



2017 SPRING WORKSHOPS

District 1

Friday
Apr 21

Save The Date More Details On Sessions To Be Announced Shortly - Location: Presbyterian Senior Care Oakmont Community

Speaker for all sessions: Becky A. Kandrac, CTRS @ Masonic Villages at Elizabethtown
8:30 to 9:00 Registration
9:00 to 10:15 **Session 1 Late Stage Dementia**
10:15-10:30 Break
10:30-11:45 **Session 2 Late Stage Dementia Continued**
11:45-12:15 Introduction to PTRS
12:15-1:00 Lunch
1:15-2:30 **Session 3 Behavior Modification Planning for Individuals with Dementia**
2:45-4:00 **Session 4 Dementia Education for Family and Caregivers**

District 3

Thursday
Apr 6

Location: Einstein Healthcare Network MossRehab - 60 Township Line Elkins Park

8:30 to 9:00 Registration
9:00 to 10:15 **Session 1 Coaching To Bring Out The Best**

Session
1

Speaker: Anne T. Wieland, CTRS, MHA Team Leader @ MossRehab

Session Description: Think of a really powerful coaching experience you have had with your boss, teacher, mentor, sports coach, etc. from any time in your life. What did the coach say and do that made it such a powerful experience for you? What impact did it have on your life? Coaching is a system of staff development that encourages employees/students to learn by discovery through guided discussions and hand-on experiences. During this session you will learn how to be a "coach" by learning how to identify opportunities to help someone expand his or her skills, knowledge and abilities.

Participants Will: Identify three strengths of a coach and creating a coaching environment. Identify the biggest challenge in coaching and creating a coaching environment. Describe the dream role of coaching within their work, school, and home environment.

10:15-10:30 Break

10:30-11:45 **Session 2 Coaching To Bring Out the Best Continued**

11:45-12:15 Introduction to PTRS

12:15-1:00 Lunch

1:15-2:30 **Session 3 Development of a Quality Therapeutic Recreation Internship**

Speaker: Emily Connors, CTRS Professor @ York College of Pennsylvania

Session Description: There are numerous benefits to having an internship student at your facility. However, with a quality internship comes planning! This session will explore these benefits for the professional and the agency in addition to discussing the preparation required and tips for implementation.

Participants Will: Identify 3 benefits of hosting an internship student. Have knowledge of content required in an internship manual. Be familiar with the NCTRC internship guidelines and how to implement these guidelines throughout the internship. Be able to identify the steps in planning for the student as well as implementation.

2:45-4:00 **Session 4 Development of a Quality Therapeutic Recreation Internship Continued**

Session
4

District 2

Wednesday
Apr 12

Location: York College of PA West Campus Community Center

8:30 to 9:00 Registration

9:00 to 10:15 **Session 1 Modalities and Modification**

Speaker: Jeffrey McCormack, CTRS Level III Therapist @ MossRehab

Session
1

Session Description: This session will review various modalities and how to modify them to work for any setting/ population. Have you ever wonder how to modify common activities to make them more desirable and beneficial for your clients? This session will address the four principles of adaption. You will learn how to modify several activities to focus on goals you have established for your clients. An open discussion will be held on what works best for your setting/population.
Participants Will: Identify four principles of adaption. Identify three ways adapting activities assists in a client reaching their goals. Identify how to adapt two common activities for any setting/population.

10:15-10:30 Break

10:30-11:45 **Session 2 Flying by the Seat of Our Pants: Adapting for Engagement When the Plan**

Speaker: Genee Bower, CTRS @ Bethany Village

Session
2

Session Description: Not everything always goes according to plan. Learn how to quickly adjust, adapt, and engage on the fly in order to achieve your goals even when you are thrown a curve.

Participants Will: Understand task analysis and how to break down a modality into focused goals. Identify the levels of engagement and participation and easily choose an appropriate goal for participants. Add 3 "back pocket" modalities to their repertoire for time of transition or when a quick back-up intervention is needed.

11:45-12:15 Introduction to PTRS

12:15-1:00 Lunch

1:15-2:30 **Session 3 The Use of Essential Oils as a Therapeutic Recreation Intervention**

Speaker: Emily Connors, CTRS Professor @ York College of Pennsylvania

Session
3

Session Description: The proper use of essential oils can be utilized for pain management, relaxation, sensory stimulation, end-of-life care, appetite stimulation and concentration. In this session, participants will learn what essential oils are and how they work on the body. Participants will also learn how to incorporate the use of essential oils as an intervention to meet a variety of therapeutic recreation goals.

Participants Will: Understand how essential oils work on the body. Understand precautions when using essential oils. Identify three ways they can use essential oils in their Therapeutic Recreation Program.

2:45-4:00 **Session 4 An Introduction to Mneme Therapy**

Speaker: Emily Seilhammer

Session
4

Session Description: Gain an understanding of this unique art-based program designed to engage individuals in a satisfying, one on one experience.

Participants Will: Understand what Mneme Therapy is. Be able to list three benefits of Mneme Therapy. Be able to identify resources for bringing Mneme Therapy to clients.