

*Therapeutic Recreation Association of Atlantic Canada
and Nova Scotia Recreation Professionals in Health*

Present

A Joint Workshop

“Revitalizing Your Practice”



OCTOBER 26 & 27, 2017

NSCC Waterfront Campus

Atlantica Hotel

Veteran's Memorial Building Auditorium

Program Schedule

Day 1 – Thursday, October 26th

1:00 p.m. – 4:00 p.m. – Student/Professional Networking Event

NSCC Waterfront Campus - 80 Mawiomi Place, Dartmouth

All TR Professionals from across N.S. are welcome and encouraged to attend this networking event hosted by students studying Therapeutic Recreation in both Diploma and Degree programs in N.S.

Plan to join us! Full details to follow.

6:00 p.m. – 12:00 a.m. - Atlantica Hotel - 1980 Robie Street, Halifax

6:00 p.m. – 7:00 p.m. “Board Meet and Greet” and Social (cash bar)

7:00 p.m. – 9:00 p.m. NSRPH and TRAAC invite you to attend the Banquet and annual Awards Ceremony (cash bar)

9:00 p.m. – 12:00 a.m. Open Mic/Jam Session – Bring along your instrument and join us for a fun evening (cash bar)



Day 2 – Friday, October 27th

Veteran’s Memorial Building Auditorium - 5955 Veteran’s Memorial Lane

7:00 a.m. – 8:00 a.m. Registration

8:00 a.m. - 8:15 a.m. Welcome

8:15 a.m. - 9:30 a.m.

Session 1 - (0.125 CEU)

Keynote: Building Your Professional Social Capital - Crystal Watson, CTRS

Putnam (2001) defined social capital as “connections among individuals and more specifically the social networks and norms of reciprocity and trustworthiness that arise from those connections (p. 1). To advance Recreation Therapy practice as a key for improving the quality of life for Nova Scotians *and* to develop one’s professional practice, students, early career and senior professionals must continue to expand and strengthen their connections/professional social capital making themselves indispensable.

By the end of the session the participants will be able to:

1. Articulate three trend-induced reasons for building their professional social capital
2. Identify three qualities needed for building stronger professional connections
3. Develop a personal social capital plan

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9:30 a.m. - 9:45 a.m. Nutrition Break

9:45 a.m. – 11:45 p.m.

Session 2 - (0.2 CEU)

The Role of Recreation Therapy in the Management of Responsive Behaviors: A Skills Development Workshop for the Recreation Therapy Practitioner – Coleen Lawlor, CTRS & Emily A’Court, CTRS

The term “responsive behaviors” refers to ways that people with a cognitive impairment can act at times. These behaviors can present in many ways including repeatedly calling out for help, pacing and wandering, striking out, getting frustrated over word finding difficulties or withdrawing socially. Understanding the meaning behind these behaviors can be difficult and challenge the skills of the care providers. To effectively understand and support a person with responsive behaviors, a skilled and systematic approach must be taken to identify the behavior specifically and uncover the causes that might be preventing a person from fully benefiting in their day to day quality of life. Recreation Therapy professionals play a key role in the management of responsive behaviors using a non-pharmacological approach. Join us in an interactive session designed for the participant to have a fuller understanding of responsive behaviors, what causes them, and how the Recreation Therapy process can be implemented to create a positive behavior change. At the end of the session, you will leave with the skills and confidence you need to make a positive difference in the lives of people with responsive behaviors in your work setting.

At the end of the session, participants will be able to:

1. Identify 5 common responsive behaviors and identify a minimum of 1 - 2 effective strategies and interventions to manage each identified behavior.
2. Practice writing goals and objectives that successfully communicate the intended outcome of reducing responsive behaviors.
3. Develop skills in therapeutic and communication approaches in dementia care creating a stronger foundation for professional documentation and language.
4. Identify 3 key components of a Responsive Behaviors Philosophy and discuss in small groups actions they can take to incorporate this philosophy in their work environment.

11:45 a.m. - 1:15 p.m. Lunch and NSRPH AGM

Concurrent Sessions:

1:15 p.m. - 2:45 p.m.

Session 3A - (0.15 CEU)

Building and Enhancing your Professional Practice: Securing TR Positions – Shelley Smith, CTRS

This presentation will provide an overview for students on how to prepare for work in the field of Therapeutic Recreation. Discussion will include important considerations for networking, how to enhance your skills and how to market yourself.

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Upon completion of this session participants will:

1. Have an understanding of the importance of professional networking and how to enhance their skills in the field of TR.
2. Be able to identify key items for their resume, how to prepare for an interview and describe what a professional development plan is.
3. Have an understanding of their own strengths and what a potential employer might be looking for.

1:15 p.m. - 2:45 p.m.

