



CTRA 2025

June
10 - 12
2025



One Voice, Driving Change -
Enhancing Recreation Therapy

The Westin Nova Scotian - Halifax, Nova Scotia

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Welcome from Co-Chairs

Welcome Colleagues!

It is our great pleasure to welcome you to what we hope will be a transformative event, where we come together as a unified force and a shared vision: to inspire, innovate, and lead change in the field of Therapeutic Recreation and beyond. The theme “One Voice, Driving Change” symbolizes the power of our collective action, where diverse perspectives unite with a common purpose to make a lasting impact.

In this space, we will explore how, as one voice, we can challenge existing norms, influence policy, and elevate the practice of therapeutic recreation to new heights. By sharing our knowledge, experiences, and expertise, we will collectively drive the changes that are needed to better serve the individuals and communities who rely on our services.

Over the course of this conference, you will hear from leaders in the field, engage in dynamic workshops, and connect with colleagues who share your passion for improving lives through recreation. These conversations will inspire you to continue pushing boundaries, to think innovatively, and to remember that the power of one voice can spark a movement for change.

As always, the CTRA conference will provide top-notch educational, networking and of course recreation opportunities. The conference will be held at the Historic Westin in downtown Halifax. The Westin Nova Scotian is located in the Halifax Seaport District, and provides you access to walk along the Halifax waterfront boardwalk that follows the water’s edge alongside the world’s second largest ice-free harbour. Whether you’re a longtime local or visiting from farther away, let us help you experience all that there is to love about Halifax, Nova Scotia.

Let’s embrace this opportunity to drive change, together.

Dawn MacDonald and Shelley Smith, Conference Co-Chairs
on behalf of the CTRA Conference Planning Committee

2025 REGISTRATION INFORMATION

In-Person Early Bird Registration

| | |
|--------------------------|-------|
| Professional Member: | \$650 |
| Professional Non-Member: | \$800 |
| Student Member: | \$325 |
| Student Non-Member: | \$355 |

In-Person Late Registration (After April 10th)

| | |
|--------------------------|-------|
| Professional Member: | \$750 |
| Professional Non-Member: | \$900 |
| Student Member: | \$390 |
| Student Non-Member: | \$415 |

Virtual Registration Information

| | |
|--------------------------|-------|
| Professional Member: | \$320 |
| Professional Non-Member: | \$430 |
| Student Member: | \$175 |
| Student Non-Member: | \$210 |

CONFERENCE REGISTRATION CLOSES MAY 16TH @
MIDNIGHT EST

EchoBox Memory Vault Annual Sponsor



Streamlining communication for a higher Quality of Life

echobox.ca

Life is good, time is fleeting and memories are precious. EchoBox Memory Vault provides a safe, ad-free environment to capture these magical stories – your own, or for those around you! Whether you wish to journal personal experiences, help create a legacy for someone you love or elevate the Quality of Life for those in your care, EchoBox is now available worldwide.

Senior populations around the world continue to swell while the number of caregivers joining the workforce continues to slide. New solutions are urgently required in healthcare to achieve superior outcomes and maintain a higher level of care. Senior depression and cognitive decline plague some of the most vulnerable and most lovely people in our communities. These are our parents, grandparents, brothers, sisters, neighbors and dear friends. Their collective memories, experiences and contributions to society should be voiced, celebrated and showcased! The time for a trustworthy technology to fill the void and make a lasting impact is long overdue. Let us introduce the newest person-centric approach in healthcare: EchoBox Memory Vault.

