



ATRA MID-YEAR CONFERENCE

February 7-9, 2016

Drury Plaza Hotel San Antonio Riverwalk

Tentative Agenda and Pre-Registration Information

This is the most current schedule as of 1-8-16. Updates to the program will be reflected on-line.
Please continue to check back for updated schedules.

SATURDAY • FEBRUARY 6, 2016

- 8:00am – 5:00pm Board of Directors Meeting
- 3:00 - 5:30pm ATRA Registration Desk Open, Early Conference Check-In at the Drury Plaza Hotel

SUNDAY • FEBRUARY 7, 2016

- 7:00 - 10:00am BREAKFAST FOR OVERNIGHT HOTEL GUESTS: ATRA members who checked into our host hotel on Saturday night can enjoy fresh, free hot breakfast from 7-10 a.m. on Sunday! Options include make-your-own Belgian waffles, fresh fruit, oatmeal, biscuits and gravy, cereal and more.
- 8:00am - 5:00 pm ATRA Registration Desk Open

8:30am – 4:30pm **Add-on an EXTRA FULL or HALF DAY of Education**
Chose from TWO All Day Sessions & 2 HALF DAY SESSIONS
Separate registration and fee required.

Optional Add-On: #PC1
All-Day Session

VETREC ON WATER

8:30 am – 4:30pm, 1.5 hour lunch break, .65 CEUs pending
Trenton Kowalczyk, Lyn G. Litchke, Ph.D., and Heather M. Miller, MS, CTRS

Session will cover the unique healing aspects of six water interventions for veterans with psychological disorders or physical disabilities i.e. PTSD, amputees, TBI etc. The five sports include: Fly fishing, white water kayaking, paddle board yoga, scuba, and surfing via flow rider. A transdisciplinary presentation approach will include: lecture on intervention implementation

strategies by CTRS's/TR senior student and veteran sport experts, hands on demonstrations partnering veteran warriors and session participants, and facilitation group processing with warrior veterans who engage in water sports.

Optional Add-On: #PC2
All-Day Session

DEMENTIA PRACTICE GUIDELINES FOR RECREATIONAL THERAPY: TREATMENT OF BEHAVIORAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA

8:30 am – 4:30pm, 1.5 hour lunch break, .65 CEUs pending
Suzanne Fitzsimmons, MS, GNP, ARNP, RT-C

Working as a Recreational Therapist with individuals who have dementia can be challenging, especially when you encounter behavioral problems. This all day intensive workshop will provide you with extensive training in using the Dementia Practice Guideline in your facility. After completion of 6-50 minute modules and passing the competency exams, you will receive a Certificate of Training and will be listed on ATRA's Dementia Practice Directory. This evidence-based guideline and training will improve your skills, recreational therapy practice and the lives of your residents.

Optional Add-On: #PC3
Half-Day (morning)
** FREE PRECON

STAYING RELEVANT IN TODAY'S HEALTH AND HUMAN SERVICE PROFESSIONS: A MASTER'S DEGREE... A CRITICAL STEP FOR RT

8:30 – 11:30 am, .3 CEUs pending
Sandra Negley, MS, MTRS, CTRS, FDRT and
Teresa Beck, Ph.D., CTRS

There has been intermittent discussion in the therapeutic recreation profession as to whether entrance into the profession should stay at the baccalaureate level or be increased to the master's level. Many allied health science professions are already at the master's or clinical doctorate level and others are considering a master's degree (i.e. music therapy). Physical therapy assistant is currently an associate's degree, but the profession is looking at the feasibility of moving its entry level requirement to a bachelor's degree. What does the therapeutic recreation profession need in order to maintain and/or grow its presence in health and human services in terms of its educational requirements? Is a TR master's level entry "credential creep" to keep up with the other professions, or is a master's level entry a natural progression due to the maturation of the field. This session will explore the issues surrounding master's as entry level into the profession as well as provide hands on participation in exploring different models of graduate and undergraduate recreational therapy education.

Optional Add-On: #PC4
Half-Day (afternoon)

EVIDENCE-BASED RECREATIONAL THERAPY MUSIC-MAKING EXPERIENCES FOR OLDER ADULTS USING BEAMZ THERAPY RESOURCES

1:30 – 4:30pm, .3 CEUs pending
Rhonda Nelson, Ph.D., CTRS, MT-BC and Al Ingallinera, MBA

With a growing evidence base documenting the effectiveness of active music-making in producing a variety of positive health outcomes in older adults, recreational therapists now have expanded options for providing innovative music-based treatments to the clients they serve. This interactive session will guide therapists through evidence-based protocols and activities that can be used to address a variety of physical, cognitive and social goals while promoting active engagement in older adults receiving RT services. Resources for adapting equipment and activities, selecting standardized measurement tools, documenting outcomes, gaining administrative approvals and training staff will also be presented.