Session 3B - (0.15 CEU)

Supporting Successful Student Placements – Dawn MacDonald, CTRS

Students can be a wonderful asset to any work setting. They are our future colleagues and can bring a wealth of knowledge regarding new trends and emerging perspectives. They also provide an opportunity for the supervisors to develop skills related to adult education and communication. Supporting students allows practitioners to give back to the profession and provide pivotal learning experiences that can impact the future development and success of the students. At times, it can be difficult to balance the demands of providing consistent practice while offering student focused learning opportunities. During this session, we will review techniques and strategies for scaffolding student learning, providing meaningful feedback and effective evaluation. Participants will also get to discuss innovative student learning opportunities with their peers.

At the end of the session, participants will be able to:

1. Identify key placement competency areas.
2. Identify at least 3 key learning outcomes for student placements.
3. Enhance the understanding of the importance of positive student placements and how it prepares the individual for employment.
4. Upon completion of this session, each participant will be able to list at least 3 resources for supporting student placements.
5. Discuss possible student learning opportunities for specific service settings.

2:45 p.m. – 3:00 p.m. – Nutrition Break

3:00 p.m. - 4:15 p.m. – NSRPH and TRAAC’s Revitalization Committee Debrief and “Next Steps” session

4:15 p.m. - 4:30 p.m. – Workshop Wrap-up and Evaluations

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Accessibility Compliance Statement: During our Fall Symposium, we want to ensure that any person wanting to increase their learning experience can do so. We will be complying with the Canadian Legislation, which includes: Canadian Charter of Rights and Freedoms, Canadian Human Rights Act as well as the UN Convention on the Rights of Persons with Disabilities. If you have any questions about accommodations please do not hesitate to contact Kate Giles, Registration Co-Chair at kateasgiles@gmail.com.

Speaker Biographies

Emily A'Court is originally from Brossard, Quebec and is a graduate of the Applied Human Sciences program with a specialization in Therapeutic Recreation from Concordia University. She pursued her certification through the Equivalency Path B and obtained her CTRS designation in 2007. Emily moved to Nova Scotia to pursue her career in Recreation Therapy and has been employed with the Nova Scotia Health Authority for over 10 years. Her employment began as a Therapeutic Assistant where she gained experience working with a variety of populations in Rehabilitation, Transitional Care, and Acute Care settings. Emily's clinical expertise and passion is in dementia care. She has worked as a Recreation Therapist with Veterans' Services providing care to residents with advanced dementia since 2007 and has been in the role of Interprofessional Clinical Lead for 4 years fostering collaboration and team-based health care delivery.

Coleen Lawlor, works as Recreation Therapist with the Acquired Brain Injury Service, at the Nova Scotia Rehab Center. Coleen has worked in a variety of settings in the Nova Scotia Health Authority, including the Acquired Brain Injury Service, Medical Teaching Units, Community Health Units and Transitional Care. Coleen has also been an active NSRPH board member for the past 16 years.

Dawn MacDonald graduated from Dalhousie University with her BSc in both Kinesiology and Therapeutic Recreation. Upon becoming a CTRS, Dawn worked primarily with in the Mental Health program in Halifax with adults. In 2010, Cape Breton called her home and she spent five years with Caperbase Youth Outreach services before taking the role as primary instructor for the Therapeutic Recreation Diploma program at the Marconi Campus. During her free time, Dawn loves to paint and participate in the many wonderful outdoor activities Cape Breton has to offer, especially with her BFF (aka. Nanny). Dawn lives in her childhood hometown of Glace Bay with her husband Rodney and their cats; Sophie, Penny and Bubba.

Shelley Smith has over 16 years of experience in the field of Therapeutic Recreation including positions within Pediatric Rehabilitation, Long Term Care, Transitional Care, Stroke, Neurology and General Medicine/Acute Care. She is currently the Lead Faculty for the Therapeutic Recreation Diploma Program at the Nova Scotia Community College – Waterfront Campus and has been actively involved with our Professional Associations since 2005. This has included Board positions and committee level work with NSRPH, TRAAC and CTRA. Shelley is the co-chair of CTRA 2018 and most importantly is the mom of two beautiful children.

Crystal Watson is from Dartmouth, Nova Scotia and is the proud mom to Raytesha. She enjoys spending time with friends and family doing anything but, especially loves when she has the opportunity to cook for them. She also enjoys walking/hiking, dancing, and reading. A proud alumna of Saint Mary's (BA Psych), Dalhousie (BRec. (TR) & MA (Leisure Studies) and Memorial (Diploma in Post-Secondary Studies), she values being a lifelong learner. With over 25 years working in the recreation field, her journey has involved roles in community and inclusive recreation areas as well as therapeutic recreation in clinical ***CEU pre-approval is in process. ATRA and NCTRC cannot guarantee that every session offered for this continuing education opportunity will be granted CEUs.***

and school environments. She has also contributed to the development of health promotion programs for the African Nova Scotian community. Those experiences have shaped her teaching experience at Dalhousie University and the Nova Scotia Community College. She has been actively involved with TR focused professional associations serving in multiple roles and community organizations through consultant and volunteer capacities. She is currently pursuing doctoral studies at Dalhousie University and is the new Executive Director for Recreation Nova Scotia.

