

# Illinois Recreational Therapy Association Annual Conference

October 26 & 27, 2009

The DoubleTree Hotel Chicago/Alsip  
5000 W. 127<sup>th</sup> Street  
Alsip, IL 60803

## General Information

### Hotel Accommodations

The special ILRTA Conference room rates are \$89.00 - \$99.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 12<sup>th</sup>. After that date the block of rooms will be open to the public and available on a first come basis. For hotel room reservations, please call the hotel reservation desk clerk directly at (708) 371-7300. Tell them that you are with the ILRTA Conference, to receive the special room rate. The DoubleTree Hotel Chicago/Alsip is accessible, but please indicate any specific needs you may have to the reservation clerk.

### Directions to the Hotel

#### **From Indiana:**

I-294 North to the 127<sup>th</sup> Street West exit. Turn left at 127<sup>th</sup> Street light. Proceed over Cicero Avenue. Turn right into the hotel parking.

#### **From the North via I-294:**

Take I-294 South. Take 127<sup>th</sup> Street West exit. Turn right at 127<sup>th</sup> Street and another right into hotel parking.

#### **From I-80:**

Take I-80 to I-294 North. Take I-294 North to 127<sup>th</sup> Street West. Turn left onto 127<sup>th</sup> Street. Proceed down 127<sup>th</sup> Street over Cicero Avenue. Turn right into hotel parking.

## **Continuing Education Units**

CEU's can be earned for sessions at the ILRTA Conference. Actual credits awarded will be based on complete educational sessions attended. Each one full hour session = .1 CEU. You must attend the entire session to receive CEUs.

Continuing Education Units have been applied for through the American Therapeutic Recreation Association. **ATRA has requested that participants use their ATRA number or NCTRC number on their CEU forms. Please come to conference prepared to include one of these numbers when signing up for CEUs.**

NCTRC does not pre-approve any continuing education. NCTRC has not reviewed or approved the content of this program, and does not endorse or sponsor any of the activities of the Illinois Recreational Therapy Association.

## **Intern Mart / Exhibits**

Table space will be available to facilities for \$10.00, to display internship information, however space is limited, so make your reservation early! Additionally, facilities are invited to post internship opportunities on the ILRTA intern bulletin board.

We would like students to feel welcomed at the conference. If you are an internship supervisor and are willing to talk with students on an informal basis, please check the box on the registration form.

Lunch tickets are available for \$25.00 each day, for those not registered for conference, but are participating in the exhibit area.

## **Monday Evening**

Want to avoid the rush hour traffic, catch up with old friends, and meet other TRs? Conference attendees are encouraged to stay for dinner, on Monday, after conference sessions. We will be gathering in the lobby of the hotel, to travel a very short distance for dinner at :

Uno Chicago Grill  
4901 Cal-Sag Road  
Crestwood, IL 60445

## **For Further Information**

For more information about the ILRTA Conference, please call (708) 687 4396.

**The Illinois Recreational Therapy Association is a State Chapter Affiliate of  
The American Therapeutic Recreation Association**

# Illinois Recreational Therapy Association 2009 Conference

## Monday October 26, 2009

**7:30-8:15 a.m.**

**Registration and Continental Breakfast**

**8:15 –8:30 a.m.**

**Welcome and Opening Remarks**  
*Dorothea S. DiGuido, MS, CTRS, Past President, ILRTA*

**8:30-10:30 a.m.**

### KEYNOTE

#### **Mission Impossible: Maintaining Humor and a Positive Attitude in Today's World**

**Teresa Beck, Ph.D., CTRS, Associate Professor and Director of Therapeutic Recreation**  
**Grand Valley State University**

This session, should you decide to attend, will provide participants with a variety of resources to effectively manage the stress we find in our workplace and home brought on by falling incomes, rising costs, decreased home values, increased health care costs, etc. Humor, positive attitudes and positive thinking, and "being happy" all have shared commonalities that will be discussed. Participants will have opportunities for exploration and discussion.

