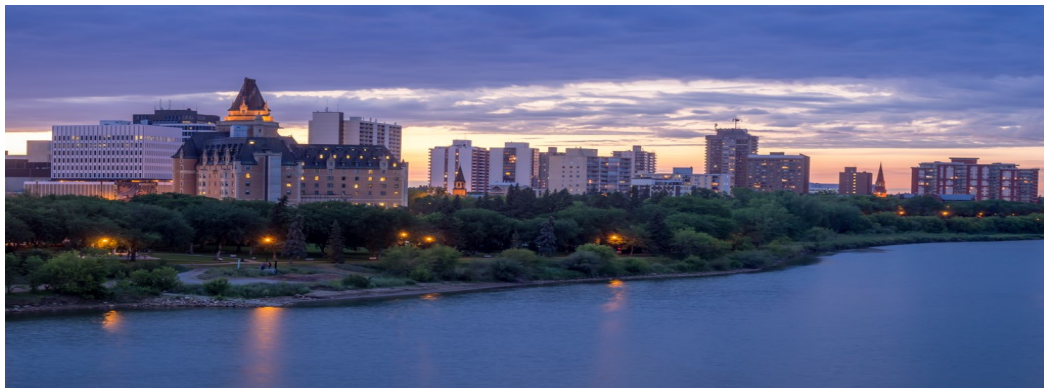


2021 Virtual SHA (Saskatoon) Innovations Conference

THURSDAY, OCTOBER 7, 2021

8:00am — 4:00pm



PRESENTER:

Dr. Colleen Deyell Hood, Professor in the Department of Recreation and Leisure Studies, Brock University, St. Catherine's, ON

We would like to thank the following for providing support for this event:



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Welcome to the 2021 SHA (Saskatoon) Innovations Conference

On behalf of our conference planning committee, we'd like to extend a warm invitation to attend our virtual SHA – Recreation Therapy (Saskatoon) Innovations Conference on Oct. 7, 2021. The decision to go virtual was made in collaboration with Dr. Colleen Hood with the goal of keeping everyone safe and healthy. Our committee has partnered with the CTRA – SK/MB Chapter and is pleased to announce the conference will be delivered via their GoToWebinar platform. We're hoping the virtual nature of this conference will afford more staff the opportunity to attend this year and enable you to do it from the comfort and safety of your home or office.

This conference provides an excellent opportunity for Recreation Therapy practitioners, educators and students to gather remotely to recharge and learn from respected Canadian researcher and educator Dr. Colleen Hood, Brock University.

We look forward to seeing all of you online for this virtual learning experience. Turn on your computer, pull up a comfy chair and enjoy the conference.

Kind Regards,
Samantha Pizzuto, Sara Stukings, Roxanne Lowe, Kim Nicholls, Sherri Nelson

Innovations Conference Webinar Information



GoToWebinar is an easy to use virtual platform that will be used for our 2021 SHA (Saskatoon) Innovations Conference.

Registrants will be sent a link to register for Dr. Hood's AM and PM sessions and automated reminder emails will be sent out as the conference approaches. Dr. Hood's power-point presentations will be uploaded to the GoToWebinar platform for registrants to access during the live webinar.

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PRESENTER



Dr. Colleen Deyell Hood is a Professor in the Department of Recreation and Leisure Studies at Brock University. She has been a faculty member at Brock for over 15 years and other major academic appointments include Oklahoma State University, and Dalhousie University. She has a B.P.E. from the University of Calgary, an M.S. in Therapeutic Recreation (TR) from the University of Illinois, and a Ph.D. in Leisure Behavior also from the University of Illinois. She has been teaching, practicing and conducting research in the field of TR for over 30 years.

Her research interests include leisure and well-being, strengths-based practice, positive emotion, leisure and recovery, and TR professional practice. One of her major contributions to the field of TR is the development and publication of the Leisure and Well-Being Model, a contemporary, strengths-based service delivery model for TR.

She travels all over North America speaking to the importance of strengths-based practice in TR and is currently involved in a major research project in the Niagara Health System, working with clients in treatment for mental health disorders. She also recently completed the program at the Toronto Institute for Relational Psychotherapy and is now a Registered Psychotherapist with a small private practice. In her free time, she enjoys singing, reading, creating, and spending time with her family.

