

# MIDWEST SYMPOSIUM ON THERAPEUTIC RECREATION

**April 19-21, 2017**  
**Sheraton Westport Chalet**  
**St. Louis, Missouri**



**Up to 2.0 Continuing  
Education Units  
available for full  
session attendance!**

## **Schedule and Session Descriptions**

Sponsored by:

**University of Missouri** in Columbia, Missouri  
College of Agriculture, Food and Natural Resources  
School of Natural Resources – Department of Parks, Recreation and Tourism

**Northwest Missouri State University**  
School of Health Science and Wellness

In cooperation with the MU Conference Office

# SCHEDULE OF EVENTS

## TUESDAY, APRIL 18, 2017

5:00 – 7:00 pm  
Symposium Registration/Check-In .....Alpine Foyer

## WEDNESDAY, APRIL 19, 2017

7:00 – 8:00 am  
Continental Breakfast..... Versailles Foyer

7:00 am – 4:00 pm  
Symposium Registration/Check-In .....Alpine Foyer

8:00 – 9:00 am  
Welcome, Opening Remarks, Keynote Address  
(.10 CEU)..... Versailles Ballroom

9:15 - 10:45 am  
Concurrent Symposium Sessions (.15 CEU)

9:30 am – 5:00 pm  
Exhibits and Resources ..... Versailles Foyer

10:45 – 11:00 am  
Beverage Break..... Versailles Foyer

11:00 am – 12:00 pm  
Concurrent Symposium Sessions (.10 CEU)

12:00 – 1:00 pm  
Lunch Break *(on your own)*

1:00 – 2:30 pm  
Concurrent Symposium Sessions (.15 CEU)

2:30 – 2:45 pm  
Beverage Break..... Versailles Foyer

2:45 – 4:15 pm  
Concurrent Symposium Sessions (.15 CEU)

4:30 – 5:30 pm  
Concurrent Symposium Sessions (.10 CEU)

**TOTAL CEUS FOR DAY: .75**

7:00 – 9:00 pm  
Evening Session #28 (.20 CEU)... Versailles Ballroom

7:00 – 9:00 pm  
Hospitality Suite..... Room TBD

**TOTAL CEUS FOR DAY & EVENING: .95**

## THURSDAY, APRIL 20, 2017

7:00 – 8:00 am  
Continental Breakfast..... Versailles Foyer

7:00 am – 4:00 pm  
Symposium Registration/Check-In .....Alpine Foyer

8:00 – 9:00 am  
Concurrent Symposium Sessions (.10 CEU)

8:30 am – 6:00 pm  
Exhibits and Resources ..... Versailles Foyer

9:15 – 10:45 am  
Concurrent Symposium Sessions (.15 CEU)

10:45 – 11:00 am  
Beverage Break..... Versailles Foyer

11:00 am – 12:00 pm  
Concurrent Symposium Sessions (.10 CEU)

12:00 – 1:00 pm  
Lunch Break *(on your own)*

12:00 – 1:00 pm  
Speaker Appreciation Lunch *(invited guests only)*

1:00 – 2:30 pm  
Keynote Address (.15 CEU)..... Versailles Ballroom

2:30 – 2:45 pm  
Beverage Break..... Versailles Foyer

2:45 – 3:45 pm  
Concurrent Symposium Sessions (.10 CEU)

4:00 – 5:30 pm  
Concurrent Symposium Sessions (.15 CEU)

5:30 – 6:30 pm  
Wine & Cheese Reception..... Versailles Foyer

**TOTAL CEUS FOR DAY: .75**

## FRIDAY, APRIL 21, 2017

7:00 am – 12:00 pm  
Symposium Registration/Check-In .....Alpine Foyer

8:00 – 9:30 am  
Concurrent Symposium Sessions (.15 CEU)

9:45 – 11:15 am  
Concurrent Symposium Sessions (.15 CEU)

11:30 am – 12:30 pm  
Midwest Symposium Brunch..... Versailles Ballroom

**TOTAL CEUS FOR DAY: .30**

**TOTAL CEUS FOR WEDNESDAY: .75**

**TOTAL CEUS FOR WEDNESDAY INCLUDING**

**EVENING SESSION: .95**

**TOTAL CEUS FOR THURSDAY: .75**

**TOTAL CEUS FOR FRIDAY: .30**

**TOTAL CEUS FOR SYMPOSIUM: 2.0**

# BREAKOUT SESSIONS

## WEDNESDAY, APRIL 19

7:00 a.m.-4:00 p.m.

**Symposium Registration/Check-in** .....Alpine Foyer

9:30 a.m.-5:00 p.m.

**Exhibits and Resources** ..... Versailles Foyer

7:00-8:00 a.m.

**Continental Breakfast**..... Versailles Foyer

**Opening Welcome and Keynote (CEU: .10)**  
**8:00-9:00 a.m.**

1. **Keynote - Generational Diversity in the Workplace** ..... Versailles Ballroom  
Mark Havens, *Havens Consulting, Hong Kong and San Francisco, CA*



The most effective way to learn is still on the job with a good boss, supervisor, or mentor! We will explore how generational diversity can help or hinder this process. Mark will focus on managing the individual/group paradox as it relates to examining diversity and explore what

effective diverse teams/groups do to excel.