5:30pm – until



Super Bowl 50 – Kickoff Party!

It's Super Bowl Sunday! Join us for food & beverages and some great Texas hospitality. Kick-off is at 5:30. Show your team spirit and enjoy the game with ATRA colleagues!

MONDAY • FEBRUARY 8, 2016

6:00-9:30 am

HOT BREAKFAST BUFFET

ATRA members who are registered at our host hotel can enjoy fresh, free hot breakfast daily! Options include make-your-own Belgian waffles, fresh fruit, oatmeal, biscuits and gravy, cereal and more.

6:30-7:15 am

Optional: Morning Walk or Exercise

7:30am - 5:00pm

Registration Desk Open

8:30 – 10:00 am CONCURRENT BREAKOUT SESSIONS

<p>INTEGRATING CULTURAL COMPETENCE AND DIVERSITY TRAINING INTO TR COURSES, TR PRACTICE SETTINGS AND DAILY TR PRACTICE</p> <p><i>Elaine Hatala, Ph.D., CTRS</i> CEU Session #6 .15 CEUs pending</p>	<p>This workshop will provide an overview of evidence-based practices associated with cultural competence and diversity training, and how these practice can be integrated in TR courses and other venues at a university, a variety of TR practice settings, and daily TR practice. Workshop participants will identify needs, resources and strategies to incorporate cultural competence and diversity training into their own TR courses and/or TR practice settings.</p>
<p>OVERVIEW OF NCTRC RECERTIFICATION AND SPECIALTY CERTIFICATION PROGRAMS</p> <p><i>Susan Kaufer, CTRS and Noelle Molloy, CTRS</i> CEU Session #7 .15 CEUs pending</p>	<p>This session provides an in depth coverage of recertification standards and requirements. Continuing education and professional experience will be described in detail. This session will also introduce the NCTRC Specialty Certification Program that was developed to formally recognize CTRS's who have acquired advanced knowledge and experience in specific practice settings.</p>
<p>ECOTHERAPY AS A THERAPEUTIC MODALITY OPTION FOR PERSONS WITH POST-TRAUMATIC STRESS DISORDER</p> <p><i>Kate Price-Howard Ph. D., CTRS</i> CEU Session #8 .15 CEUs pending</p>	<p>Since 2001, more than 2 million U.S. veterans have served in Operation Enduring Freedom (OEF- Afghanistan) and Operation Iraqi Freedom (OIF- Iraq) (Sayer, 2011). While not all returning veterans from OIF and OEF have a mental health diagnosis, most experience some kind of adjustment issues as they reintegrate into civilian and family life because thoughts and behaviors needed to survive in war are not necessarily helpful in a civilian life-style. In this study, we researched the eco-therapeutic program, Heroes on the Water (HOW), founded in 2007 to help veterans from all military branches to decompress, relax, and recover. This process aids veterans in recovering from the negative effects of war by using eco-therapeutic modalities of fishing, kayaking, and verbalizing their story to other veterans and para-professionals. It also provides an alternative kayaking therapy option for individuals diagnosed with Post-Traumatic Stress Disorder (PTSD) and/or Traumatic Brain Injury (TBI).</p>
<p>CONVERSATION CAFE: EXPLORING THERAPEUTIC RECREATION WITH STUDENTS</p> <p><i>Maggie Whaley, CTRS & Thea Kavanaugh, CTRS</i> Session #9 Student Session - NO CEUs</p>	<p>Students will be given the opportunity to explore their professional foundation in Therapeutic Recreation in a World Cafe style conversation. This format will allow students to engage in small group dialogue with their peers in a setting that encourages mindfulness and participation from every person involved. Conversation topics will include professional philosophy and advancement of the profession. Conversation outcomes will be assimilated in a whole group conversation to encourage action from conversation.</p>
<p>SIMPLE SCIENCE FOR EASY PARTICIPANT INVOLVEMENT IN RECREATIONAL THERAPY</p> <p><i>Rose Berghash, CTRS</i> CEU Session #10 .15 CEUs pending</p>	<p>This session will introduce the therapeutic benefits of doing science activities with people with developmental disabilities and behavioral health issues. Participants will learn techniques used to facilitate program success as well as how to apply the APIE process for continued change and improvement once implementing a science based program in their given setting. Assessment, implementation, research, program evaluation, and populations served will be discussed. The session will conclude with a wrap up discussion and questions.</p>

