

Pennsylvania Recreation & Park Society  
2131 Sandy Drive  
State College, PA 16803  
www.prps.org



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## PA RECREATION & PARK SOCIETY AND THE PA THERAPEUTIC RECREATION SOCIETY PRESENT

**October 23, 2015**

**Animal Assisted Therapy**

**Equiteam Support Services, Dallastown**

**October 29, 2015**

**Understanding the Umbrella of Dementia:**

**Practical Planning for Successful**

**Programming**

**Masonic Village, Sewickley**

**November 6, 2015**

**Managing Behavior in Recreation Therapy**

**Verona, PA**

**November 9, 2015**

**Understanding the Umbrella of Dementia:**

**Practical Planning for Successful**

**Programming**

**York College-Alumni Hall, York**

**November 19, 2015**

**Creating a Positive Vision for Leadership**

**Masonic Village, Elizabethtown**

**November 20, 2015**

**Creating a Postive Vision for Leadership**

**Beaumont at Bryn Mawr**

**November 20, 2015**

**Managing Behavior in Recreation Therapy**

**State College, PA**

# PTRS Fall Workshops

## General Information

### Registration

Register online at [www.prps.org](http://www.prps.org) or call the PRPS office at 814-234-4272.

The registration deadline is one week before the date of each workshop. If the workshop has less than 15 participants, it may be cancelled or rescheduled. Please register early.

### CEU's

.6 CEUs are included in each workshop.

### Lunch

Some fall workshops include lunch and some lunch is on your own. Please review the brochure for details.

### Cancellation Policy

Registration fee less a \$20 service charge per person will be refunded if cancellation is made in writing five days prior to the course date. After the deadline a "Credit Certificate" will be issued upon request redeemable as registration fee toward a future PRPS workshop. No shows will be charged the full rate. In the unlikely event of the cancellation of this workshop, PRPS's liability is limited to 100 percent refund of registration fees and does not include penalty fees on transportation, deposits for hotel accommodations, or other incurred expenses.

### Who Should Attend?

- Recreation Therapists
- Recreation Directors
- Recreation Staff
- Activity Directors
- Activity Assistants
- Nursing Assistants
- Allied Healthcare Professionals
- Volunteers
- Senior Center Directors
- Senior Center Support Staff

### Questions

Contact the PRPS office at 814-234-4272 or email [prpsinfo@prps.org](mailto:prpsinfo@prps.org).

## Understanding the Umbrella of Dementia: Practical Planning for Successful Programming (.6 CEUs)

9:00 am – 4:00 pm

Registration: 8:30 am – 9:00 am

**Two dates and  
locations!**

### October 29, 2015

Lunch on your own

**Location:** Masonic Village Sewickley  
1000 Masonic Drive  
Sewickley, PA 15143

*Speaker: Carrie Chiusano, ADC, is the Administrator for Presbyterian SeniorCare's Woodside Place. Carrie has 29 years of long-term care experience*

### Registration Fees:

PRPS/PTRS Member	\$70
Non-member	\$105
Student/Retiree	\$15

### November 9, 2015

Lunch on your own

**Location:** York College - Alumni Hall  
West Campus Community Center  
Richland Avenue  
York, PA

*Speaker: Becky Kandrak, CTRS, has been employed at the Masonic Villages at Elizabethtown for 19 years. Becky has 17 years of Dementia Care experience.*

This Workshop will cover all aspects, starting with the disease process right through programming. You will learn the day – to-day activity and challenges of working with someone with dementia from hands on team members in the field of dementia care. Topics discussed will be the many types of dementia, current research, sensory techniques for the aging and practical programming...including technology advances.

### Learning Outcomes:

1. Gain a better understanding of the many types and stages of dementia along with current research taking place.
2. Learn about sensory changes with aging and how it affects the individual with dementia
3. Engage in discussion with workshop participants on successful planning for programming while implementing technology advances.

# PTRS Fall Workshops

## Creating a Vision for Positive Leadership (.6 CEUs)

9:00 am – 4:00 pm

Registration: 8:30 am – 9:00 am

**Two dates and  
locations!**

**November 19, 2015**

*Lunch on your own*

**Location:** Masonic Village at Elizabethtown  
One Masonic Drive  
Elizabethtown, PA 17022

### Registration Fees for Masonic Village:

PRPS/PTRS Member	\$70
Non-member	\$105
Student/Retiree	\$15

**November 20, 2015**

*Lunch is included*

**Location:** Beaumont at Bryn Mawr  
601 North Ithan Avenue  
Bryn Mawr, PA 19010

### Registration Fees for Beaumont:

PRPS/PTRS Member	\$80
Non-member	\$115
Student/Retiree	\$25

*Speakers: Karen Hammond, Recreation Director and Concierge, Masonic Villages at Sewickley, PA; Kirk S. Rakos, M.Ed/CTRS, Supervisor Therapeutic Recreation Services, Masonic Villages at Elizabethtown, PA*

Our ever changing work environment presents daily challenges to our leaders and future leaders. An effective leader needs to create a positive workplace for their employees. This workshop will provide both leaders and future leaders the knowledge and skills required to challenge motivate and grow their employee's careers. The tools explored for career coaching include the Seven Career Coaching Questions, performance reviews and reinforcement.