Based in Hong Kong and San Francisco, Mark Havens brings 30 years of global experience to his leadership, team development, and coaching engagements. Mark specializes in Executive Coaching, Executive Assessments, Team Development, Organizational Effectiveness, Instructional Design, and Experience-Based Learning. He has successfully trained, developed, coached and implemented change initiatives for numerous corporate firms worldwide. Mark has both a Master's and Doctorate Degree from Boston University and a Bachelor of Science Degree from the University of Utah. He designed and taught graduate level teacher training programs at Boston University, Indiana University, and Portland Sate University. He recently designed and facilitated a course on leadership at the Singapore Management University (SMU). Mark is certified to deliver the award winning "Design Thinker" and "Experience Change" Simulations developed by ExperiencePoint and IDEO. He is also a certified executive coach through Hogan Assessment Systems and is certified to deliver the Team Management Profile, MBTI, FIRO B, TKI, to name a few.

**Concurrent Sessions (CEU: .15)**  
**9:15-10:45 a.m.**

2. **Come and experience Play for Peace!** ..... Versailles Ballroom  
Mark Havens, Michael Terrien, and John Guarrine,  
*Play for Peace, Chicago, IL*

Play for Peace is a community of people who are, right now, creating a more peaceful world. In fact, one of the most exciting things about Play for Peace is that at any time of day or night Play for Peace is happening somewhere in the world. Children, youth and adults, even in communities in conflict, are deciding to choose compassion and practice peace, and they are learning to do this through the joy of play. Few things can provide a common link between people like laughter and play. Through cooperative play, we have a universal and non-threatening platform around which people can come together and learn. Play creates a gateway to moments when differences dissolve, fear melts away, and we see what connects us rather than what divides us.

3. **Homelessness and the Role of Recreation Therapy (repeated as session #19)** .....Alpine II  
Patricia LaPlace, *University of California - Long Beach, CA*

This presentation will provide an overview of definitions of homelessness, complex issues that lead to this condition, understanding the culture of homelessness and why individuals experiencing homelessness may resist interventions and services. The role of recreation and leisure will be discussed and how purposeful use of free time can lead to meaningful roles in the community as well as housing readiness and retention.

4. **Writing for Wellness, Solo and Group Techniques** .....Matterhorn  
Tom Blaschko, *Idyll Arbor, Enumclaw, WA*

This session will demonstrate two types writing activities that facilitate better health for clients. One set of techniques is for group sessions where group members often feel free to share what they write. Support is shared among group members. The second set of techniques are only for the person doing the writing with guarantees that the writing will never be seen by anyone else. Advantages and disadvantages of each type of writing will be discussed.

5. **Strategic Planning (repeated as session #51)** ..... Bern Charles Caspari, *Caspari Associates, Chesterfield, MO*

STRATEGIC PLANNING leads to meaningful action: a clear mission, a vision of where you want to be, objectives and goals to achieve them, and the strategies and tactics to reach the goals. This session will describe how do you get from ideas to actually accomplishing your vision for the future.

6. **Leisure, coping, and depression: A Salutogenic Approach** ..... St. Moritz Shinichi Nagata, *Indiana University-Bloomington, Bloomington, IN*

WHO identified that depression is the most debilitating psychiatric disorder in the world, and 6.7% of the Americans experience depression. In this session, presenter will provide results from the literature review and discuss how leisure-based interventions can be improved for clients with depression. We will revisit the theoretical framework and the applications of the Salutogenic approach that we learned at the last Midwest Symposium session. The presenter will show leisure coping theory and discuss how leisure works to cope with depression. Later in the session, we discuss unique challenges among clients with depression and strategies to overcome it.

10:45-11:00 a.m.

**Break** ..... Versailles Foyer

**Concurrent Sessions (CEU: .10)  
11:00 a.m.-12:00 p.m.**

7. **Making It Meaningful** ..... Alpine II Rachel Smith, Sherri Hildebrand, Sydney Goodin, McKenna Teboda, and Ethan Blumhorst, *Illinois State University, Normal, IL*

Processing and debriefing an activity helps to make it meaningful and ensure objectives are being met. Processing is designed to help people describe, reflect, analyze, & communicate about their experiences. As therapists we help our clients connect the recreation experience to real life. In this session you will be introduced to a variety of techniques involving objects, motion and the senses to help facilitate meaning behind the fun.

8. **Promoting and Providing Resources for TR: Creating Special Events** ..... Alpine I Laura Covert and Sarah Ball, *Pittsburg State University, Pittsburg, KS*

During this session, attendees will learn how to plan, implement and evaluate a special event geared towards fundraising while educating the community

about therapeutic recreation and inclusion. Successful special events will be presented in such a way to highlight inclusiveness. Discussion will also focus on how to find stakeholders and partnerships supportive of the therapeutic recreation mission.

9. **Therapeutic Use of play for Children with Juvenile Arthritis** ..... Versailles Ballroom Landis Houston and Michael McNicholas, *Chicago State University, Chicago, IL*

In this session attendees will gain insight into understanding of typology of Juvenile Arthritis. There will be descriptions and discussion about which play techniques and activities maximize functional abilities.

