

RECREATIONAL THERAPY FOR YOUR KIDDO



What is Recreational Therapy (RT)?

The National Council for therapeutic recreation defines RT as, "...a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions as a means to psychological and physical health, recovery and well-being."

How is RT different from traditional therapy?

The unique feature that separates RT from traditional therapy is the use of recreation modalities in the designed intervention strategies. Recreational therapists use a collaborative person-centered technique that incorporates all aspects and interests of the client's life, making the therapy process meaningful and relevant.



Who provides RT services?

In Oklahoma, RT can only be provided by a board-certified and licensed professional known as certified therapeutic recreation specialists or CTRS/L. Requirements to become a CTRS/L include a bachelor's degree or higher, two formal clinical internships and passing the national competency exam.

Are you interested in learning more about recreational therapy? Call or email us for more information.

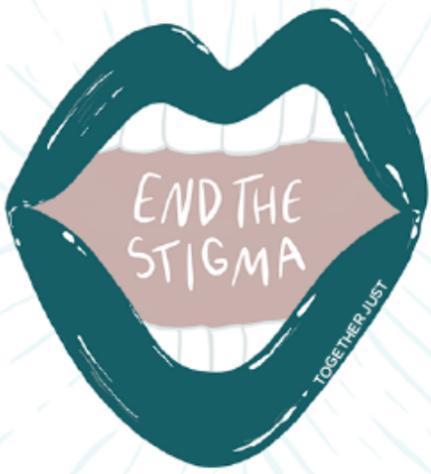
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RT works for:

- Depression and self-harm
- Anxiety
- Anger and aggression
- Social skills and communication
- Autism Spectrum Disorder and related neurodevelopmental disorders
- Substance-related and addictive disorders
- Obsessive compulsive and related disorders
- Disruptive/Impulse control and conduct disorders



RT treatment process:

Each treatment program is individually designed to meet the individual's needs. Before the program begins, a therapist will assess a patient's abilities, interests, needs and desires, and set both short-term and long-term goals. Once a plan has commenced, there is an ongoing evaluation process that documents the activities as well as any measurable progress.



Examples of RT interventions:

- Physical activity like basketball, soccer, and yoga
- Active games like Twister and Red Light Green Light
- Arts and crafts
- Gardening
- Pet therapy
- Listening to or playing music
- Journaling
- Cognitive activities like puzzles and science kits



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