10:00 – 10:30 am BREAK

10:30 am - Noon CONCURRENT BREAKOUT SESSIONS

WHEELS MAKE A DIFFERENCE <i>Pam Robbins, MS</i> CEU Session #11 .15 CEUs pending	We will look at a new program to provide mobility and a greater quality of life to veterans. The program will include instructions on measuring the abilities of the patient and determining the appropriate bike they will benefit from. We will also look at creating a component of accountability to ensure the bikes are used, as well as a social aspect of a riding club that will be coordinated by staff at the veteran's facilities. This program is provided free to veterans throughout the country and part of the purpose of the presentation is to promote the program to therapists in the field as a resource.
VICARIOUS TRAUMA: WHAT PROMPTS POST TRAUMATIC GROWTH? <i>Joyce Mikal-Flynn, Ed. D., RN, FNP, MSN</i> CEU Session #12 .15 CEUs pending	Due to the fact Recreational Therapists work with clients who have endured life changing trauma or crisis, an awareness and understanding the impact of the life change on the families is necessary. Their lives changed as well. Additionally, RTs in their work with distressing events and personal conditions can utilize the information to see how it affects their wellbeing as well as allowing them to see their unique and distinct part of the healing process. Finally, growth after trauma has been identified at the individual level however, it is also noted in families and health care professionals who work with and are associated with survivors. RTs, while experiencing distress can also experience personal growth associated with their work. This presentation will provide hope, strength and insight into this aspect of the RTs work and potential.
SUICIDE PREVENTION GATEKEEPER TRAINING FOR RECREATIONAL THERAPISTS <i>Debbie Robinson, MS, CTRS/L, FACHE</i> CEU Session #13 .15 CEUs pending	Recreational Therapists are often placed in a position to assess or treat persons who are at risk of suicide. Along with community members and other clinicians, Recreational Therapists are gatekeepers who, when trained, can recognize the warning signs of suicide and connect a person at risk to get them appropriate help.
CANADIAN THERAPEUTIC RECREATION: LESSONS LEARNED WHILE INTERNING IN CANADA <i>Marc Zaremski, MS</i> CEU Session #14 .15 CEUs pending	Internships provide recent graduates with the clinical experience they need to be an effective recreational therapist in the field. Interning in Canada provides insight into the Therapeutic Recreation profession internationally and how it functions within a universal healthcare system. The goal of this presentation is to evaluate international intern experience and how it relates to the profession in the United State. This presentation will be discussion based to allow audience members to ask questions about the similarities and differences in administering therapeutic recreation in Canada in a physical medicine and rehabilitation setting. Audience members are encouraged to ask questions about how universal healthcare affects TR and how professional advancement is being pursued in the province of Alberta.
MARKETING THE TRANSFERABLE SKILLSET OF A PEDIATRIC CTRS IN NON-TRADITIONAL SETTINGS: INTENSIVE OUTPATIENT THERAPY <i>Heather Burket, Ed.M., CTRS, CCLS</i> CEU Session #15 .15 CEUs pending	This session is intended to help a CTRS learn how marketing the transferable skill set of a pediatric CTRS can contribute to the provision of Therapeutic Recreation in non-traditional settings, using Intensive Outpatient Therapy as an example.

Noon – 1:30 pm

Lunch on Your Own. Explore the Riverwalk!

1:30 – 3:00 pm

CONCURRENT BREAKOUT SESSIONS

<p>CARF INTERNATIONAL AND RECREATION THERAPY SERVICES</p> <p><i>Mary Lou Schilling, Ph.D., CTRS</i> CEU Session #16 .15 CEUs pending</p>	<p>This session will provide a review of CARF International standards of practice and the role recreation therapy can play in providing services that align with these standards. An overview of related standards in behavioral health, medical rehabilitation, aging, as well as child and youth services will be provided.</p>
<p>EVIDENCE BASED INTERVENTION HEALTH AND WELLNESS PROGRAMS FOR OLDER ADULTS</p> <p><i>Elizabeth M. Salinas, M.Ed., CTRS, TRS/TXC</i> CEU Session #17 .15 CEUs pending</p>	<p>Evidence Based Intervention (EBI) Health, Wellness and Prevention programs offer proven ways to promote health and wellness among older adults. Older adults who participate in EBI programs can lower their risk falls and improve long-term effects of chronic diseases, as well as providing skills and techniques for improving quality of life. Three specific Evidence Based Intervention programs for Older Adults will be discussed and participants will learn about where to find resources in their communities for EBI programs that are most appropriate for older adults.</p>
<p>SOUTH TEXAS REGIONAL ADAPTIVE AND PARALYMPIC SPORT (STRAPS) ENGAGES MORGANS PROCESS, Part 1</p> <p><i>Brooke Matula, CTRS and Lyn G Litchke, Ph.D.</i> CEU Session #18 .3 CEUs pending Part 1 of 2 – You Must Attend Both Parts to Earn CEUs</p>	<p>This two part session will cover the unique aspects of the cohesive partnership between STRAPS and Morgan's Wonderland (the first ultra-accessible theme park in the world). For part 1 the acronym MORGANS will be used to address the procedures for program evaluation and accountability, facility/equipment management, fiscal/budgeting management of this unique partnership. The "A" will be heavily emphasized in part 2 and focus on implementation of adaptive sports including needs of athletes, program selection, activity modification through use of adaptive devices, and community integration. Specific topics will include: Management of eight various adaptive sport programs; Operation of nonprofit partnership; Recruiting athletes, volunteers, and sponsors; Goal oriented interventions ; Athlete interaction and sport demonstrations; Networking with corporations and grant writing; and Success with program outcomes.</p>
<p>NCTRC INTERNSHIP GUIDELINES</p> <p><i>Susan Kaufer, CTRS and Noelle Molloy, CTRS</i> CEU Session #19 .15 CEUs pending</p>	<p>The internship experience is an integral part of preparing the future professional for practice as a successful Certified Therapeutic Recreation Specialist. In order to best prepare the student, it is necessary that you are aware of the current standards for the internship experience. This session provides an in depth coverage of the NCTRC Internship Standards. The information is geared to students embarking on their internship experience. It will include the requirements necessary to complete an internship experience and requirements to obtain professional eligibility to take the NCTRC exam.</p>
<p>WHY RT IS THE BEST THERAPY ON IRF</p> <p><i>Julianne Herrera, MS, CTRS</i> CEU Session #20 .15 CEUs pending</p>	<p>The information and techniques to be presented will benefit students, educators, and therapists regardless of their years of clinical experience. Over the past 8 years as a clinical instructor, I have noticed that RT students tend to be less prepared for basic knowledge sets related to an IRF setting when compared to PT, OT, and ST students. Concepts and techniques will be demonstrated in order for each participant to be more equipped to fulfill their clinical or job responsibilities more efficiently.</p>

