

# 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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