



Canadian Therapeutic Recreation Association  
Association Canadienne de Loisir Thérapeutique

# UNIFIED PROFESSION, UNIFIED VOICE

THERAPEUTIC RECREATION MONTH 2024

[www.canadian-tr.org](http://www.canadian-tr.org)



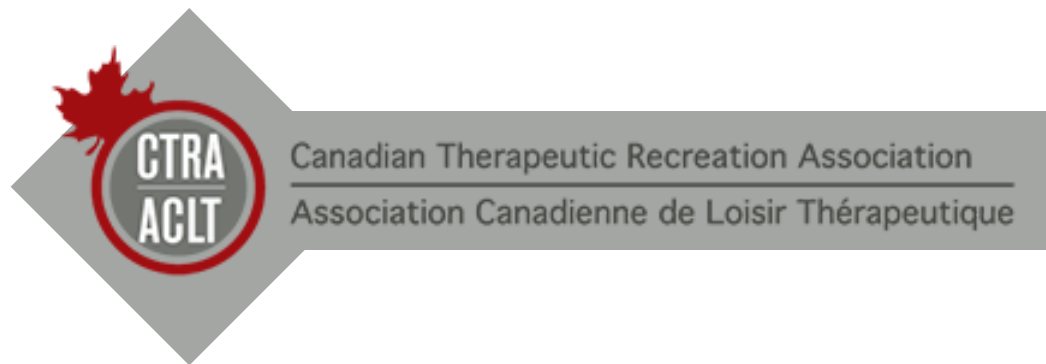


# LAND ACKNOWLEDGEMENT

We respect and acknowledge that we operate on the traditional territories of Indigenous peoples, encompassing a portion of the land and waters of Turtle Island, now known as “Canada.” These lands have been the cherished homes of diverse Indigenous communities for countless millennia, each possessing their own rich cultures, languages, and unique histories.

We hold in the highest regard the enduring connections that Indigenous peoples maintain with Turtle Island and their invaluable contributions to the rich tapestry of “Canada.” With profound respect, we pay our sincere respects to the First Nations, Métis, and Inuit peoples who have diligently stewarded these lands and waters for countless generations.

Furthermore, we acknowledge the persistent challenges and disparities Indigenous communities face in healthcare, education, and resource access across Turtle Island. In partnership with Indigenous peoples, we are unwavering in our commitment to foster understanding, reconciliation, and meaningful positive change across this land.



# WHAT IS THERAPEUTIC RECREATION/ RECREATION THERAPY?

Recreation Therapy is a health profession which takes a person-centred, strengths-based, evidence-informed approach to practice. Recreation therapists and recreation therapy assistants use recreation and other leisure-based interventions to address the assessed needs of clients with illness and/or disabling conditions to enhance psychological and physical health, recovery, and well-being (CTRA, 2022; NCTRC, 2022)





# WHY RECREATION THERAPY?



Gives a sense of purpose and contribution



Provides a safe environment to experience both challenge and success



Focuses on what you CAN do, and WHO you are



Gives opportunities for a sense of normalcy



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# WHY RECREATION THERAPY?



Inclusive and supportive



Evidence and strength-based



Opportunity to create connection



Provides an opportunity for self-discovery



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# BENEFITS OF THERAPEUTIC RECREATION



Social

Cognitive



- Develop/maintain social skills
- Strengthens social connections
- Increased community involvement
- Decreased social isolation
- Increased social support systems

- Increased attention span
- Improved memory
- Improved problem solving skills
- Improved cognition levels
- Improved time management skills
- Goal setting skills



# BENEFITS OF THERAPEUTIC RECREATION



Physical

Emotional/  
Spiritual



- Balance
- Range of motion
- Strength
- Coordination
- Improved sleep
- Fine & gross motor skills

- Improved self-confidence
- Decreases loneliness, boredom, & expressive behaviours
- Increased sense of belonging
- Fosters positive experiences
- Decreases symptoms of anxiety, stress, & depression

# WHAT IS A RECREATION THERAPIST?

Recreation therapists are integral to the health care team working with diverse populations across varied practice settings, including inpatient, outpatient, and community-based services. The clinical role of the recreation therapist includes assessment, client goal setting, intervention planning, utilization of evidence-informed interventions, evaluation, and documentation.

Recreation therapists are responsible for service delivery, supervising and working with recreation therapy assistants, where applicable, to support successful program implementation. (CTRA Standards of Practice, 2023)





# WHAT IS A RECREATION THERAPY ASSISTANT?

Recreation therapy assistants are integral members of the health care team working with diverse populations across varied practice settings. The recreation therapy assistant works under the direct supervision of a recreation therapist to deliver leisure-based interventions in both one-to-one and group formats. The recreation therapy assistant is essential in program implementation, observation, and reporting. The recreation therapy assistant cannot conduct assessments, develop intervention plans, or evaluate client progress. (CTRA Standards of Practice, 2023)



# ROLES OF THE RECREATION THERAPIST



Assess using various TR assessment tools



Develop treatment plans based off of client goals and assessment findings



Implement individual/group evidence-based interventions



Provide and support successful program implementation



Plan client transition and discharge



On-going reporting and evaluating of programs and goals



Uphold the Standards of Practice



Maintain continuing education



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# ROLES OF THE RECREATION THERAPY ASSISTANT



Develop, plan, and organize evidence-based recreation programs



Ensure individual strengths and interests are being met within programming



Assure Therapeutic Recreation goals are carried out



Make recommendations based off of evaluation of programs and participant engagement



Implement individual/group evidence-based interventions



On-going observation and reporting of programs and goals



Uphold the Standards of Practice



Maintain continuing education



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# WHAT TRAINING DO QUALIFIED THERAPEUTIC RECREATION PROFESSIONALS HAVE?