3:00 – 3:30 pm

BREAK – Enjoy sodas and popcorn in the lobby.

3:30 – 5:00 pm

CONCURRENT BREAKOUT SESSIONS

FINDING AND IMPLEMENTING SUCCESSFUL INTERNSHIP EXPERIENCES <i>Jo Ellen Ross, CTRS, Ph.D. & Fran H. Stavola Daly, CTRS, Ed.D.</i> CEU Session #21 .15 CEUs pending	The culmination of a student's academic experience in Recreational Therapy is the internship. The purpose of this session is to examine factors that influence the internship experience in Recreational Therapy. Methods/requirements used by universities and field sites to train and prepare recreation therapists and meet NCTRC guidelines will be explored. The session will specifically discuss the site selection process, clinical supervision and student evaluation. Case studies will be discussed. This session is part of the work of the ATRA Higher Education Committee.
CONNECTING THE PRACTICE AND SCIENCE OF THERAPEUTIC RECREATION AND YOGA <i>Melissa Mroz, CTRS</i> CEU Session #22 .15 CEUs pending	A functional understanding of the mind/body connection in union with daily participation in choice activities guides towards an attuned and developed sense of esteem, efficacy, awareness and altruism. A recreation therapist's ability to connect and share this information purposefully while engaging in outcome oriented movement activities increases the individuals' ability to develop transferable skills and create their chosen quality of life in a sustainable manner. Evidence based research in neuroscience supports the use of meditation, mindfulness, breathing exercises and movement activities in the journey towards health and wellness. The information in this session will be explored through lively dialogue and experiencing a 3 minute breathing/movement activity that demonstrates the interventions spoken about. To close, individuals will be asked to write down and share how they feel they can effectively integrate what they learned into practice.
SOUTH TEXAS REGIONAL ADAPTIVE AND PARALYMPIC SPORT (STRAPS) ENGAGES MORGANS PROCESS, Part 2 <i>Brooke Matula, CTRS and Lyn G Litchke, Ph.D.</i> CEU Session #18 .3 CEUs pending Part 2 of 2 – You Must Attend Both Parts to Earn CEUs	Session will cover the unique aspects of the cohesive partnership between STRAPS and Morgan's Wonderland (the first ultra-accessible theme park in the world). Topics will include: Management of eight various adaptive sport programs; Operation of nonprofit partnership; Recruiting athletes, volunteers, and sponsors; Goal oriented interventions ; Athlete interaction and sport demonstrations; Networking with corporations and grant writing; and Success with program outcomes.
PROFESSIONAL ADVOCACY: ENGAGING OUR CONSUMERS AND OURSELVES <i>Anna Broome, BSRA, CTRS</i> CEU Session #23 .15 CEUs pending	This session will familiarize professionals with the nationwide self-advocacy movement. What is our role as RT/TR's in facilitating self-advocacy and self-determination with our consumers? How do we advocate for our profession? Participants will explore various agencies and opportunities for involvement at a state and national level not only for consumers but for themselves. Discussion of how individuals and organizations are promoting RT/TR in their states and at a national level.
AMERICAN THERAPEUTIC RECREATION ASSOCIATION STANDARDS OF PRACTICE OF RECREATION THERAPY & SELF-ASSESSMENT <i>Marcia Smith, CTRS, MA, ACSM-CEP</i> CEU Session #24 .15 CEUs pending	The ATRA Standards of Practice and Self-Assessment Guide was developed based upon requirement of health care regulatory agencies standards of health care accreditation agencies a review of related literature, including the NCTRC job Analysis and a comparison of standards of practice of other allied health disciplines. The Standards for the Practice of Recreational Therapy and Self-Assessment Guide (SOP-SAG), reflects standards for quality recreational therapy practice in a variety of settings. The 12 standards address components of the Job Analysis specifically the following: Professional Roles; Assessment; planning intervention and/or programs; implementation interventions and/or programs; documentation intervention services; & managing RT services.