TOPICS:

1. Adversity as a Lens for Therapeutic Recreation (TR) Services
2. Healing Broken Narratives: The Role of Narrative Therapy and TR in the Aftermath of Adversity

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AM & PM SESSIONS:

AM Session:

Adversity as a Lens for Therapeutic Recreation (TR) Services

Many clients that we work with in TR have experienced adversity. Adversity can arise from experiences of stigma, loss, grief, trauma, changes in functioning, changes in living arrangements, and/or intersection with the health care system. It is my belief that almost every client you interact with has had some exposure to adversity by the time they reach our services – and that we have an obligation to consider and address adversity in our work with clients. This session will explore aspects of adversity that directly impact clients' ability to live as well as possible with whatever challenges or limitations they have and/or to make the changes necessary to create a meaningful life. The session will end with an overview of the elements of adversity-informed care that can be used to design and deliver more effective TR interventions.

Session Objectives:

1. Participants will be able to define adversity.
2. Participants will be able to identify four types of adverse experiences that are relevant for clients in TR services.
3. Participants will be able to identify the three impacts of adversity on clients served in TR.
4. Participants will be able to identify three key features of Adversity-Informed TR practice.

PM Session:

Healing Broken Narratives: The Role of Narrative Therapy and Therapeutic Recreation in the Aftermath of Adversity

One of the key outcomes of the experience of adversity is damage to individuals' sense of self coupled with a disrupted self-continuity. People who have experienced significant adversity often mark their lives in terms of the adverse event and distinguish between the person they were before the event (an intact and whole person) and who they are now (a damaged and/or struggling person). People often feel that they do not know who they are anymore! This session will focus on the role of therapeutic recreation professionals in supporting clients to develop a coherent sense of self – one that allows for adverse experiences but is not solely defined by those experiences. Using principles and techniques from Narrative Therapy, participants will learn how difficult life events can challenge client's life stories and sense of self, and how we can use leisure and recreation to help clients reconnect with their coherent life narrative. The session will provide both the theoretical foundations of Narrative Therapy as well as specific techniques to use in your TR practice.

Session Objectives:

1. Participants will be able to identify the relationship between adversity and damaged sense of self.
2. Participants will be able to describe the role of leisure in supporting the development of a coherent sense of self.
3. Participants will be able to identify two key concepts of Narrative Therapy.
4. Participants will be able to identify three Narrative Therapy techniques useful for TR practice.
5. Participants will be able to describe the four general topical areas of the Be Your Best Self program.

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AGENDA—Thursday, October 7/21:

8:00 – 8:15:	Welcome/Introductions
8:15 – 8:30:	CTRA SK/MB Chapter Promo
8:30 – 10:00:	Dr. Hood – Adversity as a Lens for TR Practice
10:00 – 10:30:	Stretch/Movement Break
10:30 – 11:45:	Dr. Hood – Adversity as a Lens for TR Practice Continued
11:45 – 1:00:	Lunch Break
1:00 – 2:00:	Dr. Hood – Healing Broken Narratives
2:00 – 2:30:	Stretch/Movement Break
2:30 – 3:45:	Dr. Hood – Healing Broken Narratives Continued
3:45– 4:00:	Wrap-Up/Evaluation

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2021 VIRTUAL SHA (SASKATOON) RECREATION THERAPY**INNOVATIONS CONFERENCE****REGISTRATION FORM****THURSDAY, OCTOBER 7TH, 2021****8:00 A.M. – 4:00 P.M.****NAME:** _____ **POSITION:** _____**ORGANIZATION:** _____**ADDRESS:** _____**PHONE:** _____ **E-MAIL:** _____**Registration Fee:****SHA Staff: \$50** _____**Students: \$25** _____**Non-SHA Staff: \$75** _____**CTRS (add \$10 for CEU Transcript):** _____**Registration Deadline is September 15, 2021.****Registration will only be processed with full payment. Cheque, money order or cash only (E-Transfer & Credit Cards cannot be accepted).****Please make cheques payable to SCH Foundation (Memo line: Recreation Therapy Advisory Council). Receipts will be emailed out.****Please mail completed registration forms and payment to:****Brenda Chomyn**

Administrative Assistant

Royal University Hospital

#3610 – 103 Hospital Drive

Saskatoon, SK S7N 0W8

Phone: (306) 655-2454 Fax: (306)655-1053

E-mail: brenda.chomyn@saskhealthauthority.ca**Please direct any questions to Sherri Nelson,****Rec. T Practice Lead (sherri.nelson@saskhealthauthority.ca)**