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# 27th Annual Central California Therapeutic Recreation Symposium

Saturday February 8, 2025 8:00 - 5:00 p.m. (.6 CEUs pre-approved)

## Schedule for the Day

**8-8:30 AM Registration**

**8:30 AM Welcome**

**8:45-10:15 Nature Rx: Enhancing Well-being Through Nature Engagement**

***Dr. Rosanna Ruiz, Fresno State***

This session explores Nature Rx concepts and their relationship to health and well-being. Participants will gain the skills to articulate the key health benefits of nature engagement and identify activities that enhance both personal and client well-being. Through an engaging combination of lectures, discussions, and experiential activities, attendees will examine how nature experiences foster cognitive, emotional, and empathetic growth.

By the end of the session the participants will be able to:

1) Articulate at least three health and well-being benefits associated with spending time in nature.

2) Identify three nature-based activities that can be used to enhance personal well-being.

3) Develop a personalized plan for incorporating nature engagement into daily life.

4) Recommend three activity variations to effectively support one-on-one and/or group interventions.

**10:30-12:00 Bringing Stories to Life: Implementing Reader's Theater in Recreation Therapy**

***Dr. Nancy Nisbett, CTRS, RTC, FDRT, Fresno State***

Reader’s Theater is an engaging, adaptable, and inclusive therapeutic activity that utilizes storytelling, reading aloud, and performance techniques to promote emotional, cognitive, and social development. This session will explore how Recreation Therapists can effectively incorporate Reader’s Theater into therapeutic practice to enhance communication, creativity, self-expression, and group dynamics among diverse populations.

By the end of the session the participants will be able to:

1) Describe at least 3 benefits of Reader’s Theater as recreation therapy modality.

2) Identify at least 3 specific populations that benefit from Reader’s Theater.

3) Recognize at least 3 potential challenges in implementing Reader’s Theater with at least 1 way to overcome each.

**12:00-12:45 Lunch**

**12:45-2:15 How Zumba Levels the Playing Field**

***Greg Parnell and Shanel Mayo, CCPSS, CTRS, Crestwood Behavioral Health Inc.***

Join the journey of this fun fact-filled wellness workshop. Discover how Zumba levels the playing field, brings unity between staff and clients, lessens boredom, burns calories, and releases mood improving endorphins! Demonstrations will help you experience F= LBC (Fun= Lasting Behavioral Change) while learning the benefits of the Psychology of Zumba: mind/body, stress relief, community, and physical fitness.

By the end of the session the participants will be able to:

1. Identify the diversity and inclusion available in the Zumba Community.
2. Describe the wellness advantages of Zumba, encompassing physical, mental, emotional, and spiritual aspects.
3. Incorporate and implement a Zumba program within their organization.

**2:30-4:00 Motivational Interviewing in TR/RT: Building Confidence, Commitment, and Change**

***Karen Markland, RTC, Fresno State***

This session explores the use of Motivational Interviewing (MI) within recreational therapy practice, focusing on its use as an intervention tool to support a commitment to change and strengthen internal motivation. Participants will develop knowledge of MI principles to support client-centered communication, enhance motivation, gauge readiness and practice ‘way of being.’ The session will include an overview of MI evidence-based practice principles, review and use of key techniques, and hands-on practice to build MI skills.

By the end of the session the participants will be able to:

1) Identify and describe the four core principles of Motivational Interviewing and their relevance to recreational therapy practice as an evidence-based practice.

2) Demonstrate at least two MI techniques (e.g., reflective listening, eliciting change talk, readiness) to enhance engagement and motivation in identified change.

3) Create a client-centered communication plan that highlights three Motivational Interviewing techniques and applications to use in the design of programming for their client(s) based on stage of readiness.

**4:00 Evaluations and CEU processing**