - 8:15am</td>
<td>Registration Table Open and Hot Breakfast</td>
</tr>
<tr>
<td>8:15am - 8:30am</td>
<td>Opening Remarks</td>
</tr>
</tbody>
</table>
| 8:30am - 10:00am | **Keynote** – Rena Rachar, Life Coach  
**How Emotional Intelligence Leads to Deeper Connections and Greater Success at Work and in Life**  
❖ Certified Life Coach Martha Beck Institute  
❖ Certified Divorce Coach College of Divorce Coaches  
❖ Executive Coach Alderson Consulting  
❖ Success Coach Edmonton Public School Board |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am - 10:15am</td>
<td>Break</td>
</tr>
<tr>
<td>10:15am - 11:45am</td>
<td><strong>201</strong>: TR Community of Practice in Canada: A Nationwide Initiative to Promote Evidence-Based Resource Sharing, Higher Standards of Practice and Consistency</td>
</tr>
<tr>
<td>11:45am - 1:15pm</td>
<td>Lunch on Your Own – Networking Opportunity!</td>
</tr>
</tbody>
</table>
| 1:15 – 2:15pm  | **202**: Pawsative Strides: Changing the Face of Animal-Assisted Interventions  
                  Presenters: Nancy Kahl, Kandice Hurlock and Ashley Palmer  
                  **203**: The Role of Leisure Education in Community Transitions: Supporting Successful Transitions to Community-Based Programming  
                  Presenters: Kari Medd and Bobbie-Jo Atchison  
                  **204**: Benefits of the Wellness-Based Group for Post-Concussion Syndrome  
                  Presenter: Tiffany Morin  
                  **205**: Dementia Care Enabling Garden – Imagining, Creating and Sustaining Use of Outdoor Space  
                  Presenter: Caitlyn Cheyne  
                  **206**: Venturing Beyond in TR Professional Practice: A New Practitioner’s Journey in Developing Cultural Competency  
                  Presenter: Marcy Fekry |
| 2:15pm - 2:30pm | Break                                                                  |
| 2:30pm - 3:30pm | **207**: Off Duty Recreation Therapy: Can Life Stations/Activity Centers Help Reduce Responsive Behaviors When No Recreation Staff Are on Duty?  
                  Presenters: Kerry Appleton, Audrey Wheeler, Raeleen Vanden Dungen and Miranda Perry  
                  **208**: Flourishing Through Leisure: Using a Recreation Therapy Practice Model to Improve Wellbeing  
                  Presenters: Abigail Greer and Dr. Brent Wolfe |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 2:30pm – 3:30pm | **209:** Exploring ESFT: Adapting Family Therapy Services to Better Meet the Needs of Youth with DBD Diagnosis in the Community  
               Presenter: Anna Millar                                             |
|              | **210:** I’m BORED                                                    
               Presenter: Rhonda Booth                                          |
|              | **211:** Creating Supportive Environments: Unpacking the process of Effective Facilitation  
               Presenters: Lauren Cripps and Colleen Hood                       |
| 3:30pm - 4:00pm | Nutritional Break                                                      |
| 4:00pm - 5:00pm | **212:** Enhancing Recreation Therapy Practices Through the Use of 3D Printed Aids  
               Presenters: Maria Neumann, Pam Russ, Ryley Foster                 |
|              | **213:** Sand in the Shorts: Experiences of Moral Discomforts in Practice  
               Presenter: Amanda Ebert                                           |
|              | **214:** Making the Case for TR in Canadian Corrections: Progress, Opportunities and Challenges to Overcome  
               Presenters: Brittany Weisgarber and Ann Millar                   |
|              | **215:** NCTRC – The Future                                            
               Presenters: Susan Kaufer and Robin McNeal                       |
|              | **216:** Best Practice in Dementia Care using DementiAbility Methods  
               Presenter: Jenna Johnstone                                       |
| 6:00pm – 9:00pm | **Social Event**                                                       
               **For more information see pages 12-15**                         |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am – 8:00am</td>
<td>NCTRC Certificants Meeting</td>
</tr>
<tr>
<td>7:00am - 8:00am</td>
<td>Continental Breakfast</td>
</tr>
</tbody>
</table>
| 8:00am - 9:30am    | **301:** Advancing Therapeutic Recreation Practice Through the Implementation of SMART Devices  
|                    | Presenters: Michelle Richard and Katelyn Scott                          |
|                    | **302:** YOU ARE AWESOME – Applying Affirmations to TR Practice          
|                    | Presenters: Joanne Brohman and Tracy Hopkins                            |
|                    | **303:** Music, a Book, a Fork, or a Necklace: How Can We Use These Everyday Items in a New Way as Therapy? 
|                    | Presenters: Dr. Megan Strickfaden and Lara Pinchbeck                    |
|                    | **304:** The Journey from Rehab to Community: Recreation Therapy at GF Strong Rehab Centre in Vancouver BC 
|                    | Presenters: Amy Prystupa & Kim Chalmers                                |
|                    | **305:** Positive Psychology and PERMA Profiler: A One-year Snapshot on a Psychiatric Unit 
|                    | Presenter: Carl Ings                                                    |
| 9:30am - 9:45am    | Break                                                                   |
| 9:45am - 10:45am   | **306:** From Theory to Practice and Back Again: Co-constructing Recreation  
<p>|                    | Presenter: Bobbi-Jo Atchison and Amanda Ebert                           |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 9:45am – 10:45am | **307:** Exploring Wellness Initiatives for Youth: Collaborative Partnership and Peer Support  
Presenters: Jennifer Doddridge |
| 10:45am – 11:00am | **308:** Comprehensive Program Plan in Acute Psychiatry – A Small Town Perspective  
Presenter: Vickie Kornelsen |
| 10:45am – 11:00am | **309:** National Dementia Strategy for Canada and the Role of Therapeutic Recreation in Canada  
Presenters: Jenna Johnstone, Glenn Skimming, Rebecca Genoe and Sara Stoking |
| 10:45am – 11:00am | **310:** “Living with a Brain that Lies” – A Recreation Therapist’s Struggle with Obsessive Compulsive Disorder  
Presenter: Jennifer Masek |
| 10:45am – 11:00am | **311:** Enhancing Person-Centered Approaches to Responsive Behaviours in Acute Care Through the Use of Art-based Vignettes  
Presenter: Leanne Hughes |
| 11:00am – 12:00pm | **312:** Infusion of the Leisure Well-Being Model by Addictions and Mental Health Recreation Therapists at Lady Flower Gardens  
Presenter: Amy Delday and Deanna LeSage |
| 11:00am – 12:00pm | **313:** Non-Pharmacological Interventions That May Slow or Delay the Onset of Dementia  
Presenters: Carolyn Neufeld and Deborah Paulus |
| 11:00am – 12:00pm | **314:** NCTRC Internship and Professional Experience Requirements  
Presenters: Susan Kaufer and Robin McNeal |
| 11:00am – 12:00pm | **315:** Therapeutic Recreation in Long Term Care – Oh the Possibilities! A Pilot project showcasing benefits of Evidence Based Practice  
Presenters: Camille Lesiuk, Jill Stevenson and Sara Stukings |
| 12:00pm - 1:30pm | AGM & Buffet Lunch |
| 1:30pm – 3:10pm | **316:** 3 Research Projects  
1: Maintaining Friendships After a Diagnosis of Dementia: Is There a Role for TR?  
Presenter: Rebecca Genoe  
2: The Sounds of St. George: A Music Care Research Project  
Presenters: Nancy deVere and Chelsea Mickinnon  
3: How Therapeutic Recreation Practice Can Enhance Belonging for Older Adults in Community Spaces  
Presenter: Brittany Weisgarber  

