



**M:** Course Objectives / Learning Outcomes

Upon successful completion of this course, the student will be able to:

1. Demonstrate application of Therapeutic Recreation.
2. Demonstrate knowledge of the agency.
3. Demonstrate the Person-Centered Approach with clients.
4. Apply systems theory in developing comprehensive, leisure related, client assessments and individual program plan.
5. Develop therapeutic relationships with individual clients based upon the values and skills taught within the TR program
6. Demonstrate a range of therapeutic recreation interventions designed to promote health and wellness of the client.

**N:** Course Content: The following global ideas guide the design and delivery of this course:

## Professionalism

- self awareness, goal-setting and self evaluation skills
- adherence to agency policies and procedures
- safe practice and safety awareness, including personal hygiene procedures
- effective working relationships with colleagues
- effective client interaction skills
- confidentiality in all communications concerning the agency
- personal wellness and appropriate work habits
- demonstrates critical thinking and seeks and accepts feedback
- responds to the changing needs of the agency, balancing flexibility and organizational skills

## Therapeutic Recreation Applied

- organizational, mandate, vision
- therapeutic recreation philosophy, goals, etc.
- therapeutic recreation practices evident within the agency
- application of therapeutic recreation service model

## Practicum Seminars and Learning Experiences

- attends all seminars
- completes all written assignments

## Therapeutic Interventions

## Person-Centered Approach

- demonstrates the ideals of a person-centered approach, including normalization, social role valorization, self-determination, interdependence, and inclusion
- aware of ability to demonstrate the ideals of a person-centered approach

## Assessment and Individual Program Planning

- applies knowledge of the age related changes and the needs of older adults
- understands and responds to the disabilities an older adult may experience
- analyses the systems: family, agency, community, economic, environmental, political, etc. which may impact upon a client's health and leisure well-being
- observes and interviews the client to identify strengths and needs
- prepares with the client an individual leisure lifestyle program plan
- implements, monitors and evaluates the plan

## Helping Relationships and Skills

- client-centered, age appropriate approach to all interventions
- helping relationships build upon humanistic values
- basic and advanced communications skills
- adopts a problem management/opportunity development approach to helping
- applies helping skills to discussions about healthy leisure lifestyles
- reflects on helping skills practice, strengths and limitations

<p>Therapeutic Recreation Program Leadership</p> <ul style="list-style-type: none"> <li>• demonstrates knowledge of a range of recreation skills and experiences</li> <li>• adhering to a client-philosophy, matches client need with recreation/leisure experiences</li> <li>• aware of recreation activity adaptations</li> <li>• demonstrates effective leadership in group and one-to-one situations</li> <li>• applies two specific therapeutic interventions (i.e. fitness program, pet therapy, horticulture therapy, humour therapy) with a group of clients</li> <li>• recognizes wellness, leisure, phenomenological and ecological perspectives when implementing all therapeutic recreation interventions</li> <li>• evaluates sessions and makes recommendations</li> </ul> <p>Group Assessment</p> <ul style="list-style-type: none"> <li>• aware of group dynamics and needs</li> </ul>
<p><b>O:</b> Methods of Instruction</p> <ul style="list-style-type: none"> <li>• modeling of Therapeutic Recreation in Practice</li> <li>• providing opportunity for leadership practice</li> <li>• assigning documentation of theory and practice analysis</li> </ul>
<p><b>P:</b> Textbooks and Materials to be Purchased by Students</p> <p>A list of recommended textbooks and materials is provided for students at the beginning of the semester.</p> <p>Resources include:</p> <ul style="list-style-type: none"> <li>• Selected readings from a variety of therapeutic recreation</li> <li>• Selected audio-visual and computer resources</li> <li>• Selected readings from books and journals</li> <li>• Therapeutic Recreation fine arts, adaptive equipment and supplies</li> </ul>
<p><b>Q:</b> Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations</p> <p>This is a Mastery/Non-Mastery course.</p>
<p><b>R:</b> Prior Learning Assessment and Recognition:</p> <p>Open for PLAR</p>

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