## RECREATION THERAPIST, CTRS



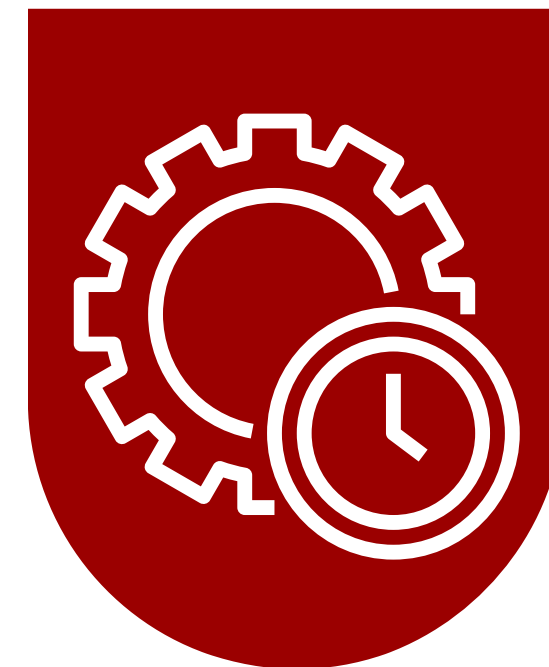
### **Bachelors Degree or Higher**

Majoring in Therapeutic  
Recreation/Recreation  
Therapy or as accepted by  
the NCTRC



### **Professional Member**

Membership in good  
standing with at least one  
Therapeutic Recreation  
Association



### **NCTRC-CTRS Designation**

May hold, or be able to sit for  
the NCTRC Certified  
Therapeutic Recreation  
Specialist exam



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# WHAT TRAINING DO QUALIFIED THERAPEUTIC RECREATION PROFESSIONALS HAVE?

## RECREATION THERAPIST, NON-CTRS



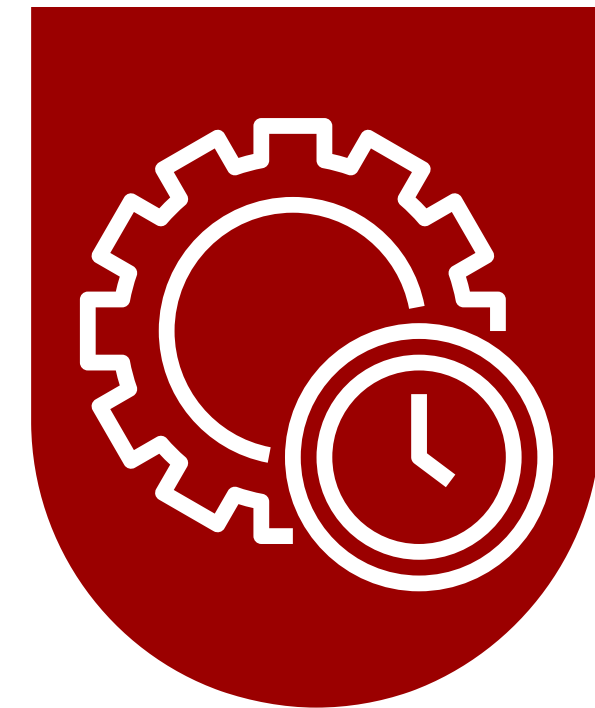
### **Bachelors Degree or Higher**

Majoring in Therapeutic  
Recreation/Recreation Therapy  
or as accepted by the NCTRC



### **Professional Member**

Membership in good standing  
with at least one Therapeutic  
Recreation Association



### **Provincial Designation**

May hold a designation as  
determined by their provincial  
association



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# WHAT TRAINING DO QUALIFIED THERAPEUTIC RECREATION PROFESSIONALS HAVE?

## RECREATION THERAPY ASSISTANT



### Diploma

Majoring in Therapeutic  
Recreation/Recreation  
Therapy



### Professional Member

Membership in good  
standing with at least one  
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# WHERE DO TR PROFESSIONALS WORK?



- ➔ **Longterm Care**
- ➔ **Acute Care**
- ➔ **Supportive Living**
- ➔ **Day Programs**
- ➔ **Mental Health and Addiction Services**
- ➔ **Pediatric, youth, and adolescent services**
- ➔ **Correctional Facilities**
- ➔ **Private Practice**
- ➔ **Schools**



# TR ASSOCIATIONS ACROSS CANADA



Canadian Therapeutic Recreation Association  
Association Canadienne de Loisir Thérapeutique

**BCTR**  British Columbia  
Therapeutic Recreation  
Association



Alberta  
Therapeutic  
Recreation  
Association 

 NOVA SCOTIA  
THERAPEUTIC RECREATION  
ASSOCIATION

SASKATCHEWAN ASSOCIATION OF  
**RECREATION  
PROFESSIONALS**

 THERAPEUTIC RECREATION ONTARIO   
Believe • Belong • Become







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# QUESTIONS?

[www.canadian-tr.org](http://www.canadian-tr.org)







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# THANK YOU

[www.canadian-tr.org](http://www.canadian-tr.org)







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# REFERENCES

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