

2023 CTRA Standards of Practice Evidence Informed Process

Draft Assembly Process

The 2023 CTRA Standards of Practice emerged through an evidence-informed process that honours the experiences, knowledge and research that underpin the ongoing developments and change within the therapeutic recreation profession and practice of recreation therapy.

Several documents informed the early phases of this document: the standards of practice for allied health professions and current provincial standards across Canada were reviewed; the American Therapeutic Recreation Association (ATRA) Standards of Practice and Recreational Therapy and Self-Assessment Guide were examined; the National Council on Therapeutic Recreation Certification (NCTRC®) Job Task Analysis; The Committee on Accreditation of Recreational Therapy Education (CARTE) Standards; and Entry to Practice guidelines were reviewed; and Provincial Association competencies for recreation therapy were also examined. Central themes across this body of literature were highlighted throughout this process, at which point collaboration and feedback were sought from fellow scholars, educators, and clinicians. These critical insights informed the first draft of the standards. This draft was then reviewed by a policy expert with extensive experience working within union and non-union settings, ensuring alignment with national legislative policy. Minor changes were applied as recommended, and the document was subsequently shared with the CTRA Board of Directors for individual written feedback.

Board members provided individual feedback on the content and organization of the standards, and discussion about the document was moderated at a Board of Directors monthly meeting. Minor changes were made to reflect the views and preferences of the 2021/2022 CTRA Board of Directors. The revised document was approved by the Board to be shared with the presidents of provincial therapeutic recreation associations across Canada. Feedback from each of the provincial presidents was welcomed. Some feedback was provided in writing, and additional feedback was received during a live discussion at a quarterly provincial president's meeting. During this meeting, the proposed standards were endorsed by all but one province, and CTRA formally requested that each province provide a list of 3-5 delegates to represent their province in a feedback exercise. The data supported a positive reception of the proposed standards overall. The document was then approved by the CTRA Board of Directors to progress into the detailed review stage.

Through ongoing consultation, the need for a task force was identified to provide an opportunity for professional practice leaders from across Canada to support the detailed review of the 2023 Standards of Practice document and ensure congruence with frontline practice. The CTRA Education Director contacted the Canadian Recreation Therapy Practice Leader Network, requesting volunteers. The task force met bi-weekly over a period of 14 months to engage in critical discussions, paying particular attention to the purposeful use of language throughout the document. The group reviewed the document on a line-by-line basis. The task force consistently cross-referenced knowledge and experience with various literature to ensure the finalized standards would accurately capture the growth within the field since 2006. Key terminology has been updated and defined throughout the document with particular attention to incorporating language endorsed by the international credentialing agency, NCTRC®.

Expanded Membership Engagement

A 2023 Standards of Practice paper copy was distributed to delegates at the May 2023 CTRA conference in Jasper, Alberta. The task force was in attendance for the conference and hosted a 60-minute session for all delegates on Friday, May 12, 2023. The session began with a pre-recorded webinar highlighting the process and critical changes throughout the document. Delegates could ask questions and engage in further discussion surrounding the proposed standards. During this session, a request was put forth that the assistant role be reviewed in further detail. This process was honoured, with minor revisions made, by the feedback received.

The 2023 Standards of Practice were added to the June 2023 Annual General Meeting at the event's start as an addition to the agenda. An update was provided on the current draft when the membership requested an opportunity for a live special event dedicated to the 2023 Standards of Practice and CTRA's position on entry-to-practice qualifications (see addendum).

A copy of the most recent draft (finalized July 29, 2023) and a link to the pre-recorded webinar was distributed to members via email, promoted via social media and publicly accessible on the home page CTRA on July 29, 2023. The Q&A special event was hosted, on Tuesday, August 15, 2023, at 7 pm eastern standard time. The session lasted approximately 70 minutes and was recorded for absent members to view. A link to a questions submissions form was shared for members to submit advance questions two weeks before the event. A total of fifteen submissions were received, two of which were blank. The remaining thirteen questions were categorized thematically and responded to at the event's outset, confirming several changes made to the document in response. The task force members co-facilitated the August 15th Q&A online event. The chair led the authorship for changes to the document, with the assistance of the BCTRA regulation task force, working collaboratively to develop the addition of the "Safety and Risk Management" standard. On Thursday, August 17, 2023, the Standards of Practice task force met for two hours to review and finalize all revisions in response to members' feedback. The finalized document was updated on the CTRA website, and an update was shared with members via email and the public via social media on Monday, August 21, 2023.

Per the motion passed on Wednesday, July 19, 2023, the vote for members to pass the 2023 Standards of Practice will commence on September 1, 2023, it will remain open for 14 days, closing on September 15, 2023, at 12:01 am. The vote results will be shared with members via email and promoted publicly via social media on September 16, 2023.