10. **Cooperative Programs in Community Based Service (repeated as session #27)** ..... Bern Jim Huffman, *Life Unlimited, Clay County, MO*

This session will give an overview of how coordinating consumer services directly with local community service organizations and business associations not only promotes consumer integration and advocacy, but also assists in marketing and public relations efforts.

11. **ATRA — We Empower Recreational Therapists (repeated as session #34)** ..... St. Moritz Brent Wolfe, *Georgia Southern University, Statesboro, GA*

Within the profession of Therapeutic Recreation, the American Therapeutic Recreation Association is the only professional organization supporting the issues pertinent to ALL Recreational Therapists. This session will describe current trends within the field and how ATRA is uniquely positioned to aid Recreational Therapists as they encounter and wrestle with these different professional issues. Particular attention will be given to current legislation relevant to the profession and how Recreational Therapists can support this vital work. Finally, this session will highlight several reasons how all Recreational Therapists benefit when we all support a single mission in the advancement of our profession.

67. **Equine-Assisted Therapy** ..... Matterhorn Dayna Rabbitt and Allison Smyth, *Equine-Assisted Therapy, Wildwood, MO*

This session will provide hands on lesson plan examples and inform the benefits of equine-assisted therapy programs. It will touch on different programs from Equine Assisted Activities, Equine Assisted Learning, Interactive Vaulting, and volunteer opportunities.

12:00-1:00 p.m.

**Lunch on your own**

**Concurrent Sessions (CEU: .15)  
1:00-2:30 p.m.**

**12. Show and Tell: How to Measure & Demonstrate Program Results (repeated as session #36)** .....

Bern Terry Robertson and Keith Fulthorp, *University of California - Long Beach, CA*

- Examine the importance of program evaluations
- Apply the “Show & Tell” program evaluation method to one of your existing programs while demystifying the perception that program evaluation is difficult.

**13. The Quest for Self: The Journey Within (This session has 3 parts. Part 1/3)**.....

Alpine II Sharon McGloin, *Experiential Alternatives, Kansas City, MO*

This workshop is a journey into yourself. We will examine thoughts, feelings and actions that will assist you in contacting your most authentic self. Dress comfortably and come prepared to participate.

**14. Therapeutic Expressions of Coloring Via Several Media (repeated as session #62)**.....

Matterhorn Katharine Pawelko, *Western Illinois University, Macomb, IL*  
Rachel E. Smith, *Illinois State University, Normal, IL*  
Lisa A. Schumacher, *The University of Iowa, Iowa City, IA*

Choose from several coloring media formats (i.e., crayons, colored pencils, watercolor pencils, markers, gel pens, or bring your own) and test drive your artistic flow! Come to practice some of your right brain sensory processing, imagination, motor skills, visualization, and creative, non-verbal expression. Come to learn or just unwind at this symposium session. **Session limited to 30 participants. Sign up for session at conference registration desk.**

**15. Therapeutic Recreation with Offenders – Good Lives Model (repeated as session #37)**.....

Alpine I Lisa Shelton, *Liberty Health Care at IDHS Treatment and Detention Facility, Rushville, IL*

The Good Lives Model is a strength-based guide to treating offenders. The Good Lives Model assumes humans strive for the same 10 primary goods or life goals. Therapeutic Recreation provides opportunity for the offenders to develop positive pro-social means to achieving the primary goods rather than the flawed means they engaged in during their offending.

**16. The ADA and Recreational Facilities and Programs (repeated as session #21)** .....

St. Moritz Michael Edwards, *Great Plains ADA Center, Columbia, MO*

The Americans with Disabilities Act (ADA) ensures that individuals with disabilities have the same access to recreational facilities as well as the programs and services provided at those facilities. This session will examine the rules and regulations set forth by the ADA that requires a public entity to modify their policies, practices, and procedures to provide inclusiveness to individuals with disabilities in a recreational setting. In addition, this session will cover the facility access requirements of the 2010 ADA Standards pertaining to recreational facilities such as golf courses, fishing piers, and swimming pools.

2:30-2:45 p.m.

**Break** ..... Versailles Foyer

**Concurrent Sessions (CEU: .15)  
2:45-4:15 p.m.**

**17. Using the 5 senses in Meditation..Sacred Sense Relaxation (repeated as session #65)** .....

Versailles Ballroom Sheila Benjamin, *Lakeland Behavioral Health Systems/ School of Metaphysics, Tulsa, OK*

When the mind is still the body is calm! In this session we will use movement, sound, touch, and smell to reach inside of ourselves, discovering which form of meditation suits us best. We will prepare out bodies with simple yoga movements, we will use Therapeutic essential oils to set the mood, we will sound the sound of creation AUM and each will create their own mala (prayer beads) to use to repeat what ever affirmations might be needed at that time.

**18. The Quest for Self: The Journey Within (This session has 3 parts. Part 2/3)**.....

Alpine II See session #13 for description.

