

Canadian Therapeutic
Recreation Association

**UNIFIED
PROFESSION,
UNIFIED
VOICE**



LAND ACKNOWLEDGEMENT

We respect and acknowledge that we operate on the traditional territories of Indigenous peoples, encompassing a portion of the land and waters of Turtle Island, now known as “Canada.” These lands have been the cherished homes of diverse Indigenous communities for countless millennia, each possessing their own rich cultures, languages, and unique histories.

We hold in the highest regard the enduring connections that Indigenous peoples maintain with Turtle Island and their invaluable contributions to the rich tapestry of “Canada.” With profound respect, we pay our sincere respects to the First Nations, Métis, and Inuit peoples who have diligently stewarded these lands and waters for countless generations.

Furthermore, we acknowledge the persistent challenges and disparities Indigenous communities face in healthcare, education, and resource access across Turtle Island. In partnership with Indigenous peoples, we are unwavering in our commitment to foster understanding, reconciliation, and meaningful positive change across this land.



WHAT IS THERAPEUTIC RECREATION/ RECREATION THERAPY?

Recreation Therapy is a health profession which takes a person-centred, strengths-based, evidence-informed approach to practice. Recreation therapists and recreation therapy assistants use recreation and other leisure-based interventions to address the assessed needs of clients with illness and/or disabling conditions to enhance psychological and physical health, recovery, and well-being (CTRA, 2022; NCTRC, 2022)



WHY RECREATION THERAPY?



Gives a sense of purpose and contribution



Provides a safe environment to experience both



Focuses on what you CAN do, and WHO you



Gives opportunities for a sense of normalcy



Gives a sense of purpose and contribution



Provides a safe environment to experience both challenge and success



Focuses on what you CAN do, and WHO you are



Gives opportunities for a sense of normalcy



Inclusive and supportive



Evidence and strength-based



Opportunity to create connection



Provides an opportunity for self-discovery

BENEFITS OF THERAPEUTIC RECREATION



Social

Cognitive



- Develop/maintain social skills
- Strengthens social connections
- Increased community involvement
- Decreased social isolation
- Increased social support systems
- Increased attention span
- Improved memory
- Improved problem solving skills
- Improved cognition levels
- Improved time management skills
- Goal setting skills



Physical

Emotional/
Spiritual



- Balance
- Range of motion
- Strength
- Coordination
- Improved sleep
- Fine & gross motor skills
- Improved self-confidence
- Decreases loneliness, boredom, & expressive behaviours
- Increased sense of belonging
- Fosters positive experiences
- Decreases symptoms of anxiety, stress, & depression



WHAT IS A RECREATION THERAPIST?

Recreation therapists are integral to the health care team working with diverse populations across varied practice settings, including inpatient, outpatient, and community-based services. The clinical role of the recreation therapist includes assessment, client goal setting, intervention planning, utilization of evidence-informed interventions, evaluation, and documentation. Recreation therapists are responsible for service delivery, supervising and working with recreation therapy assistants, where applicable, to support successful program implementation. (CTRA Standards of Practice, 2023)

WHAT IS A RECREATION THERAPY ASSISTANT?

Recreation therapy assistants are integral members of the health care team working with diverse populations across varied practice settings. The recreation therapy assistant works under the direct supervision of a recreation therapist to deliver leisure-based interventions in both one-to-one and group formats. The recreation therapy assistant is essential in program implementation, observation, and reporting. The recreation therapy assistant cannot conduct assessments, develop intervention plans, or evaluate client progress. (CTRA Standards of Practice, 2023)

ROLES OF THE RECREATION THERAPIST



Assess using various TR assessment tools



Develop treatment plans based off of client goals and assessment findings



Implement individual/group evidence-based interventions



Provide and support successful program implementation



Plan client transition and discharge



On-going reporting and evaluating of programs and goals



Uphold the Standards of Practice



Maintain continuing education



ROLES OF THE RECREATION THERAPY ASSISTANT



Develop, plan, and organize evidence-based recreation programs



Ensure individual strengths and interests are being met within programming



Assure Therapeutic Recreation goals are carried out



Make recommendations based off of evaluation of programs and participant engagement



Implement individual/group evidence-based interventions



On-going observation and reporting of programs and goals



Uphold the Standards of Practice



Maintain continuing education



WHAT TRAINING DO QUALIFIED THERAPEUTIC RECREATION PROFESSIONALS HAVE?

RECREATION THERAPIST, CTRS



Bachelors degree or higher

Majoring in Therapeutic Recreation/Recreation Therapy or as accepted by the NCTRC



Professional member

Membership in good standing with at least one Therapeutic Recreation Association



NCTRC-CTRS designation

May hold, or be able to sit for the NCTRC Certified Therapeutic Recreation Specialist exam

RECREATION THERAPIST, NON-CTRS



Bachelors degree or higher

Majoring in Therapeutic Recreation/Recreation Therapy or as accepted by the NCTRC



Professional member

Membership in good standing with at least one Therapeutic Recreation Association



Provincial designation

May hold a designation as determined by their provincial association

WHAT TRAINING DO QUALIFIED THERAPEUTIC RECREATION PROFESSIONALS HAVE?

RECREATION THERAPY ASSISTANT



Diploma

Majoring in
Therapeutic
Recreation/Recreation
Therapy



Professional Member

Membership in good
standing with at least
one Therapeutic
Recreation Association

WHERE DO TR PROFESSIONALS WORK?

- ➔ Longterm Care
- ➔ Acute Care
- ➔ Supportive Living
- ➔ Day Programs
- ➔ Mental Health and Addiction Services
- ➔ Pediatric, youth, and adolescent services
- ➔ Correctional Facilities
- ➔ Private Practice
- ➔ Schools





Canadian Therapeutic Recreation Association
Association Canadienne de Loisir Thérapeutique

REFERENCES

Bennett, J.L., Craig, P., Aytur, S. et al. Community-Based Recreational Therapy for Veterans with Behavioral Health Disorders: Impacts on Quality of Life, Participation, and Happiness. *Community Ment Health J* 58, 1477–1486 (2022).

Canadian Therapeutic Recreation Association (2023). Standards of Practice. <https://canadian-tr.org/wp-content/uploads/2023/08/CTRA-2023-SoP-FOR-VOTE-August-28th.pdf>
Fenton Litwiller, Catherine White, Karen Anne Gallant, Robert Gilbert, Susan Hutchinson, Barbara Hamilton-Hinch & Heidi Lauckner (2017) The Benefits of Recreation for the Recovery and Social Inclusion of Individuals with Mental Illness: An Integrative Review, *Leisure Sciences*, 39:1, 1-19

Kensinger, K. (2019). Recreational Therapy. In: Rieske, R.D. (eds) *Handbook of Interdisciplinary Treatments for Autism Spectrum Disorder*. Autism and Child Psychopathology Series. Springer, Cham.

National Council for Therapeutic Recreation Certification. About recreational therapy. NCTRC. (n.d.). <https://www.nctrc.org/about-nctrc/about-recreational-therapy/>

Yang, Y., van Schooten, K. S., McKay, H. A., Sims-Gould, J., Hoang, R. A., & Robinovitch, S. N. (2021). Recreational Therapy to Promote Mobility in Long-Term Care: A Scoping Review, *Journal of Aging and Physical Activity*, 29(1), 142-161