5:15 – 6:15 pm



CONFERENCE KEYNOTE:

RECREATIONAL THERAPISTS AS LEADERS IN HEALTHCARE

CEU Session #5 | .1 CEUs pending

Rebecca J. Stackhouse, FACHE, VHA-CM, Associate Director, Salem VA Medical Center

The best Recreational Therapists are never satisfied with static treatment, “good enough” performance, or unchanging practice.

The best leaders are never satisfied with traditional practice, static thinking, conventional wisdom, or common performance. Outstanding leaders tend

to be described as visionary, innovators, intrinsically motivated, and inspirational. Recreational Therapists are often described as critical thinkers, socially perceptive, dependable, and service oriented. This session will provide opportunities to engage in personal reflection, sharing of experiences, and development of a cross walk between leadership skills and recreation therapy skills to identify why Recreational Therapists are well suited to become leaders within various vocational and professional organizations. The session will promote leadership in daily functioning, skill development, risk taking, and the goal of continuous learning, growing, and improving.

6:15 – 7:00 pm

KICKBACK SOCIAL – Drury guests enjoy free hot food and cold beverages. Drury offers a rotating menu of fresh, hot food and beer, wine, mixed drinks and soft drinks are served every day.

OPEN EVENING – DINNER ON YOUR OWN

TUESDAY • FEBRUARY 9, 2016

6:00-9:30 am

HOT BREAKFAST BUFFET

ATRA members who are registered at our host hotel can enjoy fresh, free hot breakfast daily! Options include make-your-own Belgian waffles, fresh fruit, oatmeal, biscuits and gravy, cereal and more.

6:30-7:15 am

Optional: Morning Walk or Exercise

7:30am - 5:00pm

Registration Desk Open

8:30 – 10:00 am CONCURRENT BREAKOUT SESSIONS

RT/TR: A UNIQUE AND EMPOWERING THERAPY FOR INDIVIDUALS WITH LIFE LIMITING ILLNESS <i>Lisa Frazier, CTRS</i> CEU Session #25 .15 CEUs pending	With the growth and advancement of Palliative Care as a medical delivery model for individuals with life limiting illness, the RT/TR profession is uniquely qualified and positioned to address quality of life and promote well-being for individuals and their families during this challenging time of life. This session will address foundation knowledge of life limiting illness and trends in palliative care, assessment tools based on best practice guidelines and evidence-based practice, and implementation education on modalities, interventions and facilitation techniques designed to meet individual needs.
LEISURE ON A BUDGET <i>Sara Curry, CTRS and Cecilia Rider, MS, CTRS</i> CEU Session #26 .15 CEUs pending	As Recreation Therapists, we recognize that leisure and recreation are an integral part of life. However, individuals with disabilities often encounter barriers to participating in leisure. In this session, we will talk about how we assessed the need for a "leisure on a budget" class at our facility and the resource options we used to address the financial barriers to participating in leisure which our patients identified. We will discuss resources such as websites and grant options which can be explored as part of an individualized treatment plan, tips for encouraging community involvement and fundraising, and inexpensive adaptations to common recreational activities. The session is applicable to individualized treatment plans as well as discharge planning and community re-entry.
NCTRC CERTIFICATION: ALL YOU NEED TO KNOW <i>Robin McNeal, CTRS</i> CEU Session #27 .15 CEUs pending	This session provides an in depth coverage of the NCTRC Certification Standards. It will include the requirements for application, application process, exam information, and requirements to maintain your certification.
STRESS, COPING, & PAIN: HOW IT AFFECTS THE REHAB PROCESS, Part 1 <i>Julianne Herrera MS, CTRS</i> CEU Session #28 .3 CEUs pending Part 1 of 2 – You Must Attend Both Parts to Earn CEUs	This session will provide information on the physiological effects of pain, stress, fear, and anxiety on the body and how Recreational Therapists can provide more effective interventions and alternative interventions related to coping strategies. The session will include ways to facilitate a Progressive Relaxation and Guided Imagery intervention.