**19. Homelessness and the Role of Recreation Therapy (repeated as session #3)** .....

Alpine I Patricia LaPlace, *University of California - Long Beach, CA*

This presentation will provide an overview of definitions of homelessness, complex issues that lead to this condition, understanding the culture of homelessness and why individuals experiencing homelessness may resist interventions and services. The role of recreation and leisure will be discussed and how purposeful use of free time can lead to meaningful roles in the community as well as housing readiness and retention.

20. **Take the Guilt Out of Fun and Relaxation for Caregivers** .....Matterhorn  
 Lisa A. Schumacher, *The University of Iowa, Iowa City, IA*  
 Katharine Pawelko, *Western Illinois University, Macomb, IL*

This session is designed to explain that caregivers who care for a parent with dementia are an at-risk group for stress related illnesses due to the emotional and physical toll of the caregiving role. Research suggests caregivers are not given enough information at the initial diagnosis to adequately take care of themselves throughout the difficult journey. This session will teach about the type of illnesses caregivers are at risk for and provide a theoretical framework that will help caregivers understand why self-care is essential for their own health as well as the person they care for.

21. **The ADA and Recreational Facilities and Programs (repeated as session #16)** .....St. Moritz  
 Michael Edwards, *Great Plains ADA Center, Columbia, MO*

The Americans with Disabilities Act (ADA) ensures that individuals with disabilities have the same access to recreational facilities as well as the programs and services provided at those facilities. This session will examine the rules and regulations set forth by the ADA that requires a public entity to modify their policies, practices, and procedures to provide inclusiveness to individuals with disabilities in a recreational setting. In addition, this session will cover the facility access requirements of the 2010 ADA Standards pertaining to recreational facilities such as golf courses, fishing piers, and swimming pools.

**Concurrent Sessions (CEU: .10)  
 4:30-5:30 p.m.**

22. **Positive Memory Bank**..... Versailles Ballroom  
 Sheila Benjamin, *Lakeland Behavioral Health Systems/ School of Metaphysics, Tulsa, OK*

Have you ever been in a funk and one of your friends or family members starts talking about a situation that you both were in that was hilarious? All of a sudden the negative fog lifts and you are rolling on the ground laughing. In this workshop/presentation we will be exploring how to create a positive memory bank. Teaching our clients how to deposit lots of good experiences and memories with each other to make up for the hard times that life throws at them. By investing in discovering 5 good experiences for every bad one.

23. **The Quest for Self: The Journey Within (This session has 3 parts. Part 3/3)**.....Alpine II  
 See session #13 for description.

24. **Generational Differences and Program Considerations** .....Alpine I  
 Jennifer (Jenny) Dearden, *Morehead State University, Morehead, KY*

As one of the largest generations in history, millennials are poised to have a great impact on healthcare. This impacts Community Therapeutic Recreation (TR) programs as they cross the generational divide. Understanding the differences between generations will serve TR by identifying target population standards and intervention strategies. This session will review generational differences and provide insight into programming implications.

25. **Music and Movement Focus with Seniors** .....Matterhorn  
 Deborah Stuart, *Certified Therapeutic Recreation Specialist/ Consultant, East Lansing, MI*  
 Carol McDowell, *Coverdell Elementary School, St Charles, MO*

This interactive session will demonstrate how to create integrated learning experiences in a therapeutic recreational setting. Music and movement activities allow for expression, imagination, competence and creativity for both the therapist and client. Participants will explore how creative music and movement activities can be structured. A focus will be placed on activities for seniors.

26. **Growth & Transition: Community Programs & Evidence-Based Research** ..... Bern  
 Liz Longhurst, *National Ability Center, Park City, UT*

The purpose of this session is to demonstrate the use of therapeutic models, like the LAM, and evidence-based practice in community-based settings. We will examine the transition and growth of two individuals with disabilities and their progression towards independence. We will discuss how community-based programming is vital to the growth of the TR profession and how evidence-based programs can contribute to the increased quality of life for our communities.

27. **Cooperative Programs in Community Based Service (repeated as session #10)** .....St. Moritz  
 Jim Huffman, *Life Unlimited, Clay County, MO*

This session will give an overview of how coordinating consumer services directly with local community service organizations and business associations not only promotes consumer integration and advocacy, but also assists in marketing and public relations efforts.

**Concurrent Session (CEU: .20)  
7:00-9:00 p.m.**

28. **Innovative Activities** ..... Versailles Ballroom  
University of Northern Iowa Students, *University of Northern Iowa, Cedar Falls, IA*

The UNI students will present on adaptive games that professionals can use in their every day jobs. The UNI students will present games that are adaptive for many disabilities.

Students and professionals will come together and build on ideas that would work at their facilities. This session is 100% participation! The session will help the students learn how to adapt games from CTRS/ TRS professional.

