

ASTRA

Invites you to attend



Friday, October 10, 2014

8:30 a.m. – 4:00 p.m.

Virginia G. Piper
Sports & Fitness Center
5031 East Washington Street
Phoenix, Arizona 85034

Saturday, October 11, 2014

7:30 a.m. – 4:15 p.m.

Valley Hospital
3550 East Pinchot Avenue
Phoenix, Arizona 85018





Friday, October 10, 2014
Virginia G. Piper Sports & Fitness Center

8:30 a.m.
Registration

9:00 a.m. to 12:00 p.m.
Utilizing an iPad in Recreation Therapy (0.3 CEU)

Presented by Jonathan Tang, CTRS

Learning Outcomes:

1. Identify at least two different adaptive tools and functions that can be implemented in Recreation Therapy.
2. Name at least two apps that can be utilized in Therapeutic Recreation programs.
3. Learn at least one therapeutic approach using technology and Recreation Therapy.

9:00 a.m. to 12:00 p.m.
**Recreation Therapy Intervention Techniques for
Substance Abuse Clients (0.3 CEU)**

Presented by Dr. Beth A. Dietrich, CTRS

Learning Outcomes:

1. Identify four typical client characteristics of individuals suffering with substance abuse.
2. Identify four challenges recreation therapy professionals face when working in a substance abuse program.
3. Experience at least four creative and innovative facilitation techniques to use when working in a substance abuse program.



**Developing Healthy Leisure Lifestyles
through Integrated Services**



12:00 p.m. to 1:00 p.m.

Lunch

1:00 p.m. to 4:00 p.m.

Utilizing an iPad in Recreation Therapy (0.3 CEU)

Presented by Jonathan Tang, CTRS

Learning Outcomes:

1. Identify at least two different adaptive tools and functions that can be implemented in Recreation Therapy.
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3. Learn at least one therapeutic approach using technology and Recreation Therapy.

Concurrent Sessions

1:00 p.m. to 4:00 p.m.

Recreation Therapy and Animal Assisted Therapy (0.3 CEU)

Presented by Cindy Lipton

Learning Outcomes:

1. Identify a minimum of three patient populations that benefit from Animal-Assisted Interventions.
2. List three of the benefits of utilizing Animal-Assisted Therapy.
3. Identify a minimum of three resources available in the community to support implementation of an Animal Assisted Therapy program.

**Saturday, October 11, 2014
Valley Hospital**

7:30 a.m.

Registration



**Developing Healthy Leisure Lifestyles
through Integrated Services**



8:00 a.m. to 9:00 a.m.

Women's Issues in Mental Health & Recreation Therapy (0.1 CEU)

Presented by Penny Littleman, CTRS

Learning Outcomes:

1. Identify three factors affecting women with mental illness and/or substance abuse.
2. Identify three specific women programming needs in the mental health setting.
3. Learn three new ways to incorporate social activities to decrease anxiety related to gender roles of women as well as positive changes patients can make towards a better quality of life.

9:15 a.m. to 10:45 a.m.

Community Art: The Benefits of Collective Expression (.15 CEU)

Presented by Lanie Smith, MPS, ATR

Learning Outcomes:

1. Identify the difference between Art Therapy and Therapeutic Recreation.
2. Experience and identify three benefits of community art through lecture, experiential learning, and group discussion.
3. Demonstrate understanding of practical use and application of group art-making for specific populations.

11:00 a.m. to 12:00 p.m.

**From Therapist to Patient:
What I Learned on My Journey (0.1 CEU)**

Presented by Mikala Edwards, MPA, CTRS

Learning Outcomes:

1. Participants will demonstrate ability to use principles of Recreational Therapy to identify three ways of showing empathy during delivery of patient care.
2. Participants will evaluate their current care standards as a CTRS and identify two areas in need of improvement.
3. Participants will analyze their role in the care team and identify three ways they can use their role to create a holistic approach to care for the patients they serve.



**Developing Healthy Leisure Lifestyles
through Integrated Services**



12:00 p.m. to 1:00 p.m.

Lunch

1:00 p.m. to 1:30 p.m.

**ASTRA Annual Membership Meeting
& Legislative Update**

1:30 p.m. to 2:30 p.m.

Drumming and More! (0.1 CEU)

Presented by Barb Tennis, CTRS

Learning Outcomes:

1. Participants will be able to identify three activities to use drums for therapeutic benefits to promote cognitive, emotional, physical, social or spiritual development.
2. Participants will be able to facilitate one therapeutic activity using drums/rhythm instruments.
3. Participants will be able to identify three resources to obtain support and additional information to implement therapeutic drumming into groups.

2:45 p.m. to 4:15 p.m.

Inclusion: It's Not Just a Ramp (0.15 CEU)

Presented by Amber Blanchard, CTRS

Learning Outcomes:

1. Identify three appropriate children with disabilities whom benefit from inclusive services in recreation programs.
2. Identify three barriers to successful inclusion.
3. Define three things recreational therapists can do in their communities to promote successful inclusion.

4:30 p.m.

ASTRA Social at Local Restaurant!

Details to follow.



**Developing Healthy Leisure Lifestyles
through Integrated Services**



Conference Fees and Registration Information

\$170.00	2 Full days conference fee for ASTRA Members
190.00	2 Full days conference fee for Non-ASTRA Members
90.00	1 Full day conference fee for ASTRA Members
110.00	1 Full day conference fee for Non-ASTRA Members
20.00	ASTRA Annual Membership
25.00	ASTRA Board Member
25.00	TR Student Fees. (Full day conference and ASTRA Membership)
10.00	CEU Fee to be pre-paid or paid the day of conference

Pre-registration may be completed via the ASTRA website (astra-tr.com) using a credit card or pay pal. You must first register as a member on the website.

For questions regarding on-line registration contact
Jon at jonathan.tang@asu.edu

Pre-registration may also be completed by printing out the registration form and mailing it in.

ASTRA
P.O. Box 67707
Phoenix, AZ 85082

Registration may also be completed the day of conference using check, money order or cash.

.6 CEUs will be offered each day for a total possible 1.2 CEUs.

CEU pre-approval is in process. ATRA and NCTRC cannot guarantee that this continuing education opportunity will be granted CEUs.

Questions
Suzanne Prosser
prosserctr@gmail.com
602-277-5551 ext. 5862



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through Integrated Services**