10:00 – 10:30 am BREAK

10:30 am - Noon CONCURRENT BREAKOUT SESSIONS

CONFRONTING MORTALITY <i>Barb Stuebing, CTRS</i> CEU Session #29 .15 CEUs pending	As Baby Boomers age they are changing the way we engage and treat the dying. This session will help the TR/RT professional work with people who are confronting their own mortality. As TR/RT professionals we need to be prepared to participate in clear and honest conversations about perceived control and quality of life. In order to do this we will explore our own feelings about death and dying. The changes that are happening in the current health care paradigm, and how TR/RT's can facilitate interventions to help patients and families address their own mortality will be covered.
RECOGNIZE THE RED FLAGS TO HELP PREVENT CHILD ABUSE <i>Dana R. Dempsey, MS, CTRS</i> CEU Session #30 .15 CEUs pending	New stories about child sexual abuse are unfortunately becoming more common. Many of us work in settings with children and play a role in their safety. This session will cover information to help participants understand some of the misconceptions about child sexual abuse, recognize some of the red flags predators often exhibit, and learn about child abuse prevention training developed by Abuse Prevention Systems. This session applies to the following NCTRC Job Analysis areas: Foundational Knowledge, Administration of TR/RT Services, and Advancement of the Profession.
IMAGINE THERAPIES, CONTRACTING AS A BUSINESS <i>Leticia Gonzalez, CTRS</i> CEU Session #31 .15 CEUs pending	Administration of TR service: Participants will learn how Imagine Therapies, LLC contracts with agencies in and around the San Antonio area to provide TR services to individuals. Participants will grasp the concept of TR as a business and how contracting works in detail in relation to Imagine Therapies and its clients. Participants will learn how the business runs with other specialized therapies, and how the 2 owners supervise and manage 19 CTRS' and 2 TRS/TXC therapists. Participants will also understand how specialized therapist work together to meet the need of specialized therapies in San Antonio and hopefully carry that back to their home towns and cities. Imagine Therapies will also share the current contracting trends and issues as well as answer any questions and help participants fully understand what contracting is and how it has been successful for the clients of Imagine Therapies for almost 7 years.
STRESS, COPING, & PAIN: HOW IT AFFECTS THE REHAB PROCESS, Part 2 <i>Julianne Herrera, MS, CTRS</i> CEU Session #28 .3 CEUs pending Part 2 of 2 – You Must Attend Both Parts to Earn CEUs	This session will provide information on the physiological effects of pain, stress, fear, and anxiety on the body and how Recreational Therapists can provide more effective interventions and alternative interventions related to coping strategies. The session will include ways to facilitate a Progressive Relaxation and Guided Imagery intervention.

Noon – 1:30 pm Lunch on Your Own. Explore the Riverwalk!

1:30 – 3:00 pm CONCURRENT BREAKOUT SESSIONS

YOGA FOR ARTHRITIS & CHRONIC PAIN: AN EVIDENCE-BASED PROGRAM, Part 1 <i>Ann Swanson, M.S.</i> CEU Session #32 .3 CEUs pending Part 1 of 2 – You Must Attend Both Parts to Earn CEUs	Yoga for Arthritis is an evidence-based program developed by an interdisciplinary team of medical and healing professionals, including rheumatologists, psychologists, public health researchers and yoga therapists. Combining ancient yoga practices with modern medical knowledge, this program offers modifications to address the unique abilities and limitations of persons with rheumatoid arthritis and/or osteoarthritis. In a 7-year randomized clinical trial at Johns Hopkins University, the program's participation was associated with improved arthritis symptoms, physical fitness, psychological functioning and quality of life. Learn about this program and how to integrate some of the key principles into your practice as well as ways to team with yoga professionals.
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THE USE OF THERAPEUTIC RECREATION TECHNIQUES IN THE CARE OF CHILDREN WITH CHRONIC PAIN <i>Michelle M O'Hara, M.Ed</i> CEU Session #33 .15 CEUs pending	The Mayo Family Pediatric Pain Rehabilitation Center at Boston Children's Hospital recently introduced Therapeutic Recreation services into the multi-disciplinary team providing care to children and adolescents with chronic pain. This session will focus on the creation of the Therapeutic Recreation program including the development and implementation of leisure and time assessments, programming protocols and plans of care. Two multidisciplinary case studies will be provided to compare and contrast the care provided for a patient with chronic headaches and a patient with CRPS. During these case studies, a hands on activity will be lead and time for sharing and interaction will be given to determine best possible practices for successful outcomes.
CAREGIVER TRAINING AS A COMPONENT OF RECREATION THERAPY COMMUNITY REINTEGRATION TRAINING <i>Madalyn Weber, M.S., CTRS and Elizabeth Thrush, CTRS</i> CEU Session #34 .15 CEUs pending	This educational and interactive session will describe the Shepherd Center's Recreation Therapy Caregiver Training Program. We will review both community based and resource components of the SCI and the ABI caregiver training intervention. The planning process for community based training will be reviewed to address potential risk management issues and program advocacy. Interactive group discussion will be included so participants will be able to identify potential barriers and solutions for implementing a program.
"ADVENTURE DAYS" SOUTHERN IN REHAB HOSPITAL STROKE CAMP <i>Deb Strickler, CTRS</i> CEU Session #35 .15 CEUs pending	Southern Indiana Rehab Hospital has been hosting a Stroke Camp for 20 years. The camp is designed to provide a getaway weekend for stroke survivors and a respite opportunity for caregivers. Campers participate in outdoor activities with the assistance of trained professionals in a structured, accessible environment. Camp also offers participants a chance to socialize with others who have had a stroke and learn more about stroke recovery and re-adjustment into leisure activities.

