

*"Leisure Education and Therapeutic Recreation are assistive tools to enable the individual to 1) gain a broader understanding of where, why, how, and with whom he can pursue his leisure interests and experiences and 2) unlearn non-adaptive and learn more functional responses, i.e. to develop different modes of leisure behavior which will enable the individual to adapt to the environment to meet his free time needs." (Witt, Campbell & Witt, A Manual of Therapeutic Group Activities for Leisure Education, 1981).*