

BATRA FALL 2018 CONFERENCE

Friday, November 2nd, 2018 (Campbell, CA)



SESSION DESCRIPTIONS

"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.

"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.

"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.

"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 Book-Williams, MS, CTRS

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.

"Thriving on a Plant-Based Diet: How to Reverse Diabetes, Obesity, Heart Disease, High Blood Pressure, Constipation & A Myriad of Other Diseases"

Presented by Lisa Book-Williams, MS, CTRS

DESCRIPTION:

Our food choices impact our health which impacts our overall well-being which impacts our ability to fully enjoy and participate in leisure activities. Kaiser Permanente, the World Health Organization, the United Nations, Adventist Health, the Cleveland Clinic and many other health care organizations have come out in support of the Plant-based Diet which has been shown to prevent cancer, increase longevity, decrease blood pressure, reverse TYPE 2 Diabetes, prevent heart disease and stave off Alzheimer's amongst other benefits.

As RT's we need to be at our best to help others do their best and the key is good nutrition. Promoting and encouraging healthier food options at recreational events and to our clients in paramount to helping them to thrive vs merely surviving. When you feel better you do better and we as RT's want to help our clients to do their best and nourish their bodies with health promoting foods. Participants will learn latest evidence based research on the benefits of the plant-based diet and strategies for incorporating more health promoting delicious plant-based foods into diet.

****0.6 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 our Education Coordinator, Teresa Boehm, at education@batra-fr.org.