To Learn More about EchoBox Please Visit: <https://echobox.ca/>

- Tuesday, June 10th Sessions -

| Time of Session | Room 1 | Room 2 | Room 3 | Room 4 |
|------------------|--|--|--|---|
| 8:30 - 8:45 AM | Welcome/Opening Ceremony | | | |
| 8:45 - 9:45 AM | KEYNOTE SPEAKER | | | |
| 10:15 - 11:45 AM | No Longer 'Us and Them': Integrating a Recreation-based Intervention as an Interdisciplinary Care Approach - Katelyn Scott | Motivational Interviewing in Community Brain Injury Rehabilitation: Strategies for Enhancing Engagement and Behavioral Change - Pei-Chun Hsieh | Putting evidence into practice: The evolution of an acute care recreation therapy practice - Andrea King | Digital Evolution: AI Tools for Modern RT Practice - Susan Purrington |
| 12:30 - 2:00 PM | Engaging Psychiatric Inpatients through Virtual Travel: A Creative Approach to Recreation Therapy - Dana Moore | Introducing the Life Spaces Practice Model for Recreational Therapy - Dr. Shay Dawson | School Based Recreation Therapy for children and youth with diverse needs. - Linda Martin | Digital Evolution: AI Tools for Modern RT Practice - Susan Purrington |
| 2:45 - 4:15 PM | Therapeutic Recreation in a Municipal setting: Influencing change and managing setbacks - Cassidy Yochoff & Jennifer Fischer | Increasing Emotional Self-Efficacy in TR Practice - Colleen Deyell Hood | Therapeutic Recreation process and the International Classification of Function - Jerome Singleton | Digital Evolution: AI Tools for Modern RT Practice - Susan Purrington |

- Wednesday, June 11th Sessions -

| Time of Session | Room 1 | Room 2 | Room 3 | Room 4 |
|------------------|--|---|---|---|
| 8:45 - 10:15 AM | In My Supervisor Era: Creating a Local Community of Practice to Support Fearless CTRS® Placements in Saskatchewan - Vallyn Sielski | Tapping our Potential: Recreation Therapy Associates in Healthcare in NS - Dawn MacDonald | Understanding Neurodiversity: Creating Neuroaffirming Spaces for Clients, Students, and Teams - Katie Heckman | Strength in Partnership: Therapeutic Recreation Services Enhancing Patient Outcomes Through Interprofessional Collaboration at YRH - Chloe d'Eon |
| 11:00 - 12:30 PM | Taking your research ideas to the next level! - Katelyn Scott | My reflections on being a COT: The adventures of a Recreation Therapist working on a Mental Health Community Outreach Team (COT) - Catherine Lubberts | Bridging Generations: Enhancing Team Dynamics and Cultural Competence in Recreational Therapy Workplaces - Angela Wozencroft | Supporting Emotional Resilience: Addressing Climate Emotions through Nature - Alexis Ashworth |
| 1:30 - 2:30 PM | Two Roads to Recovery: Evolving the Mental Health and Addictions Discharge Liaison Program - Charlene Edwards | Shaping the Future of CTRA: Evidence-Informed Change in Recreation Therapy - CTRA Board | NCTRC Overview of Services - Susan Kaufer | Culturally Responsive Therapeutic Recreation Practice with 2SLGBTQIA+ Populations: Evidence-Based Interventions that Promote Health Equity - Austin Oswald |
| 3:00 - 4:00 PM | Prioritizing Pleasure: The Importance of Disabled Sexualities in Therapeutic Recreation - Rachele Manett | Shaping the Future of CTRA: Evidence-Informed Change in Recreation Therapy - CTRA Board | Enhancing Stroke Rehabilitation Through Recreation Therapy with Evidence-Based Practice: Addressing Depression and Anxiety in Acute Care Inpatient Settings - Riley Wells | Bridging Theory and Practice: Utilizing Unique Robotic Animals as Teaching Tools in Recreation Therapy Education Outside of the Classroom - Christine Wilkinson |