**10:45 -11:45 a.m.**

<p><b>THE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP): HOW CAN RECREATIONAL THERAPISTS GET INVOLVED?</b></p> <p><b>Megan C. Janke, Assistant Professor, University of Illinois at Urbana-Champaign</b></p> <p><b>Laura Payne, Associate Professor, University of Illinois at Urbana-Champaign</b></p>	<p>This session will introduce the evidence-based Chronic Disease Self Management Program (CDSMP) that was developed by Stanford University and is being implemented across the state and highlight the potential role of recreational therapy in the delivery of this program. Specifically, the session will focus on the version of the program being offered through the University of Illinois Extension that has developed an additional leisure education session to enhance the existing version of the program. Information about the benefits to adults with chronic conditions who participate in this program will be reported, and details about how to become involved in this program will be provided.</p>
<p><b>DEVIANT LEISURE: POLICY ALTERNATIVES FOR THERAPEUTIC RECREATION MANAGEMENT</b></p> <p><b>Dr. Heewon Yang, Associate Professor, Southern Illinois University</b></p>	<p>These days, clients are exposed to and interested in opportunities for a variety of leisure experiences that may involve activities that may be rare, negative, and even harmful. As a therapeutic recreation professional, how to deal with these types of leisure is a very complex issue. This session introduces the concept of deviant leisure and suggests effective policy and decision-making alternatives for TR professionals.</p>
<p><b>POSITIVE EMOTIONS: FILLING BUCKETS</b></p> <p><b>Patricia Barrett Malik, Ph.D., Assistant Director of Non-academic Services, Division of Disability Resources and Educational Services-University of Illinois, Urbana-Champaign</b></p>	<p>The multitude of stressors each of us faces in our professional and personal lives can potentially leave us feeling empty. This feeling becomes more profound when we are in environments with people who are more negative than positive. Rath and Clifton explore the impact of positive interactions on relationships and productivity in <u>How Full is Your Bucket?</u> This session will provide an overview of their work in a fun and interactive environment so that you may become bucket fillers instead of bucket dippers. The concepts and strategies also have applicability to clients of therapeutic recreation services.</p>

**11:45 a.m. - 1:00 p.m. LUNCH in the MAPLE ROOM**

**1:00 p.m.-3:00 p.m.**

**MAKING DECISIONS ~  
EMPOWERING YOUR LIFE AND  
THOSE OF YOUR CLIENTS**

*Patricia Barrett Malik, Ph.D.,  
Assistant Director of Non-academic  
Services, Division of Disability  
Resources and Educational  
Services-University of Illinois,  
Urbana-Champaign*

Life is a series of choices, small ones, large ones and many in-between. Andy Andrews states, that each of us are where we are at this very moment in time based on the decisions that we have made, and those that we didn't ~ we are a product of our decisions, regardless of the circumstances that we have had in our lives. This session will explore seven important decisions that impact our lives and how to better master them in order to be successful. These are the: responsible decision, guided decision, active decision, certain decision, joyful decision, compassionate decision and persistent decision. This session will be interactive and provide strategies for incorporating these decisions with clients.

**1:00 p.m.-2:00 p.m.**

**INDEPENDENT LIVING  
CENTERS: AN "ALTERNATIVE  
FUEL" FOAR THERAPEAUTIC  
RECREATION**

*Dr. Terry Long, Associate Professor,  
Northwest Missouri State University*

Independent Living Centers (ILCs) provide a nationwide network of advocacy and support for persons with disabilities, as well as those who provide disability-related services. It is critical that therapeutic recreation specialists understanding the nature of ILCs, the philosophy under which they operate, and the services they can provide. This presentation will explore these issues, and provide suggestions for how therapeutic recreation services might be enhanced through collaborative partnerships with ILCs.

**2:00 p.m.-3:00 p.m.**

**A POTPOURRI OF IDEAS FOR  
YOUR RECREATION THERAPY  
GROUPS**

*Lynn Bunnell, CTRS Sibshop  
Facilitator, Advocate Health Care  
Pediatric Developmental Center*

*Deidre Omahen, CTRS  
Sheila Swann-Guerrero, CTRS*

Learn tried and true ideas for your Recreation Therapy groups. This session will offer participants with a multitude of hands-on activity, educational and processing ideas that were successfully utilized in Sibshops. We invite you to learn how the activities used in Sibshops can be applied to most Recreation Therapy groups. Come ready, willing and able to gain ideas and have fun in the process.

**3:15 – 4:15 p.m.**

**BACK TO BASICS: GOAL AND  
OBJECTIVE WRITING 101**

*Teresa M. Beck PhD, CTRS,  
Associate Professor and Director of  
Therapeutic Recreation' Grand  
Valley State University*

This session will focus on the basics of goal and objective writing with special attention on making objectives measurable and giving participants the opportunity to practice writing long and short term behavioral goals and objectives.

