

THERAPY



beyond talking

WHAT IS RECREATIONAL THERAPY?

Therapy that actually works because your child actually wants to do it. RT uses play, recreation, and activity-based interventions to support the physical, emotional, and social development of children and teens.



HOW IS RT DIFFERENT?

We build therapy around what your child loves. Using their interests, strengths, and personality, our CTRS/L creates sessions that feel less like therapy and more like growth happening in real time.



WHO PROVIDES RT?

In Oklahoma, RT is provided exclusively by a Certified Therapeutic Recreation Specialist (CTRS/L): a board-certified, licensed professional with a bachelor's degree or higher, two clinical internships, and a passing national competency exam.



918-346-7756

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RECREATIONAL THERAPY

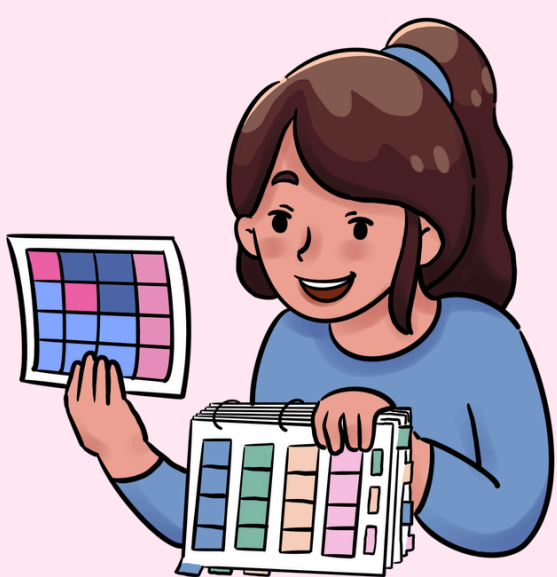
RT WORKS FOR

- Anxiety and depression
- Anger and aggression
- Autism Spectrum Disorder and related conditions
- ADHD and executive functioning challenges
- Social skills
- Emotional dysregulation
- Obsessive compulsive and related disorders
- Substance Abuse



THE PROCESS

Your child's Therapist will assess their strengths, interests, and goals before building a fully individualized treatment plan. Progress is tracked, documented, and shared with families every step of the way.



COMMON INTERVENTIONS

Sports and physical activity, arts and crafts, music, pet therapy, gardening, journaling, puzzles, active games, and community outings.



CONTACT OUR OFFICE

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