3:00 – 3:30 pm

BREAK – Enjoy sodas and popcorn in the lobby.

3:30 – 5:00 pm

CONCURRENT BREAKOUT SESSIONS

YOGA FOR ARTHRITIS & CHRONIC PAIN: AN EVIDENCE-BASED PROGRAM, Part 2 <i>Ann Swanson, M.S.</i> CEU Session #32 .3 CEUs pending Part 2 of 2 – You Must Attend Both Parts to Earn CEUs	Yoga for Arthritis is an evidence-based program developed by an interdisciplinary team of medical and healing professionals, including rheumatologists, psychologists, public health researchers and yoga therapists. Combining ancient yoga practices with modern medical knowledge, this program offers modifications to address the unique abilities and limitations of persons with rheumatoid arthritis and/or osteoarthritis. In a 7-year randomized clinical trial at Johns Hopkins University, the program's participation was associated with improved arthritis symptoms, physical fitness, psychological functioning and quality of life. Learn about this program and how to integrate some of the key principles into your practice as well as ways to team with yoga professionals.
PROJECT INFINITY: BRIDGING THE GAP BETWEEN DIAGNOSIS AND STATE PROVIDED SERVICES <i>Katherine Vara, M.S., CTRS</i> CEU Session #36 .15 CEUs pending	Advances in the field of medicine have increased physician's abilities to diagnose disorders and diseases during early childhood. These advances have, in part, contributed to an increase in the need for specialized therapies. After receiving a diagnosis, families that qualify for state provided specialized therapies often end up on a wait list. This wait list averages 7-10 years before a family receives services. Research has repeatedly proven early intervention is key for individuals with disabilities, however it can be difficult to attain without proper insurance or the ability to afford private pay. The speaker will discuss how the interdisciplinary team is addressing the increasing community needs while ensuring accessibility and inclusion for all participants, with the primary focus being on recreational therapy services.
BELAY ON! PROGRAMMING INCLUSIVE OUTDOOR RECREATION <i>Sandra Heath, CTRS</i> CEU Session #37 .15 CEUs pending	Outdoor recreation is for everyone! This session will present steps that your organization can take to program for inclusive rock-climbing, kayaking, and beyond. Leave this session prepared to develop your staff's adaptive programming skills and create an infrastructure that is welcoming and safe for all. Session includes information on assessment, inclusivity and implementation and evaluation strategies.

PREDICTIVE NATURE OF RECREATIONAL THERAPY ON FIM SCORES <i>Melissa L. Zahl, Ph.D., CTRS/L</i> CEU Session #38 .15 CEUs pending	Recreational therapy is common practice in the treatment of stroke, brain injury, spinal cord injury, and other neurological impairments. Part of a multidisciplinary treatment team within physical medicine and rehabilitation recreational therapy appears to predict changes in functional outcomes as measured by the FIM scale. This presentation will describe the rehabilitation and research process that occurred and conclusions based on the results of this study.

5:30 – 7:00 pm

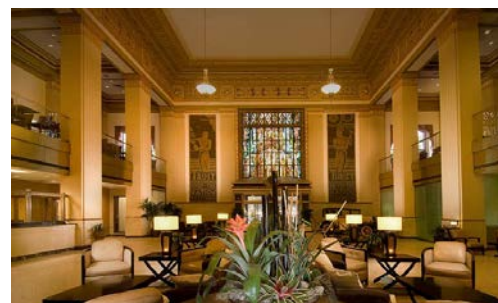
KICKBACK SOCIAL – Drury guests enjoy free hot food and cold beverages at our 5:30 Kickback. Try something different every night! Our rotating menu of fresh, hot food and beer, wine, mixed drinks and soft drinks are served every day.

OPEN EVENING – DINNER ON YOUR OWN

Hotel Information

Drury Plaza Hotel San Antonio Riverwalk
105 South St. Mary's Street | San Antonio, Texas 78205

Important to Note: There are TWO Drury properties on the Riverwalk in San Antonio. Please make sure your reservations are for the **Drury Plaza Hotel at 105 South St. Mary's Street.**



Room Rate: \$149.00 single or double occupancy

Room types: 2 room suite with king bed; king bed deluxe; or 2 queen bed deluxe

Call (800) 325-0720 or visit www.druryhotels.com with the group code 2231029 to qualify for this rate. ROOM BLOCK CUTOFF IS January 11, 2016, or until the block is sold out.