- Thursday, June 12th Sessions -

| Time of Session | Room 1 | Room 2 | Room 3 | Room 4 |
|------------------|---|--|--|---|
| 9:00 - 10:00 AM | Therapeutic recreation and the culture change movement: Exploring the value of prioritizing quality of life over functional outcomes. - Sienna Caspar | "The What is to What Will Be ...Guidance to Self-Advocacy." - Shaun Geise | The Impact of Collaboration between Recreational Therapy and the Center of Performing Art Music on the Skilled Nursing Unit. - Stephanie Janczak | Everyday Moments of Leisure: Implications for Uses in Therapeutic Recreation Practice - Ashlyn Stevens, Susan Hutchinson, Karen Gallant |
| 10:30 - 11:30 AM | Changing Canada One Space at a Time: Promoting the Accessible Canada Act in Recreational Therapy - David Loy | Leisure Education as a Resource for Supporting the Transition to Retirement - Susan Hutchinson | LIFTS: Leveraging Inclusion and Friendship to Thrive after Stroke - Tiffany Morin | Exploring Job Satisfaction for Recreation Therapy Professionals in Mental Health Care: Reconnecting to Our "Why" Matters! - Devan McNeill |
| 1:00 - 2:00 PM | Trauma Informed Weight lifting and Trauma Sensitive Yoga for residential psychiatric care using the Trauma Sensitive Yoga and Trauma Informed Weightlifting Models - Teresa Marvel and Leanora Eurbanks | Reflexivity and Therapeutic Recreation-The Process of Digging Deeper - Lisa Gordon | More Purposeful and Mindful Senior Fitness Classes - Emily Johnson | Let's Learn How To WRAP - Carl Ings |
| 2:30 - 3:30 PM | Closing Keynote | | | |
| 3:30 - 3:45 PM | Closing Ceremony | | | |

Music Care by Room217

Annual Sponsor



We are a social enterprise changing the culture of care by making music a more primary approach to health and well-being.

We empower caregivers - formal and informal - to integrate care into their practice with MUSIC CARE by Room 217 tools, strategies, education, and standards, all part of the inclusive MUSIC CARE by Room 217 approach.

Music Care by Room 217 is excited to offer an exclusive **25% discount on Music Care Training and all store products for CTRA Members!** Please visit our partnership page for further information: <https://canadian-tr.org/resources-new/room217/>

To Learn More about Music Care by Room 217 please visit: www.musiccare.org

Create your own customized MUSIC CARE programs

Download our MUSIC CARE CONNECT app and get started for FREE!

SOCIAL EVENTS

Thursday June 12th
11:30 am - 1pm

Drag Brunch

At this event conference attendees will have the opportunity to learn about how the art of drag promotes visibility and fosters a sense of belonging for individuals of the 2SLGBTQIA+ community and watch performances by local drag queens as you enjoy a provided brunch. The performances often include lip-syncing, dancing, and jokes. Guests are encouraged to sing along and tip the performers.

Monday June 9th
4pm - 6pm

Pre-Conference Happy Hour at Garrison Brewery

Join us for a pre-conference happy hour at the Garrison Brewery! It's the perfect chance to meet fellow attendees, catch up with old friends, and kick off the event with some great drinks and conversation. Enjoy a selection of craft beers, ciders, and sodas, in a welcoming atmosphere before diving into the conference. We can't wait to see you there, let's toast to a fantastic conference ahead!

<https://www.garrisonbrewing.com/brewery/>

Tuesday June 10th

Evening Wine + Cheese Social Event

Join us Tuesday evening for the annual CTRA Wine + Cheese event that is guaranteed to be a great opportunity for networking and connection with friends from across the country! Further details in regards to the event will be released closer to the date.

WEDNESDAY SOCIAL EVENTS

East Coast Kitchen Party - On the Water! @ 7pm

Come join us for an unforgettable 2-hour tour of the stunning Halifax Harbour. Hop aboard and enjoy the fresh sea breeze while we enjoy some east coast music. Don't miss out—reserve your spot today!

Event price (\$35.00) Regular price (\$40.25)

<https://www.ambassatours.com/>

Ghost Walk of Historic Halifax @ 7 pm

A walking tour through Halifax's downtown core with tales of ghosts, spirits, forerunners and devils, collected from the folklore of Nova Scotia. With a decent helping of historical context to lay the groundwork for each story.

Event price (\$20.00) Regular price (\$30.00)

<https://www.dustykeleher.com/the-halifax-ghost-walk>

WestJet Discount Code

CTRA is thrilled to announce its partnership with WestJet, offering all CTRA delegates discounted flight prices!

Coupon Code: 9U3R40U

Hotel Booking Information

To reserve your room, please call **1-866-761-3513** to receive preferred guest rates inform the hotel that you are attending the Canadian Therapeutic Recreation Association Conference.

OR

Book Online at:
reservation-link.mi

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