

Therapeutic Recreation



Ontario College Graduate Certificate

The Therapeutic Recreation program prepares you to work within recreation, health, or social service delivery systems serving individuals with illness or disabilities. You will acquire the skills to complete client assessments, develop and evaluate group and individualized programs, and use a variety of facilitative techniques to assist individuals to participate in meaningful recreational activities that will enhance health, improve functional ability, and increase quality of life. The program is based on a firm belief of the inherent benefits of play, recreation and leisure to all individuals. You will learn to adapt recreation activities so individuals with a variety of disabling conditions can participate and use recreation as a therapeutic tool to improve/restore health and wellness.

*Please refer to the current Program Outline for all key program completion information.

Key Points

- **Unique program fit:** Offered in an online format with the ability to take 1, 2 or 3 courses at a time. Work your way through the program at your own speed.
- **Online:** Up-to-date, interactive, easy-to-use technology supports the learning experience. Learn anywhere, anytime.

- **Flexibility:** Asynchronous delivery accommodates work schedules. This means you can study and respond at any time of day or night as per your busy schedule.
- **Quality:** The program learning outcomes value an integrated learning approach to therapeutic recreation that will provide a diverse spectrum of students with the critical mix of real-life experience, professionalism, technical expertise and analytical skills.
- **Knowledgeable Faculty:** Our program fosters ongoing partnerships with educators, that have years of experience and proven success in the field of Therapeutic Recreation.
- **Individualized:** Complete your 560-hour internship in a TR setting of your choosing (subject to approval for competencies). Your 14-week internship experience is your opportunity to integrate all your academic learning into a real-life, hands-on setting. You select the location, client group and setting for your internship experience. * Internship must be completed full time and carries full tuition fees.
- **Curriculum Reviewed, R/TRO:** Our curriculum was voluntarily submitted and successfully reviewed by *Therapeutic Recreation Ontario*. Graduates from our program are eligible for Registration with TRO under Pathway A. www.trontario.org

Career Opportunities

Graduates of the program could find employment in health or human service organizations such as: Acute, chronic care and other specialized hospitals, provincial agencies/facilities for individuals with psychiatric or developmental disabilities, rehabilitation programs, children's treatment centers, municipal recreation departments, long term care facilities/adult day programs, correctional programs and facilities, and/or community/private agencies serving people with illness/disability.

Program Learning Outcomes

The graduate will have reliably demonstrated the ability to:

- conduct oneself professionally in a variety of settings according to professional standards, legislation, and organizational policies and procedures;
- implement positive behavioural strategies in compliance with applicable legislation, regulations and ethical standards of practice to modify behaviour and ensure the safety of all individuals;
- apply effective program development, leadership and facilitative techniques in assessing, planning, implementing and evaluating individual, group and community programs that meet the needs, strengths, challenges and interests of people experiencing barriers to healthy leisure;
- develop and apply strategies for personal, career and professional development to enhance work performance and maintain currency with professional standards;
- communicate and collaborate effectively with clients, key stakeholders and interprofessional teams to coordinate functional intervention, leisure education and counselling, and therapeutic recreation services;
- maintain accurate documentation in accordance with current ministry guidelines, professional standards of practice and organizational policies and procedures;
- research, analyze and evaluate therapeutic recreation activities using evidence based practices;
- employ environmentally sustainable practices within the profession;

Course Delivery Format

Classes are delivered in an asynchronous, online format. The part-time studies program map as per page six outlines the two-and-one-half year plan where you will take the prescribed courses in a two-courses-per-semester progression and a concluding internship course.

Admission Requirements:

Post-secondary diploma or degree, with a specialty in health or human services. **Selection Process:** Applicants will be asked to submit a current résumé. Academic and experiential learning of all applicants will be assessed.