Lodging includes a hot breakfast, a 5:30PM Kickback of hot food and cold beverages, free long distance, wireless internet in all rooms and the lobby, and soda and popcorn from 3:00PM-10:00PM in the lobby. Check-in is at 3:00PM and check-out is at 11:00AM. Parking is valet at \$21 per night for overnight guests only.

General Information

CEUs: CEU pre-approval through NCTRC is in process. ATRA and NCTRC cannot guarantee that every session offered for this continuing education opportunity will be granted CEUs. Earn up to 1.3 CEUs for session attendance; plus up to .65 for pre-conference attendance. Please contact the ATRA office if you have any questions regarding CEUs.

Conference Registration/Packages: A full package includes Sunday's general session and Reception as well as Monday and Tuesday's concurrent sessions. Additional fees apply to all conference attendees for CEUs and pre-conferences. If you are a guest at the Drury Plaza Hotel San Antonio Riverwalk, your hotel room rate includes a hot breakfast each morning as well as sodas and popcorn during the day and a Kickback Social each evening at 5:30pm.

Special Services: Please attach a written description of services required for your full participation to your registration form. Requests such as special diet, wheelchair transportation, large print handouts, interpreter, educational assistance for test taking, etc., must be made in writing in advance. Accommodations may not be guaranteed for requests received after January 11, 2016.

Recommended Dress: Business Casual. As conference meeting room temperatures vary, we recommend that you bring a jacket or sweater.

Cancellation/Refunds: All requests for refunds must be made in writing to ATRA. Cancellations marked before January 22, 2016, will receive a full refund minus \$50 processing fee. After March 4th refund requests are reviewed on a case-by-case basis. No refunds will be made after February 7, 2016. Refunds will not be made for no-shows.

Questions: Contact the ATRA Office
 Phone: 601.450.2872 (ATRA)
 Fax: 601.582.3354
 Email: Conferences@atra-online.com
 Mail: 629 N. Main Street, Hattiesburg, MS 39401



Register by January 11th for best discounts!

ATRA Mid-Year Conference | February 7-9, 2016
San Antonio, Texas | Drury Plaza Hotel Riverwalk

Badge Information: (Print carefully, your badge will be printed from this information.)	Full Name _____
	City _____ State _____
	Organization _____
	CTRS? <input type="checkbox"/> Yes <input type="checkbox"/> No Other credentials _____
Contact Information:	Mailing Address _____
	City _____ State _____
	Email: _____
	Cell Phone Number or Daytime Work Number: _____
Special Dietary Needs or Accommodations:	Who Can We Contact in the Event of Emergency While You are in San Antonio: Name: _____ Phone Number: _____
	<input type="checkbox"/> Yes <input type="checkbox"/> No Do you require reasonable accommodations in order to fully participate: If yes, please list. _____
	<input type="checkbox"/> Yes <input type="checkbox"/> No Do you have special dietary restrictions? If yes, please list. _____

FULL PACKAGE Registration: Includes Sunday Evening Keynote, All Sessions on Monday and Tuesday

Full Package	EARLY BIRD: On or Before 1/11/16	REGULAR: On or Before 1/22/16	ONSITE: After 1/22/16
Professional ATRA Member	\$220	\$250	\$260
Professional Non-Member	\$340	\$375	\$385
Student/Emeritus Member	\$75	\$75	\$85
Student Non-Member	\$145	\$145	\$155

DAILY Registration: Select Day(s): ☐ Monday, 2/8/16 ☐ Tuesday, 2/9/16

Full Package	EARLY BIRD: On or Before 1/11/16	REGULAR: On or Before 1/22/16	ONSITE: After 1/22/16
Professional ATRA Member	\$125	\$155	\$165
Professional Non-Member	\$185	\$210	\$220
Student/Emeritus Member	\$50	\$50	\$60
Student Non-Member	\$85	\$85	\$95

ADD-ONS:

	ATRA Member	Non-Member	Student
CEUs & Transcript	\$20	\$35	
#PC1 - VETREC on Water	\$125	\$210	\$95
#PC2 - Dementia Practice	\$160	\$230	\$135
#PC3 - Master's Degree (1/2 Day)	FREE to registrants	FREE to registrants	
#PC4 - BEAMZ (1/2 Day)	\$60	\$100	\$45

TOTAL PAYMENT ENCLOSED: \$_____

Method of Payment: ☐ Check or Money Order (Payable to ATRA in US Dollars) ☐ Purchase Order #_____

☐ Please register ONLINE if paying by credit card. Need help? Call us. 601-450-2872!

RETURN TO ATRA:

☐ Mail to: ATRA - 629 N. Main Street – Hattiesburg MS 39401

☐ Register online: www.atra-online.com

☐ Fax with Credit Card or PO to: 601.582.3354