- 7:00-9:00 p.m.  
**Hospitality Suite** ..... TBD

**THURSDAY, APRIL 20**

- 7:00 a.m.-4:00 p.m.  
**Symposium Registration/Check-in** ..... Alpine Foyer

- 9:30 a.m.-7:30 p.m.  
**Exhibits and Resources** ..... Versailles Foyer

- 7:00-8:00 a.m.  
**Continental Breakfast** ..... Versailles Foyer

**Concurrent Sessions (CEU: .10)  
8:00-9:00 a.m.**

29. **Smartphone use and addiction: Psychological Health Aspects** ..... Versailles Ballroom  
Namyun Kil, Jun Kim, and Heewon Yang, *University of California - Long Beach, CA*

Session presenters will discuss aspects of excessive smartphone use in our daily lives which may lead to compulsive smartphone use and addiction. These behaviors can also cause biological and psychological mental health issues (e.g., behavioral disturbances, DAS (depression, anxiety, stress), low life satisfaction). Presenters sought to determine exploratory relationships between compulsive smartphone use, smartphone addiction (e.g., withdrawal), DAS, and life satisfaction. The session will present results of data collected from undergraduate students at a Midwestern university in the fall of 2016 and suggest TR remedies that potentially reduce smartphone use, address health issues and can be utilized for future APIE processes.

30. **Approaches to Increase Exercise Motivation** ... Bern  
Jeremy Barnes, *Southeast Missouri State University, Cape Girardeau, MO*

Regular exercise is extremely important as a means to both prevent and treat chronic disease. However, exercise is a health behavior that many individuals have difficulty both adopting and maintaining. This session is designed to help you and your clients stay on track and working towards exercise goals. The session will include a review of various techniques that can help keep motivation levels high and increase exercise adherence.

31. **Creating a Multisensory Environment** ..... Alpine II  
Anne Cuizon, *Rocky Mountain Healthcare Services PACE, Colorado Springs, CO*

This session will provide participants with background and brief history of the multisensory environment, current trends and its applications for individuals with dementia and brain injuries. Discussion will also include its potential use for medication reductions as well as opportunities for co-treatments between physical, occupational and recreational therapies

32. **Sanctuary Through the Eyes of Our Comic Book Heroes** .....Matterhorn Grey Endres, *Life Work Family Treatment Group, Shawnee, KS*

Who is your favorite superhero? Each hero goes through three life-altering experiences that their readers can relate to; trauma, destiny, and sheer chance. The rich history of superheroes provides the perfect landscape to teach trauma theory, and the Sanctuary SELF tool. This module is designed to be used by Educators, Youth Care, and Therapists in Individual, Family, and Group therapy/activities.

33. **Spirituality and Recreation** .....Alpine I Judd Smith, *New Life Church, Cabot, AR*

This workshop seeks to draw connections between the philosophical ideas of Martin Burber and the practice of TR. We will learn from each other and share ideas on if and how the spiritual dimension of the human life can be bridged within our recreational programs.

34. **ATRA — We Empower Recreational Therapists (repeated as session #11)**.....St. Moritz Brent Wolfe, *Georgia Southern University, Statesboro, GA*

Within the profession of Therapeutic Recreation, the American Therapeutic Recreation Association is the only professional organization supporting the issues pertinent to ALL Recreational Therapists. This session will describe current trends within the field and how ATRA is uniquely positioned to aid Recreational Therapists as they encounter and wrestle with these different professional issues. Particular attention will be given to current legislation relevant to the profession and how Recreational Therapists can support this vital work. Finally, this session will highlight several reasons how all Recreational Therapists benefit when we all support a single mission in the advancement of our profession.

**Concurrent Sessions (CEU: .15)  
9:15-10:45 a.m.**

35. **PGA HOPE Veterans Golf Program** ..... Versailles Ballroom Ali Wells and Sam Gilliland, *Gateway PGA REACH Foundation, Chesterfield, MO*

PGA HOPE Veterans Golf Program - Led by the Gateway PGA and local PGA Professionals, our presentation will describe the PGA HOPE (Helping Our Patriots Everywhere) Program and how golf can be a physical rehabilitation tool for disabled veterans. We will overview the PGA HOPE Program, discuss the equipment used, and have firsthand accounts of starting golf as an amputee and the challenges associated from a panel of veterans.

36. **Show and Tell: How to Measure & Demonstrate Program Results (repeated as session #12)** ... Bern Terry Robertson and Keith Fulthorp, *University of California - Long Beach, CA*

- Examine the importance of program evaluations
- Apply the “Show & Tell” program evaluation method to one of your existing programs while demystifying the perception that program evaluation is difficult.

37. **Therapeutic Recreation with Offenders – Good Lives Model (repeated as session #15)**.....Alpine I Lisa Shelton, *Liberty Health Care at IDHS Treatment and Detention Facility, Rushville, IL*

The Good Lives Model is a strength-based guide to treating offenders. The Good Lives Model assumes humans strive for the same 10 primary goods or life goals. Therapeutic Recreation provides opportunity for the offenders to develop positive pro-social means to achieving the primary goods rather than the flawed means they engaged in during their offending.

