



BATRA Spring Conference Friday, April 27th, 2018 SESSION DESCRIPTIONS

Session #1:
"ELNEC: Loss, Grief and Bereavement"
Presented by Kaitlyn Renfro

DESCRIPTION:

This session will discuss the phases and transitional periods of loss, grief, and bereavement in the care and management of patients and families in end of life care. The interactive session will highlight examples of care plans, as well as how to utilize the interdisciplinary team. There is emphasis on how to cope through one's emotions as a care team member. Self-care assessments will be provided, as well as opportunities to share personal and work experiences. This course is appropriate for therapists of all levels of experience in caring for a patient in end of life care.

LEARNING OUTCOMES:

- Identify three benefits of performing self-care practice
- Perform an emotional distress assessment for an intervention relating to RT practice
- Provide an example of active listening in daily RT encounters for both the patient and family members
- Define the stages of loss, grief, and bereavement and how this can prevent active participation in RT interventions
- Distinguish between anticipatory grief, normal grief, complicated grief and disenfranchised grief
- Describe three tasks of grief and list five factors that may significantly affect the grief process
- Provide three interventions that may be appropriate to facilitate normal grief

Session #2:
"Caregiving from the Heart: Maintaining Personal Energy and Avoiding Burnout"
Presented by Thomas M. Blaschko, MA (President of Idyll Arbor)

DESCRIPTION:

Providing care for others can drain us and leave us burned out, cynical, and less productive. Everyone starts out wishing to provide the best possible care for every client, so maintaining personal energy and avoiding burnout are important aspects of practice. This talk provides ways to understand burnout that helps caregivers restore and maintain the positive personal energy they need to provide effective care for their clients and maintain their own health.

This session will teach RT practitioners, who work in any setting, models for healthy connections between people, including Western psychological theory and Hindu and Buddhist concepts. We will experience practices for understanding and improving these connections. We will also demonstrate techniques for maintaining personal health. Through practical demonstrations and interactive experiences, the attendees will learn how to restore and maintain their personal energy, avoid burnout, and provide more effective care for their clients.

LEARNING OUTCOMES:

- Identify how three models of human behavior explain caregiver burnout
- Describe three aspects of positive connections between caregiver and client
- Identify how caregiving from the heart positively affects results in five populations.
- Identify how caregiving from the heart positively affects results in five population.
- Identify three ways to maintain healthy interpersonal interactions

Session #3:
"Expressive Writing: Words That Heal"
Presented by Thomas M. Blaschko, MA (President of Idyll Arbor)

DESCRIPTION:

The extensive body of Expressive Writing research shows that using Expressive Writing leads to better health. This talk looks at the research and guides the audience through an Expressive Writing session. We will discuss how teaching about Expressive Writing can be used to promote the professional images of recreational therapists. The talk also explains the difference between private Expressive Writing and shared writing experiences.

This session will teach RT practitioners, who work in any setting, how to use Expressive Writing techniques to deal with deep-seated trauma issues in a safe and efficacious manner. Participants will learn appropriate places to use several types of writing exercises, experience using Expressive Writing, debrief learning, and brainstorm applications.

LEARNING OUTCOMES:

- *Identify four trauma types that can be treated with Expressive Writing*
- *Identify four benefits from using Expressive Writing*
- *Learn and practice the basic technique for writing*
- *Identify when the experience has not worked optimally and be able to describe three ways to enhance the basic technique for better results*
- *Understand appropriate and inappropriate uses of private as opposed to public/shared writing*

Session #4:

“Locked Up: Rec Therapy In Corrections”

*Presented by Desiree Bell, LRT/CTRS, CCHP, MPA
(President of BATRA)*

DESCRIPTION:

This session will explore what it is like to work in a correctional setting. It will provide curious professionals and students with an overview of populations served in this work setting as well as the nature and safety of the work environment. The goal of the session is to debunk myths and assumptions of working in a prison setting as an RT, by providing insight and knowledge on how our job as an RT plays a vital role in the rehabilitation of inmates with mental health issues.

The session explores barriers to implementing certain evidence-based RT activities and how to modify these activities for a prison setting to reduce safety concerns. The session aims to show why it is important to work collaboratively with other disciplines and to be an important part of an interdisciplinary treatment team.

LEARNING OUTCOMES:

- *Identify three reasons recreation therapy is important in the prison setting*
- *Understand appropriate and inappropriate RT projects and interventions to implement with a prisoner population*
- *Identify at least two ways to effectively communicate therapeutically valuable program activities/large project ideas to prison administration and custody staff*

- *Identify three reasons why it is important to demonstrate professionalism in this unique work environment*

***0.55 CEU's approved by ATRA & NCTRC:**

"Within six (6) weeks each professional will receive an official CEU transcript [to his/her mailing address provided to BATRA] detailing his/her participation in the workshop/conference." For any questions/comments, contact Member at Large for Education, Teresa Boehm, at education@batra-tr.org.