### 3:15 - 4:15 p.m. Continued

<p><b>PORTRAYAL OF DISABILITY IN U.S. POPULAR CULTURE: THE IMPACT ON THE INDIVIDUALS SERVED AND YOU AS A PROFESSIONAL</b></p> <p><i>Patricia Thomas, MPA, CTRS, Clinical Associate Professor, University of Wisconsin – Milwaukee (UWM)</i></p>	<p>The portrayal of persons with disabilities in our popular culture influences the values, beliefs and stereotypes of the individuals we serve and our own personal beliefs. This session will review some of the past and present depictions of persons with disabilities in the media such as television, movies and advertising. This session will ask participants to reflect on how these messages may impact the individuals we serve and possibly our own professional behaviors.</p>
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### 3:15-4:45 p.m.

<p><b>A PRACTICAL WORKSHOP FOR WRITING DESCRIPTIVE CASE STUDIES FOR PUBLICATION</b></p> <p><i>Dr. Terry Long, Associate Professor, Northwest Missouri State University</i></p>	<p>The purpose of this session is to teach participants how to write a client case study that could be published in a peer reviewed journal. Participants will work in small groups to practice writing each section of a case study, with opportunities for feedback from peers and the presenter. The content and format associated with the specific sections of a case study will be discussed. Format and content guidelines will be based on the “practice perspective” section of the <i>Therapeutic Recreation Journal</i>; however, focus will be placed on general principles that would apply across any research outlet. Prior to attending, participants are encouraged to think about potential cases from practice that might be the focus of a case study publication.</p>
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### 4:15 – 5:15 p.m.

<p><b>RECREATIONAL THERAPY CONSIDERATIONS FOR INDIVIDUALS WITH AUTISM</b></p> <p><i>Anna R. V. Quist, CTRS, Autism Comprehensive Education Program, Elim Christian Services</i></p> <p><i>Casey Bryant, CTRS, Autism Comprehensive Education Program, Elim Christian Services</i></p>	<p>This session will discuss the effect of autism on an individual's social and leisure lifestyle and the benefits of recreational therapy. Learn toolbox strategies of effective facilitation methods and the structured environment.</p>
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**4:15-5:15 p.m. Continued**

**USE OF YOOTNORI, A KOREAN  
TRADITIONALBOARD GAME, IN  
THERAPEUTIC RECREATION  
SETTINGS**

*Hansook Yi, visiting scholar, Ph.D.  
Southern Illinois University  
Carbondale*

*Seiyeon Lee, graduate student  
Southern Illinois University  
Carbondale*

*Heewon Yang, Ph.D., CTRS  
Southern Illinois University  
Carbondale*

This session will introduce one of Korean cultural games, which is yoot-nori (a board game). Through this session, participants will have an opportunity to explore the possibility of utilizing cultural games in other countries and to develop creative ideas to adopt those games to their TR practices.

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Illinois Recreational Therapy Association  
**2009 Conference**

**Tuesday October 27, 2009**

7:30-8:15 a.m.

Registration and Continental Breakfast

8:15 a.m.

Opening Remarks

Dorothea S. DiGuido, MS, CTRS, Past President, ILRTA

**8:30 – 9:30 a.m.**

<p><b>FACEBOOK AND THERAPEUTIC RECREATION</b></p> <p><i>Sandra Klitzing, Ph.D. CTRS, Associate Professor Recreation Therapy, Illinois State University</i></p>	<p>Are you familiar with Facebook and other social networking sites? If you received an email message that said "Sandra Klitzing has invited you to be a friend," would you know what to do? This session will explain what social networking is in general and how to use Facebook, which is one social networking site. We will also explore how Facebook can be used in therapeutic recreation. Possible uses include remaining connected to clients, interns, or former employees, promoting your agency, and as a possible intervention. Concerns and ethical issues about Facebook use will also be discussed.</p>
<p><b>INCLUDING GLOBAL DIVERSITY IN LEISURE EDUCATION RESOURCES</b></p> <p><i>Katherine Morse, CTRS, CPRP</i></p>	<p>Creating global awareness and diversity through leisure education resources with individuals with developmental and behavioral needs. Display of leisure education workbook and training materials to promote community inclusion. Internet resources and ideas to develop a client workbook with staff training support.</p>

**8:30-10:30 a.m.**

<p><b>USING THE CREATIVE ARTS AS COPING STRATEGIES TO FOSTER EMOTIONAL EXPRESSION</b></p> <p><i>Lynn Bunnell, MS Ed., BA, BS, CTRS, CADC, Recreation Therapist</i></p> <p><i>Thomas Terry, Th.M, BS, Leader Development Consultant</i></p>	<p>This is an interactive session designed to engage participants through the use of small group interaction and activities to learn techniques to assist their clients to cope with emotions. The use of the creative arts; art, music, movies, storytelling, bibliotherapy and writing will be explored. Participants will take away from this session specific activities that they can adapt for the population they serve. Come prepared to learn and have fun too!</p>
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**9:30 – 10:30 a.m.**