Venue Locations

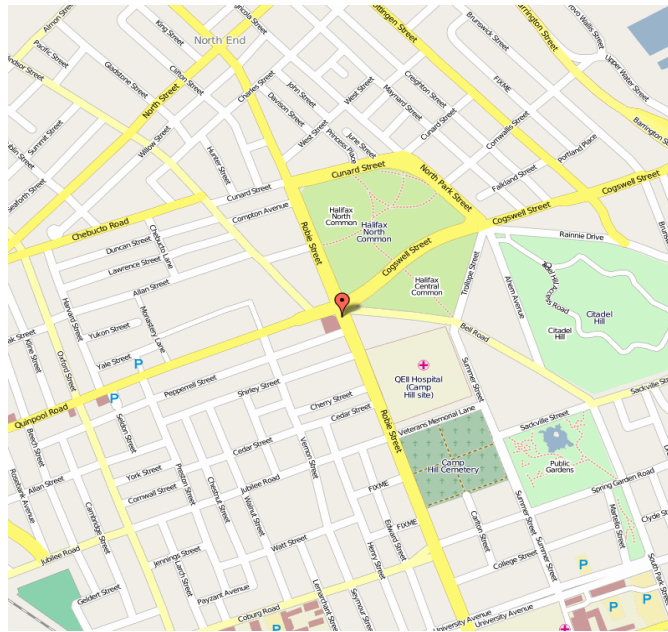
NSCC Waterfront Campus – 80 Mawiomi Place, Dartmouth, NS



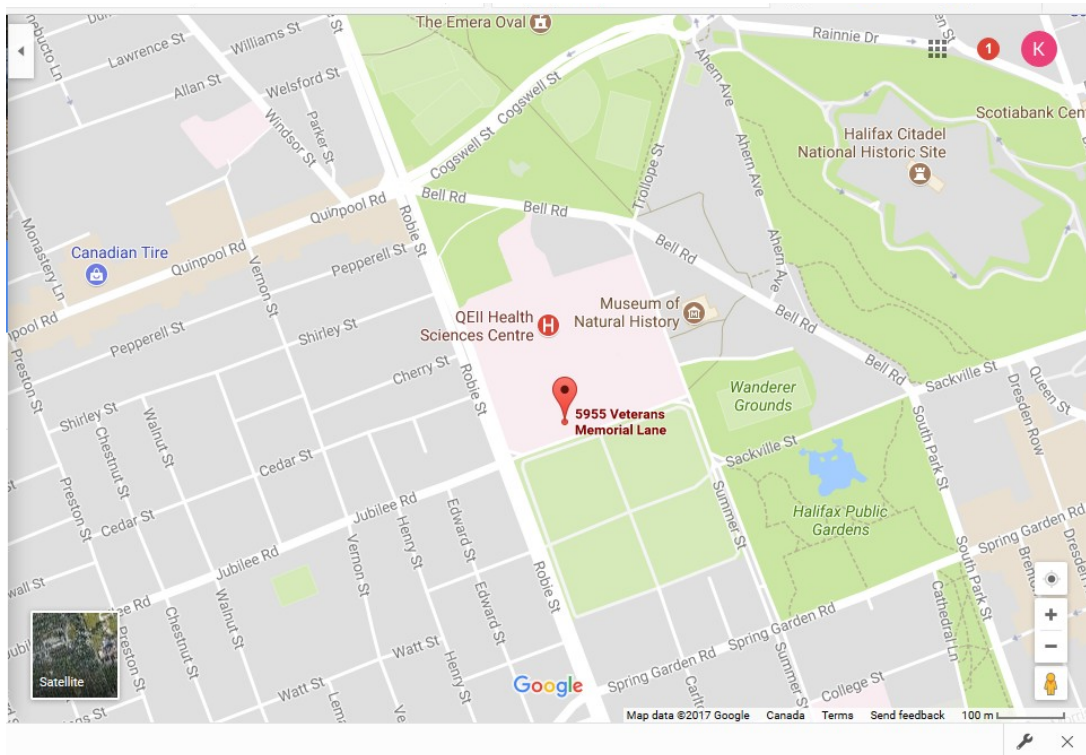
Atlantica Hotel – 1980 Robie Street, Halifax, NS

There are a block of rooms booked off for NSRPH and TRAAC members at the Atlantic at a rate of \$139.00/night.

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Veterans' Memorial Building – 5955 Veterans' Memorial Lane



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