How to Apply:

Applicants can go directly to the Ontario College Application Service (OCAS) website at http://www.ontariocolleges.ca/ProgramDetail/GEORGIAN/_/N-1z1419rZ1z13mhc

More Information

1. Why Georgian College?

Georgian college boasts a unique part-time delivery for the program in that you can complete one, two or three courses per semester in the asynchronous format online (meaning you can work at the time of day of your choice). The expert faculty is approachable and committed to empowering the sustainability and capacity for therapeutic recreation in our students and our community. Furthermore, our curriculum was voluntarily submitted and successfully reviewed by *Therapeutic Recreation Ontario*. Graduates from our program are eligible for Registration with TRO under Pathway A.

2. What is Therapeutic Recreation? Where can I learn more?

To learn more about the Profession of TR please visit the following websites:

www.trontaio.org

www.nctrc.org

3. How many courses are there? How long will it take to complete?

As per list below there are 12 mandatory courses and one 560-hour internship. The program map is designed to have you take two courses per semester (a total of 84 hours) for six semesters which is equal to two calendar years, and then to complete you take a 560-hour internship in your last semester. The total is approximately two-and-a-half years for this part time pathway. Augmentation of this schedule is possible. For further information please contact the Program Coordinator.

4. What is the payment set up for the part time program?

In the part time program you pay on a “per course” basis for all 12 of the academic courses. The Internship must be completed full time and carries a full tuition fee. Please contact the Office of the Registrar for the latest costing for courses.

5. *Anything else I should know?*

Your faculty are here to support students and you are encouraged to initiate and maintain communication with them throughout your courses. Please note that unless otherwise stated by your professor, all assignments in the program are to be completed using APA format. The recommended resource to guide you through this process is called *Cites and Sources* by Jane Haig (ISBN: 017650852X, 2014). This is held on reserve at all campuses and can be purchased from the Georgian College Bookstore.

<http://www.georgianstores.com/georgian/default.asp>

You can access information on APA Citation from the Georgian College website at:

<http://library.georgiancollege.ca/citing/start>

Student success story



As part of her Therapeutic Recreation course, student Candice Owen designed an overnight hiking expedition to Garibaldi Provincial Park located just south of Whistler, British Columbia. This excursion was created for three at-risk and street-involved youth from Covenant House Vancouver and their staff member. The experience was designed to develop teamwork skills and resiliency and the events that took place during the trip were remarkable.

While there Candice commented that all three youth showed superb resiliency to push through their sore feet and exhaustion while encouraging each other as a team to "keep going", "dig deep" and saying "we're almost there" during both the hike up and hike down.

Candice closed her final project by summarizing from her own experience that "she would not change anything" and went on to comment how the students didn't want to leave and expressed their appreciation of the trip and opportunity.

Amazing stuff! Thanks for sharing Candice and your TREC faculty Sarah Harrison.

Program Graduation Requirements Course List Therapeutic Recreation

List of Required Courses			
12 Mandatory Courses			
Course Code	Course Title	Hours	Prerequisites
TREC 1002	Assessment Processes of Therapeutic Recreation	42	n/a
TREC 1003	Foundations of Therapeutic Recreation	42	n/a
TREC 1004	Adapted Recreation for Therapeutic Recreation	42	n/a
TREC 1005	Recreation Therapy for Selected Populations	42	n/a
TREC 1007	Leisure Education	42	n/a
TREC 1008	Professional Issues and Trends	42	TREC 1003
TREC 1009	Organizational Leadership in Therapeutic Recreation	42	n/a
TREC 1010	Facilitative Techniques in Therapeutic Recreation	42	TREC 1002 TREC 1003
TREC 1011	Research in Therapeutic Recreation	42	TREC 1003
TREC 1012	Therapeutic Relationships	42	n/a
TREC 1014	The Human Body	42	n/a
TREC 1015	Nature of Disabilities in Therapeutic Recreation	42	n/a
1 Mandatory Internship			
TREC 1017	Internship <i>*not available to PLAR</i>	560 hrs	TREC 1002, 1003, 1004, 1005, 1009, 1014, 1007, 1008, 1010, 1011, 1012, 1015