| 3:00pm – 3:15pm | **317:** Facilitating Client Change in TR Services  
Presenters: Colleen Hood and Cynthia Carruthers  

| 3:15pm – 4:15pm | **318:** Do the Grind Blind. A Collaborative Hiking Adventure Between Therapeutic Recreation and Blind Beginnings  
Presenter: Christina Duncan  

| 3:00pm – 3:15pm | **319:** Building Efficacy, Role Clarity and Competency for Recreation Therapists in Physical Activity Interventions  
Presenters: Jane Papenhuyzen and Patti Lanigan  

| 3:15pm – 4:15pm | **320:** Neighbourhood Time: A New Approach to Recreation and Leisure for Increased Reach and Impact.  
Presenters: Heather Rozak and Sherry Schaefer  

| 3:00pm – 3:15pm | Nutritional Break  

| 3:15pm – 4:15pm | Closing Keynote – Bev Suntjens - **Authentically Venturing Beyond: Looking In, Around, and Overseas**  
In this session, Bev Suntjens will help you answer the critical post-conference question: what now? To truly venture beyond, we will look inwards, around us, and even overseas as conference themes will be explored through the lenses of reflective practice and professional connection. A brief review of key learnings from a trip to the Netherlands, including Hogewyk (Dementia Village), will provide an intriguing vantage point to determine how you will truly venture beyond CTRA 2020, in a way that is authentic to your practice.  

| 4:15pm – 4:30pm | Closing Remarks |
Thursday Evening Social Events:

*You may select both activities*

**Wilderness Kitchen Dinner & Maligne Canyon Walk**

Maligne Canyon Wilderness Kitchen - Dinner & Social  6:00PM onwards  
**Cost: $70.00 per person.** (Includes $55 for meal + GST and Gratuity)  
*Maximum of 70 participants.*