38. **Adult Coloring Craze: It’s Not Just For Kids Anymore** .....Matterhorn Katharine Pawelko, *Western Illinois University, Macomb, IL*

Lisa A. Schumacher, *The University of Iowa, Iowa City, IA*  
Rachel E. Smith, *Illinois State University, Normal, IL*

Mandelas, kaleidoscope patterns, stained glass windows, botanical scenes, favorite animal sketches, Oh My! Come learn about the present craze that gives adults permission to re-connect with the crayons, colored pencils, and markers of our youth. Brush up on your innate artistic ability and creativity and join your children, grandchildren, nieces or nephews, or clients in this relaxing and therapeutic art medium. Come to learn or just unwind at a symposium session. **Session limited to 30 participants. Sign up for session at conference registration desk.**

39. **Aging in Cultures Around the World** .....St. Moritz Samuel Streater, *Bryn Mawr Terrace, Bryn Mawr, PA*

I will discuss how people age and how they are valued or not based on cultural and societal norms. I will discuss how the aging process occurs across the seven continents. I will discuss how cultures use different techniques to incorporate the aging into daily life. I will discuss strategies to improve how the aging process occurs here in the western hemisphere/ United States.

10:45-11:00 a.m.

**Break** ..... Versailles Foyer

**Concurrent Sessions (CEU: .10)  
11:00 a.m.-12:00 p.m.**

40. **Equine Therapy for Children with Developmental Disabilities** ..... Versailles Ballroom  
Marjorie J. Malkin, Ed.D., CTRS and Jun Kim, Ph.D.,  
*Southern Illinois University Carbondale,  
Carbondale, IL*

Session presenters will report the verbal feedback from guardians during 8-week equine therapy program. Individual's goals and objectives were determined and observations were made to evaluate client progress in enhancing functional abilities. The session will also report in the role of therapeutic recreation students in conducting assessment interviews, behavioral observations, progress notes, and implementing the therapy program. Continued data will be collected to document client's progress and application of benefits to other aspects of their life.

41. **Effective Preventive Health Practices for the Practitioner** ..... Bern  
Jeremy Barnes, *Southeast Missouri State University,  
Cape Girardeau, MO*

Professionals in the 'helping professions' are typically very good about helping others improve their health and quality of life. However, many of these professionals are not as good when it comes to taking care of their own health and decreasing their risk for chronic disease. This session will focus on effective preventive health practices that have the potential to have a huge impact on health and quality of life.

42. **Project Odyssey: Adventure Based Counseling for Warriors**.....Matterhorn  
Corey Wright, *Wounded Warrior Project,  
Kansas City, MO*

In this session, participants will be presented with the comprehensive programs offered by Wounded Warrior Project that aim to honor and empower this generation of Veteran's. Attendees will also be presented with a better understanding of the challenges our Veteran's deal with on a daily basis when it comes to PTSD. This discussion will lead into the main subject, Project Odyssey, a 3-5 day outdoor/adventure based program that utilizes psych-education and experiential learning which introduces coping skills to build resiliency and psychological well-being.

43. **Health Behavior change among persons with IBD**.....St. Moritz  
Jennifer (Jenny) Dearden, *Morehead State University,  
Morehead, KY*

Over 1.5 million Americans suffer from Irritable Bowel Disease (IBD). Having a chronic gastrointestinal disability signals the need for health behavior changes to help deal with the myriad of factors impacting daily life. This session will address theory-based behavior change, understanding the diverse needs of persons with IBD, and the impact of IBD on daily life

44. **Humor Techniques** ..... Alpine I  
Xavier McField and Michael McNicholas, *Chicago State University, Chicago, IL*

This presentation will be discussing techniques for facilitation humor exorcises when working with groups. Participants will factor in rapport, environment and general emotional preparedness of the group. Further, we will discuss the general roles that different individuals in a group have with regard to body language and verbal/nonverbal response as it affects group members.

12:00-1:00 p.m.

**Participant Lunch (on your own)**

12:00-1:00 p.m.

**Presenter Appreciation Lunch...** See ticket for location

**Concurrent Sessions (CEU: .15)  
1:00-2:30 p.m.**

45. **Thursday Keynote - Recreation-Based Brain Fitness** ..... Versailles Ballroom  
Heewon Yang, *University of California - Long Beach, CA*



Cognitive enhancers are a little-known class of supplements and drugs that can actually increase your brain's performance on key intellectual measurements. This session will discuss effects of recreational activities as a non-drug-based cognitive enhancer.

In particular, the concept of Recreation-Based Brain Fitness (RBBF) will be introduced and sample RBBF activities, which can be used in recreation therapy settings, will be facilitated. Lastly, the application of the RT process (APIE) to RBBF programs will be also discussed.

2:30-2:45 p.m.

**Break** ..... Versailles Ballroom

**Concurrent Sessions (CEU: .10)  
2:45-3:45 p.m.**

46. **I Can Do It, You Can Do It** ..... Versailles Ballroom  
Lisa Mische Lawson, *University of Kansas Medical Center, Kansas City, KS*

I Can Do It, You Can Do It (ICDI) is the President's Council on Fitness, Sport and Nutrition's mentoring program to promote physical activity and healthy eating of individuals with disabilities. This session will describe how you can become an ICDI advocate and the resources available for program implementation. The session will also share a case example of how the program was implemented at the University of Kansas Medical Center.