<p><b>FACEBOOK AND TECHNOLOGY: RESOURCES FOR R.T.</b></p> <p>Sara Koslowski, ILRTA Student Representative, Western Illinois University</p> <p>Sarah Esche-Schuett, CTRS</p>	<p>Facebook for recreation therapy professionals: Overview of how to access ATRA and ILRTA Facebook. Consider uses, misuses, and review protocols for professional communication. Identify internet links for recreation therapy resources for program enhancements and management.</p>
<p><b>THE SOCIAL MODEL OF DISABILITY AND RECREATION THERAPY</b></p> <p>Sheila Swann-Guerrero, CTRS</p>	<p>Models of Disability provide a framework for defining disability and providing services to meet the needs of people with disabilities. Recreation Therapists who have an understanding of these models will bring insight to better address the needs of the disability community. This session will highlight the Social Model of Disability and its implications for Recreation Therapy.</p>

**10:45 a.m. – 12:15 p.m.**

<p><b>THE CULTURE TRANSFORMATION PARADIGM IN COMMUNITY LIVING CENTERS WITHIN THE VA HEALTHCARE SYSTEM</b></p> <p>Sean H. Gartland, M.Div., M.Ed., CTRS</p>	<p>The Culture Transformation paradigm has been implemented on the local, regional, and national levels throughout long-term care facilities (Community Living Centers) around the United States. Come and learn about the paradigm shift from “institutionalized nursing homes” to “home-like, patient – centered centers” and the key role which Recreation Therapy is called upon to play. Take away ideas for your own LTC facility!</p>
<p><b>JAZZED UP JOURNALING</b></p> <p>Megan Behm, MS, CTRS</p>	<p>Journaling is so much more than “Dear Diary”. This session will explore what journaling is and what it is not. Time will be spent looking at different ways to journal, how to incorporate journaling into programs and how to utilize journaling as a therapeutic intervention. This will be an interactive activity where participants can expect to take part in journaling exercises as well as to discuss ways to adapt the exercises for different settings and clientele.</p>
<p><b>THERAPEUTIC TAI CHI IN A CHAIR©</b></p> <p>Gary F. Paruszkiewicz, CSME</p>	<p>This interactive session will introduce the participants to the program “Therapeutic Tai Chi in a Chair” ©. Tai Chi is an ancient Chinese form of physical activity, known traditionally as Tai Chi Ch’uan. Tai Chi has been cited in numerous medical and therapeutic journals for its ability to improve balance, increase muscle tone, and strengthen cardiovascular function. Therapeutic Tai Chi in a Chair© has been adapted for use by almost all persons, regardless of their age or ability. It has been adopted as Recreation Therapy and functions complementarily with Physical and Occupational Therapy in numerous rehabilitative, assisted and independent living facilities, and was recently approved for use by a VA Medical Center, Salisbury, North Carolina. Over 75 certified instructors of the Tai Chi in a Chair©program practice and teach on an international scale.</p>



**12:15 – 2:00 p.m. LUNCH and Membership Meeting in the MAPLE ROOM**

**2:00 – 3:00 p.m.**

<p><b>PROFESSIONALIZATION OF RT: UPDATE ON LICENSURE AND ACCREDITATION-DO WE OR DON'T WE ADVOCATE?</b></p> <p><i>Marcia Jean Carter, Re.D., CPRP, CTRS, RPTA, Associate Professor, WUI-QC</i></p> <p><i>Debbie Tiger, MS, CTRS, Special Therapies CoordinatorCunningham Children's Home</i></p>	<p>This session will include an overview of status of licensure in RT, intent of licensure, its pros and cons, and processes to achieve licensure. The session will also include a review of the relationships between licensure, certification and accreditation as well as changes in accreditation and the status of accreditation in Illinois (and surrounding states) programs.</p>
<p><b>NOTHING GREAT WAS EVER ACHIEVED WITHOUT WORKING TOGETHER</b></p> <p><i>Donna McCauley, CTRS, Professor, Recreation, Moraine Valley Community College</i></p>	<p>Join this informal interactive session as we address the important issue of how so much can be achieved in the work environment if all employees work together! We will discuss such issues as group development, group roles, elements of a group, strong and effective groups, barriers to an effective group, and team building.</p>
<p><b>LAUGH YOGA FOR STRESS MANAGEMENT</b></p> <p><i>Gary F. Paruszkiewicz, CSME</i></p>	<p>In this session, participants will learn the biology of stress and the effect of laughter in managing the stress response. They will learn of the origin and research of Dr. Madan Kataria, who invented/developed the "Laugh Yoga" system. This is an interactive/participatory session, where attendees will engage in a Laugh Yoga Program, which includes deep breathing and gentle stretching, along with clapping and laughing exercises.</p>