### Learning Objectives

- Learn the steps to motivate an individual employee to go beyond being a solid performer.
- Understand the value of offering career coaching sessions for professional development.
- Learn the steps to start and implement career planning discussions with an employee.
- Learn how to conduct an effective performance review

## Managing Behavior in Recreation Therapy (.6 CEUs)

9:00 am – 4:00 pm

Registration: 8:30 am – 9:00 am

**Two dates and  
locations!**

**November 6, 2015**

*Lunch on your own*

**Location:** Longwood at Oakmont  
Grandview Building-Pruitt Conference Suite  
500 Route 909  
Verona, PA 15147

**November 20, 2015**

*Lunch on your own*

**Location:** PA Recreation & Park Society  
2131 Sandy Drive  
State College, PA 16803

### Registration Fees:

PRPS/PTRS Member	\$70
Non-member	\$105
Student/Retired	\$15

*Speaker: Liz Decina, MEd, CTRS, CBIS, currently works at MossRehab on the Drucker Brain Injury Unit. Liz received her Masters of Science in Education in Applied Behavior Analysis from Temple University. Liz's professional experience includes working with children and adults who have severe behavioral challenge and Autism. For the past six years Liz has worked with adults with Acquired and Traumatic Brain Injury in Rehabilitation Settings.*

We all deal with challenging behaviors that affect the productivity and outcomes of our therapy sessions. Challenging behaviors can be especially problematic in a group therapy session. This session will teach you the basic principles of behavior and strategies to manage behavior during an individual and group Recreation Therapy session.

### Learning Outcomes

1. Participants will learn the basic principles of behavior.
2. Participants will learn how to identify challenging behaviors and their probable causes within a therapy session.
3. Participants will learn useful strategies to manage challenging behaviors within individual and group therapy sessions.

# PTRS Fall Workshops

## Animal Assisted Therapy (.6 CEUs)

9:00 am – 4:00 pm

Registration: 8:30 am – 9:00 am

**October 23, 2015**

*Box Lunch is included - please select your preference online!  
Your choices are ham or turkey.*

**Location:** EquiTeam Support Services  
1200 South Pleasant Avenue  
Dallastown, PA 17313

### Registration Fees:

PRPS/PTRS Member	\$80
Non-member	\$115
Student/Retiree	\$25

**9:00 am - 10:15 am**

### Session 1: Overview of Equine Assisted Psychotherapy and Equine Assisted Learning (utilizing the Horse Boy Method)

*Speaker: Ellie Williams, MS, NCC, LPC, BCPC. Since becoming the Executive Director of EquiTeam Support Services in 2007 Ellie has become a practitioner in the Horse Boy Method and is completing practical application in Dyadic Developmental Psychotherapy.*

What is Equine Assisted Psychotherapy (EAP)? A therapeutic intervention so often confused with other equine therapies. The presentation will give a detailed overview of EAP and discuss why horses are an effective addition to mental health therapy. How does Equine Assisted Psychotherapy work, makeup of the treatment team, the clientele, as well as establishing goals with each client.

Discussion will move to Equine Assisted Learning Utilizing the Horse Boy Method. Rupert Isaacson, author of the Horse Boy and director of the film by the same name created this unique method to assist children on the Autism spectrum. The six stage method includes a safe and healthy environment, sensory work, back riding, perspective taking, academics and self advocacy. The presentation will discuss how to obtain a detailed history regarding an individual with Autism's likes and dislikes is obtained as well as ensuring involvement of the entire family.

### Learning Objectives:

- Differentiate between EAP and other equine therapies.
- Ability to explore the effectiveness of utilizing horses in therapy.
- Recognition of roles within the therapy team.
- Identify the six stages of the Horse Boy Method.

**10:30 am - 11:45 am**

### Session 2: Equine Assisted Psychotherapy and Learning Interactive Workshop

This workshop will take participants into the barn to meet the horses and have a hands-on interactive experience of equine assisted psychotherapy and learning. The treatment team comprised of the equine specialist and mental health professional will talk in more detail about the roles of each team member. Following the tour and discussion, participants will move into the arena with a horse/horses and participate in an interactive demonstration. Participants will be given a task/challenge to complete to reach an identified goal. Experiencing equine assisted psychotherapy and learning first hand, in the arena, will not only be fun, it will give participants a clear understanding of this interesting and powerful modality.

**1:00 pm - 2:15 pm**

### Session 3: Animal Assisted Therapy: What, Why and How? Part 1

*Speaker: Haley B Smith, CTRS, Wellspan Surgery and Rehabilitation Hospital, York*

This is session 1 of a 2 part series. This session will give an overview of what is animal assisted therapy and the history behind it. We will look at the various populations that benefit from animal assisted therapy and what types of animals are best to use for this therapeutic intervention.

### Learning Objectives:

1. Participants will be able to provide an explanation of what animal assisted therapy is.
2. Participants will be able to identify 3 populations that would benefit from animal assisted therapy.
3. Participants will be able to 3 animals that can be used for animal assisted therapy

**2:30 pm - 3:45 pm**

### Session 4: Animal Assisted Therapy: What, Why and How? Part 2

*Speaker: Gemma Martin, Retired school teacher, horseback rider, skier, shows and trains dogs*

This is session 2 of a 2 part series on animal assisted therapy. This session will give an overview of various animal assisted therapy interventions and programs used in York County and the surrounding areas. This session will give participants a hands on experience to animal assisted therapy. This session will also give an overview of how one would go about getting their pet to be a certified therapy animal.

### Learning Objectives:

1. Participants will be able to provide appropriate steps needed to get an animal certified to be a therapy dog.
2. Participants will be able to demonstrate 2 therapeutic interventions used in animal assisted therapy.