47. **iCan Bike: A Bicycling Program for Individuals with Special Needs** ..... Bern  
Kelly Barns and Jeremy Barnes, *Southeast Missouri State University, Cape Girardeau, MO*

This session will describe an outcome based approach program designed to teach individuals with special needs to ride a conventional two wheeled bicycle. Learning to ride a bicycle is an essential rite of passage, a life-long leisure skill that promotes health and wellness, can be a source of independent transportation as well as a sports engagement opportunity for individuals with disabilities. This presentation will describe the steps needed to implement an iCan Bike camp in your community.

48. **The Life Lounge: A Social and Life Skills Cafe** ..... Alpine I  
Amy Ward, CTRS, and Lauren Moreno, CTRS, *Cedar Springs, Colorado Springs, CO*

A presentation and demonstration of a simulated cafe experience used for teenagers at a behavioral and mental health facility. Teens are taught about budgeting, social skills, assertive communication, and basic life skills including dinner etiquette and resume building. Teens also have the opportunity to fill out an application and be offered an interview to work in the cafe. This presentation will include synapse of what takes place in the cafe, brief presentation, and an open forum for questions.

49. **The Benefits of Animal Assisted Therapy, Service Animals and Law** ..... Matterhorn  
Callie Zurek, *Service Animals For Education (S.A.F.E), Palatine, IL*

Learn the benefits of Animal Assisted Therapy and utilizing evidence based practice to implement programing in various healthcare settings. A session touching on the differences between Therapy Dogs, Service Dogs, Facility Dogs and other working animals. A live interactive demonstration with CTRS and CDP Callie Zurek and her Service Dog Diesel.

50. **Discussing Visual Interpretive Art for Children with Autism** ..... St. Moritz  
Zoe Miller and Michael McNicholas, *Chicago State University, Chicago, IL*

Attendees will investigate how visual interpretive art therapy engages communication, describes new lenses for participants, interprets the impact of different expression styles as a requirement for assets of expression for children with autism.

**Concurrent Sessions (CEU: .15)  
4:00-5:30 p.m.**

51. **Strategic Planning (repeated as session #5)**... Bern  
Charles Caspari, *Caspari Associates, Chesterfield, MO*

STRATEGIC PLANNING leads to meaningful action: a clear mission, a vision of where you want to be, objectives and goals to achieve them, and the strategies and tactics to reach the goals. This session will describe how do you get from ideas to actually accomplishing your vision for the future.

52. **Promoting Physical Activity for Children with Autism** ..... St. Moritz  
Lisa Mische Lawson, *University of Kansas Medical Center, Kansas City, KS*

This session reviews challenges related to ASD and evidence-based methods for promoting participation in physical activity, including sensory modifications, visual supports, video modeling, peer modeling, demonstration, and behavioral approaches.

53. **What's Old is New Part Two** ..... Alpine I  
Dr. Tom Smith, *The Raccoon Institute, Cabot, AR*  
Sharon McGloin, *Experiential Alternatives, Kansas City, MO*

Expand your bag of tricks by checking out activities for small groups that have a long history within the TR field. This is an interactive session. Please dress comfortably and come prepared to participate.

54. **Time to stretch! Let's do some Yoga**.....Matterhorn  
Todd Smedley, *California Department of Corrections and Rehabilitation, California*

I will discuss my experiences teaching yoga in the California Department of Corrections and Rehabilitation. How Yoga personally helped me develop coping skills with a stressful work environment. To being trained by a Baptiste yoga affiliate to become a yoga instructor to empower the inmates/patients to possibly benefit from a daily yoga practice and meditation. **Wear exercise clothes if you want to engage in the yoga routine which will be the last 60 minutes of the session. Bring yoga mat if possible.**

55. **Expressive Arts in Recreation Therapy: Music - Ukulele (repeated as session #61)** ..... Lugano Michael McGowan, *Western Illinois University, Macomb, IL*

Stimulating, inexpensive, accessible, adaptable to a broad range of applications, the Ukulele is perfect for therapists with no musical training to begin integrating participatory expressive arts into recreation therapy programs. Learn to play the ukulele for instruction, accompaniment, reminiscence, re-motivation, stimulation, group-building etcetera. **This session is limited to ten participants. You must sign up in advance for this session at the conference registration desk.**

56. **The Amtryke Therapeutic Tricycle Program & Building a Partnership** ..... Versailles Ballroom Kelly Schilling, *Truman VA Medical Center, Columbia, MO*  
Erin Slawinski, *AMBUCS, St. Louis, MO*  
Erin Carr, *Truman VA Medical Center, Columbia, MO*  
John Schmeink, *VA St. Louis Health Care System, St. Louis, MO*

The Amtryke Program is about abilities, not disabilities. National AMBUCS is the owner of Amtryke and the program's goal is to provide people with disabilities with all the classic benefits of riding a bike including mobility, strength, exercise, coordination, interaction with family and friends and just pure fun! Nearly every rider can be successful, no matter their diagnosis, through the full line of highly adjustable trykes and myriad of adaptive accessories. Building a partnership with the Amtryke program will open up many opportunities for your facility and the clientele you are serving. Attend this session to test drive a Tryke and learn how to create a lasting partnership with an organization dedicated to creating mobility and independence for people with disabilities.

5:30-6:30 p.m.