Program Graduation Requirements Course List Therapeutic Recreation

Delivery Schedule of Required Courses				
12 Mandatory Courses, 60% is required in all Academic Courses to be considered a pass.				
Course Code	Course Title	Hours	Prerequisites	Semester Traditionally Offered PT
TREC 1002	Assessment Processes of Therapeutic Recreation	42	n/a	Fall
TREC 1003	Foundations of Therapeutic Recreation	42	n/a	Fall
TREC 1010	Facilitative Techniques in Therapeutic Recreation	42	TREC 1002, & 1003	Fall
TREC 1014	Biological Sciences	42	n/a	Fall
TREC 1004	Adapted Recreation for Therapeutic Recreation	42	n/a	Winter
TREC 1005	Recreation Therapy for Selected Populations	42	n/a	Winter
TREC 1011	Research in Therapeutic Recreation	42	TREC 1003	Winter
TREC 1015	Nature of Disabilities in Therapeutic Recreation	42	n/a	Winter
TREC 1007	Leisure Education	42	n/a	Summer
TREC 1008	Professional Issues and Trends	42	TREC 1003	Summer
TREC 1009	Organizational Leadership: Therapeutic Recreation	42	n/a	Summer
TREC 1012	Therapeutic Relationships	42	n/a	Summer
1 Mandatory Internship				
TREC 1017	Internship <i>*not available to PLAR</i>	560 hrs	TREC 1002, 1003, 1004, 1005, 1009, 1014, 1007, 1008, 1010, 1011, 1012, 1015	

THERAPEUTIC RECREATION (TREC)
COURSE TRACKING SHEET – Order of Course Offerings – Fall Intake 1

Course Code	Course Name	Hours	
Semester 1	FALL		
TREC 1002	Assessment Processes of Therapeutic Recreation	42	
<i>TREC 1003</i>	<i>Foundations of Therapeutic Recreation</i>	42	
Semester 2	WINTER		
<i>TREC 1004</i>	<i>Adapted Recreation for Therapeutic Recreation</i>	42	
TREC 1005	Recreation Therapy for Selected Populations	42	
Semester 3	SUMMER		
<i>TREC 1007</i>	<i>Leisure Education</i>	42	
TREC 1009	Organizational Leadership: Therapeutic Recreation	42	
Semester 4	FALL		
<i>TREC 1010</i>	<i>Facilitative Techniques in Therapeutic Recreation</i>	42	
TREC 1014	Biological Sciences in Therapeutic Recreation	42	
Semester 5	WINTER		
<i>TREC 1011</i>	<i>Research in Therapeutic Recreation</i>	42	
TREC 1015	Nature of Disabilities in Therapeutic Recreation	42	
Semester 6	SUMMER		
TREC 1008	Issues and Trends in Therapeutic Recreation	42	
<i>TREC 1012</i>	<i>Therapeutic Relationships in Recreation Therapy</i>	42	
Semester 7	FALL		
TREC 1017	Internship	560	

- Please note this is a sample schedule that would apply to a part-time student commencing in a fall semester. If followed, each semester a student would take 2 courses. This is a suggested sample schedule; however, students may consider the prerequisites and their own personal situation and choose an alternate order. **Please note that if a student takes four, or more, courses in a semester they will pay full-time fees.**
- Please note that the recommended guideline for part-time completion of a program is twice the allotted time for full-time completion. For TREC the full-time program is completed in one year, or three semesters. A part time student could potentially take three courses per semester to complete within the six semesters; however, it has been found that two courses per semester seems most comfortable for students. At completion time if a student has maintained a strong academic outcome in two courses per semester they will be successful in completing within a reasonable timeframe as indicated.
- To arrange details of the internship semester, students must contact the program coordinator at the beginning of their final semester of coursework.
- It is possible, though unlikely, that courses may be cancelled due to low enrollment.
- This chart is simply a guide for students to organize their course choices. Please use the Program Outline or the website for all formal references to course information.