**3:15– 4:45 p.m.**

<p><b>EXPLORING THE USE OF VIRTUAL WORLD SOFTWARE IN TR EDUCATION AND PRACTICE</b></p> <p><i>Patricia Thomas, MPA, CTRS, Clinical Associate Professor, University of Wisconsin – Milwaukee (UWM)</i></p>	<p>Second Life (SL) is a virtual world software program used to for recreational purposes by many. This session will explore the use of the program as an educational tool for students enrolled in therapeutic recreations courses at the University of Wisconsin-Milwaukee. Additionally this session will explore the potential use of SL in TR practice.</p>
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**3:15– 4:45 p.m. Continued**

<p><b>EXERCISE PRESCRIPTION AND PROGRAMMING FOR PEOPLE WITH DISABILITIES</b></p> <p><i>Sheila Swann-Guerrero, CTRS, Information Specialist, National Center on Physical Activity and Disability</i></p>	<p>Recreation Therapists play a critical role in addressing the health and well being of individuals with disabilities. Health outcomes often are an essential component of Recreation Therapy Services. Exercise is a natural avenue for improving one's health. This session will focus on the characteristics of various disabilities or health conditions as they relate to exercise including altered physiology and anatomy of systems as well as altered responses to exercise Current guidelines will be reviewed for exercise training with special considerations for modifying aerobic, resistance, flexibility, and functional exercise prescription.</p>
<p><b>USING THEORY TO SUPPORT TR PROGRAMS</b></p> <p><i>Melissa Zahl, Ph.D., CTRS, Assistant Professor Illinois State University</i></p>	<p>This interactive session, will provide a brief description of theory and the importance to TR programs. Session participants will have the opportunity to identify what are the needs of their program(s) and how to involve theory into their program.</p>

# ILRTA Conference – Registration Form

October 26 & 27, 2009

Register by October 5, 2009 and SAVE MONEY!

Name (Mr. Ms. Dr.) \_\_\_\_\_ Agency /Job Title \_\_\_\_\_

Mailing Address (Home preferred) \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Email \_\_\_\_\_ FAX \_\_\_\_\_

Conference fee includes continental breakfast, lunch, and Professional CEU's

Please indicate special diet considerations \_\_\_\_\_

- I would like to reserve table space to provide information on opportunities at my facility (\$10.00)  
 I am interested in speaking with potential interns

## Full Two Day Conference

(includes a free 2010 ILRTA membership)

Professional  
Student

## Postmarked by Oct. 5

\$195.00  
\$ 55.00

## Postmarked after Oct. 5

\$215.00  
\$ 65.00

## One Day Attendance

(includes a free 2010 ILRTA membership)

Professional  
Student

\$125.00  
\$ 40.00

\$135.00  
\$ 50.00

If you are registering for one day, please indicate day of attendance  Monday  Tuesday

Table space for T.R. Agency Exhibit \$10.00  
Table for Vendors \$50.00  
Additional Lunch Tickets \$25.00 \$ \_\_\_\_\_

TOTAL FEES ENCLOSED: \$ \_\_\_\_\_

Please make check payable and mail to:

**ILRTA**  
Post Office Box # 587  
Oak Forest, IL 60452

## ILRTA MEMBERSHIP INFORMATION

Membership year: January 1, 2010 to December 31, 2010

Please select membership category: Professional \_\_\_\_\_ Associate \_\_\_\_\_ Student \_\_\_\_\_

Please select your region of the state: Northern \_\_\_\_\_ Central \_\_\_\_\_ Southern \_\_\_\_\_

ATRA member: Yes \_\_\_\_\_ No \_\_\_\_\_

Please select your service area:

\_\_\_\_ Child life    \_\_\_\_ Community    \_\_\_\_ Corrections    \_\_\_\_ Developmental Disabilities    \_\_\_\_ Skilled Nursing  
\_\_\_\_ Education    \_\_\_\_ General Med.    \_\_\_\_ Gerontology    \_\_\_\_ Physical Medicine/Rehab    \_\_\_\_ Substance Abuse  
\_\_\_\_ Schools    \_\_\_\_ Special Rec.    \_\_\_\_ Pediatrics    \_\_\_\_ Psychiatric/Mental Health

Other \_\_\_\_\_