**Hotel sponsored Wine and Cheese Reception** ..... Versailles Foyer

Thank You to the Sheraton Westport Chalet!

**FRIDAY, APRIL 21**

7:00-11:30 a.m.

**Symposium Registration/ Check-in** ..... Alpine Foyer

**Concurrent Sessions (CEU: .15)  
8:00-9:30 a.m.**

57. **Mindfulness & Guided Imagery** ..... Alpine I Kerry Wynn, *Retired, Jefferson City, MO*

Sessions will demonstrate the techniques of Mindfulness & Guided Imagery and their principles. Information will be presented on procedures, topics, methods, and therapy group safety. Also, the benefits for the therapist.

58. **Compassion Fatigue: What's on Your Plate?** ..... Matterhorn Sharon McGloin, *Experiential Alternatives, Kansas City, MO*

Compassion fatigue, also known as vicarious trauma, is a condition characterized by a gradual lessening of compassion over time. It is common among trauma victims and individuals that work in a helping profession. This session will explore compassion fatigue and provide strategies for managing your stress as well as balance in your life.

59. **Circles of Connection/ Raccoon Circles** ..... Alpine II Dr. Tom Smith, *The Raccoon Institute, Cabot, AR*

Raccoon Circles now has a 20-year history as a strategy used internationally by small group facilitators. This will be an experiential workshop, facilitated by the Old Raccoon, offering an overview to the theory and practice of recreational, transformational, and personal growth circle work.

60. **Paralympic Boccia** ..... Versailles I Phil Eide and Michael McNicholas, *Chicago State University, Chicago, IL*

In this session, we will share the history of Boccia, the rules, and the different classifications of the sport. We will also inform how to get a team started and provide tactical coaching techniques. And there will be a full Boccia court set up for the audience to partake in the sport.

61. **Expressive Arts in Recreation Therapy: Music - Ukulele (repeated as session #55)** .....Lugano  
Michael McGowan, *Western Illinois University, Macomb, IL*

Stimulating, inexpensive, accessible, adaptable to a broad range of applications, the Ukulele is perfect for therapists with no musical training to begin integrating participatory expressive arts into recreation therapy programs. Learn to play the ukulele for instruction, accompaniment, reminiscence, re-motivation, stimulation, group-building etcetera. **This session is limited to ten participants. You must sign up in advance for this session at central conference registration.**

62. **Therapeutic Expressions of Coloring Via Several Media (repeated as session #14)** .....Matterhorn  
Katharine Pawelko, *Western Illinois University, Macomb, IL*  
Rachel E. Smith, *Illinois State University, Normal, IL*  
Lisa A. Schumacher, *The University of Iowa, Iowa City, IA*

Choose from several coloring media formats (i.e., crayons, colored pencils, watercolor pencils, markers, gel pens, or bring your own) and test drive your artistic flow! Come to practice some of your right brain sensory processing, imagination, motor skills, visualization, and creative, non-verbal expression. Come to learn or just unwind at this symposium session. **Session limited to 30 participants. Sign up for session at conference registration desk.**

63. **Facilitation and Processing of Blind Maze** ..... Versailles Foyer  
Michal McNicholas, *Chicago State University, Chicago, IL*

Participants will experience the blind maze intervention as a team building and resilience informing technique. Participants will be given a list of outcomes and processing suggestion for the group to account for and consider in session.

64. **Integrating Reminiscing Focus in Our Activity Programs** .....St. Moritz  
Scott Alberts, *Illinois Veterans Home, Quincy, IL*

The session will focus on how we can use positive memories to promote; happiness, quality of life, and life satisfaction. This session is especially intended for therapists who work in a geriatric setting.

65. **Using the 5 senses in Meditation..Sacred Sense Relaxation (repeated as session #17)** .....Versailles I  
Sheila Benjamin, *Lakeland Behavioral Health Systems/ School of Metaphysics, Tulsa, OK*

When the mind is still the body is calm! In this session we will use movement, sound, touch, and smell to reach inside of ourselves, discovering which form of meditation suits us best. We will prepare out bodies with simple yoga movements, we will use Therapeutic essential oils to set the mood, we will sound the sound of creation AUM and each will create their own mala (prayer beads) to use to repeat what ever affirmations might be needed at that time.

66. **Moving Towards Authentic Community Inclusion** .....Alpine II  
Ashleigh Diehl, *Naval Hospital Portsmouth, Portsmouth, VA*

A session for professionals interested in expanding their knowledge about authentic community inclusion with a focus on building partnerships, defining inclusion and community and exploring barriers to inclusion.

11:30 a.m.-12:30 p.m.

**Closing Brunch for All**

**Participants** ..... Versailles Ballroom

## Symposium States

Arizona	Missouri
Arkansas	Nebraska
California	Nevada
Colorado	New Mexico
Florida	New York
Georgia	Ohio
Illinois	Oklahoma
Indiana	Pennsylvania
Iowa	South Carolina
Kansas	Tennessee
Kentucky	Texas
Louisiana	Utah
Michigan	Washington
Minnesota	Wisconsin
Mississippi	

Also Canada and China

**Check out job postings at the registration desk. If you have a posting to share, display it at the registration desk.**