Bring your appetite! Delicious food meets a breathtaking setting at Maligne Canyon in beautiful Jasper National Park. The Wilderness Kitchen serves up hearty meals, savoury treats, and a unique variety of hot and cold beverages. Sit back, relax and share stories with your friends and colleagues in a rustic environment. Weather permitting- use of outdoor fire tables on the patio and a fire pit may be available for patrons to sit and enjoy the comfort of a crackling fire.

https://www.banffjaspercollection.com/dining/maligne-canyon-wilderness-kitchen/
Maligne Canyon Wilderness Kitchen Buffet Menu
(selected especially for our group):

Chef’s Soup
Freshly Baked Artisan Bannock with Butter
**Okanagan Salad Bar**: Green Leafs, Coleslaw, Potato, Quinoa, Roasted Vegetable Salad, Radish, Carrots and Raisins, Brussel Sprouts and Apple, Buttermilk Ranch, Wild Honey Vinaigrette

**Sides & Vegetables**: Oven Roasted Rosemary Potatoes, Rice Pilaf, Fresh Local Summer Vegetables

**Entrees**: Heritage Farms Slow Cooked Chicken Ragout; Wild Mushroom Gnocchi with Peas; Oven Seared Salmon with Horseradish Mashed Potatoes, Braised Kale and Corn Tomato Salsa

**Carving Station**: Alberta Natural Raised Beef Ribeye with Grainy Mustard, Freshly Grated Horseradish, Au Jus

**Dessert**: Chocolate Drizzled Profiterole; Cheesecake; Homemade Cookies; Berries and Fruits

**Beverages**: A selection of pop, artisan coffee and tea

*Vegetarian & Gluten Free imbedded within menu selections.

*Menu items are made in an environment that contains nuts.
Maligne Canyon Walk:

*You are welcome to explore the Maligne Canyon, just steps away from the Wilderness Kitchen.

**Cost: Free**

One of the most spectacular gorges in the Canadian Rockies, sheer limestone walls plunge to depths of over 50 metres (165 ft.). An interpretive trail winds its way across six bridges.


2. **Jasper Planetarium**
   9:00PM onwards
   Cost: $50.00 per person
   (Includes 20% discount)

   *Maximum of 160 participants.*

   Spend the latter part of your evening with local astronomy guides that would include:

   A world-exclusive planetarium experience - an interactive virtual tour of the cosmic wonders of Jasper Dark Sky Preserve in their climate-controlled 40 seat dome theatre with a live local Astronomy Guide.
   A tour of the largest public telescope in the Canadian Rockies.
   A look at how to take pictures of the Milky Way and the Auroras.
   An “instant-replay” from our 4K video scope, which can display the sky in full colour video and record recent sky views to “play back” when it is not so clear.
   Try hands on activities, including the chance to view meteorites up close and even hold one in your hand!
   Weather-permitting LIVE views of stars, planets, galaxies and more through our telescopes, guided by our local astronomy experts.
   **A rain-check will be offered for those who do not see anything live during their telescope session. They can come back again for another chance at live views anytime within two years at no additional charge.**

   https://jasperplanetarium.com/telescopes-and-stargazing/
   https://jasperplanetarium.com/
Fairmont Jasper Park Lodge
Planning Activities?

Discover Jasper... Originally a railway town, Jasper's unpretentious small-town charm has a timeless appeal. Surrounded by towering mountains, crystalline lakes, and abundant wildlife, no wonder the national park is a designated UNESCO World Heritage Site and also happens to be the second largest Dark Sky Preserve in the world!

Your base of adventure starts here. Some truly unforgettable experiences are waiting for you. But like all of the best adventures, a bit of forethought and planning can help you get the most out of your time in and around Jasper.
Jasper National Park – Parks Canada

Jasper Guides, Maps, Brochures

Things to Do

Spring Activities

Venture Beyond
https://www.jasper.travel/

Passes and Admission
Popular Attractions

*The following attractions are scheduled to be open, weather permitting*

Jasper Sky Tram- [https://www.jasperskytram.com/](https://www.jasperskytram.com/)
Columbia Icefields Centre & Glacier Adventures- [https://www.banffjaspercollection.com/canadian-rockies/columbia-icefield/](https://www.banffjaspercollection.com/canadian-rockies/columbia-icefield/)
Jasper Motorcycle Tours- [https://jaspermotorcycletours.com/](https://jaspermotorcycletours.com/)
Marmot- Skiing- [https://www.skimarmot.com/](https://www.skimarmot.com/)

Columbia Icefields Skywalk
Miette Hot Springs - https://www.hotsprings.ca/miette-hot-springs

BOOK A TOUR!!!

Tour Companies  *This is not an exhaustive list*

- Maligne Adventures-  https://maligneadventures.com/
- Sundog Tours-  https://www.sundogtours.com/
- Pursuit-  https://www.pursuitcollection.com/
- Rockaboo Mountain Adventures-  https://rockaboo.ca/

We hope you enjoy your visit!