WHO ARE WE?

Coordinator



Alison Bates BFA, R/TRO

Alison Bates graduated from York University with a Bachelor of Fine Arts. Alison then attended the Therapeutic Recreation Post Graduate Certificate at Georgian College. Upon graduation from Georgian College, Alison worked as a Therapeutic Recreationist at Waypoint Centre for Mental Health Care for the next eight years in both the Central Recreation departments and on the Psychosocial Rehabilitation Program. Alison joined the faculty team at Georgian College in 2011 and became Program Coordinator in 2013.

Alison has been an Executive Committee Member of *Simcoe Muskoka Therapeutic Recreation Association* since 2008 and was a *Therapeutic Recreation Ontario* Board Member from 2015-2017.



Sadie Freisner B.A., R/TRO

Sadie completed a Bachelors of Arts, honours, specializing in Kinesiology at York University in 2009 while working as a restorative care aide at Specialty Care Bradford Valley in 2007. Sadie then began as a Director of Resident & Family Services at Specialty Care Cedarvale Lodge working closely with both CCAC, residents, and supervising the recreation team. Sadie graduated from the Georgian College Therapeutic Recreation program, completed the Ontario Association of Non-profit Homes and Services for Seniors Long Term Care administrator's course, and became a certificated long term care administrator under the Ministry of Health and Long Term Care Regulations. In 2012 Sadie became a registered member of Therapeutic Recreation and joined the Georgian College teaching staff where she began teaching two courses in the Therapeutic Recreation part-time program. She currently teaches both Foundations of Therapeutic Recreation and Leisure Education. After working as a programs manager and recreation therapist during the Specialty Care and Leisureworld amalgamation, she began working as the Recreation & Leisure Partner for Retirement Residences for Sienna Senior Living in 2016.

Faculty Continued..



Sarah Harrison TREC Dip., BRLS, R/TRO

Sarah has been part of the Georgian faculty team since 2009. She holds a diploma in Recreation and Leisure Studies with a focus on Therapeutic Recreation from Niagara College, a degree from Brock University in Recreation and Leisure Studies with a specialization in Therapeutic Recreation, and a current Registration with Therapeutic Recreation Ontario.

Before Georgian, Sarah worked both front line and in management in both long term care and

hospital settings. She has a passion for TR that she is always excited to share!

On a personal note, Sarah and her husband own a family farm in southwestern Ontario and have three young girls.

Craig Holman BRLS, TR Cert., MSW, RSW

Craig is an alumnus of Georgian College from the Therapeutic Recreation program. Craig has expressed his passion and commitment to teaching adults. Post-graduation Craig has worked in a variety of Therapeutic Recreation settings including addictions, mental health, complex care, and long-term care. In 2013, Craig completed his Master of Social Work degree through Wilfrid Laurier University and currently works full time at St. Joseph’s Health Centre in Guelph as a Social Worker. As a social worker Craig supports individuals and families impacted by stroke and aphasia by providing individual and group therapy. Craig also works with a variety of community partners and his local LIHN to provide education, support and advocacy for those living with stroke in the Waterloo Wellington area.



Craig says: “I am a true believer of life-long learning and the pursuit of higher education. I strongly believe that access to education is one of the pillars of a healthy and strong community and take the responsibility of instructing greatly. Through my time at Brock University, Georgian College and Wilfrid Laurier I have had many great teachers and feel it is a great privilege to be teaching at Georgian College.”

It is our pleasure to assist you in your academic pathway at Georgian college. We commit to responding to your inquiry as soon as possible.

For your convenience our contact information is as follows:

Alison Bates	Program Coordinator	Alison.Bates@georgiancollege.ca	705.325.2740 ext. 3181
Stephanie Carpenter	Program Assistant	Stephanie.Carpenter@georgiancollege.ca	705-325.2740 ext. 3541