

BATRA FALL 2018 CONFERENCE

Friday, November 2nd, 2018
Campbell, CA



SESSION DESCRIPTIONS

Session #1: **"Thematic Therapeutic Recreation programs (The TTAP Method)**

Presented by Dr. Linda Levine Madori, CTRS, ATR-BC, LCAT

DESCRIPTION:

An estimated 85 percent of Americans will suffer from mental illness at some point in their lives, and currently around 30 million people in our country go untreated. Given these high rates of mental illnesses, the time is long overdue for us to re-evaluate how and where mental health solutions are provided, and to ask some vital questions to enact change and help create a healthier society.

To help solve this epidemic and close the massive service gap that exists in our country, we should explore all potential avenues to providing care, utilizing the latest technology and modern communication channels. There is, of course, still a place for traditional in-office therapy, but it might not be the best solution for everyone. For some, the path to mental wellness might look very different. In this session, we'll explore how we can innovate in potentially unexpected ways to overcome current roadblocks to care and provide accessible, effective mental health care for all who need it.

Session #2: **"TTAP Method, Meditation & Art Experiential: creating your own Inner-World & Using Art to Self-Express"**

Presented by Dr. Linda Levine Madori, CTRS, ATR-BC, LCAT

DESCRIPTION:

This 90-minute session will consist of three sections. The first will describe in detail how to conduct a guided imagery and samples of meditation music will be explored. Participants will then experience a 25-minute guided imagery experiential. During the second section participants will explore different art media to self-express what they experienced in the mediation.

This experiential will end by participants sharing how this approach can be utilized for social, emotional and cognitive benefits. Participants will explore how this method can and should be utilized in all populations for maximum therapeutic benefits.

Session #3: **"Finding the Best Fit: Exploring Innovative New Channels for Mental Health Care**

Presented by Christine Kernes (Co-Founder, LARKR)

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.

Session #4:

"Learn How To Find & Create Opportunities To Make A Couple Hundred To A Couple Thousand Extra Dollars A Month Through RT Consulting While Promoting Our Chosen Profession"

Presented by Lisa Williams

pending CEU approval

DESCRIPTION:

The field of Recreation therapy is changing and evolving and there are many opportunities to practice and share RT in the community and outside of the clinical setting. The "RT outside of the box" approach is a way to keep our profession relevant and can provide the therapist with a lucrative, flexible and fun career that gives them a way to share the benefits of our profession with a greater audience. Instilling the RT with confidence and pride in the profession and how the basic tenants and concepts of RT are able to touch lives within the community in previously untapped markets.

LEARNING OBJECTIVES:

1. Session will define the concept, guidelines and requirements necessary to become a Recreation Therapy Consultant and communicate how to start your own RT Consulting business.
2. Participants will learn how to create RT Consulting opportunities in the private and public sector and how to partner with various local, state and federal agencies to create leisure opportunities for special needs and marginalized populations and promote the profession.
3. Session will communicate the pros and cons of RT consulting to help participants evaluate if this is a viable direction for them.
4. Speaker will provide examples of how she created and implemented RT programs currently utilized by healthcare providers (Kaiser & Sutter Health) as well as strategic partnerships created with city governments and state agencies.

Session #5

TBD

Presented by Lisa Williams

pending CEU approval

DESCRIPTION:

***0.4 CEU's approved by ATRA & NCTRC; 0.2**

CEU's pending approval 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 Education Coordinator, Teresa Boehm, at education@batra-tr.org.