



# 2023 ATRA

## SYMPOSIUM

STRONGER TOGETHER



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# WELCOME TO THE 2023 ATRA SYMPOSIUM

Welcome to the **2023 ATRA Symposium, where we strive to be Stronger Together.**

On behalf of the incredibly hard-working Symposium Planning Committee, we are excited to host the 2023 Symposium, which will be an entirely virtual, compact day of learning. This year we aim to provide an interactive experience where we all can network and learn together. We have chosen Zoom Events as our symposium platform. It has many immersive features that will support delegates as they connect with each other, presenters, and exhibitors, bringing the day to life! We have planned some unique and fun social activities and quality educational sessions that we all look forward to each year.

Our committee has been working together diligently for the last year. They have been enthusiastic and committed to bringing you the best ATRA experience. I would like to acknowledge and thank each of our committee members; I am so grateful for you and your efforts and could not have done this without you. Please join us in thanking:

## **ATRA 2023 Symposium Planning Committee**

Jayleen Desauoy, RaeAnn Wipf, Blanche Chymyz, Glenn Skimming, Kimberly Dizak, Joel Johnston, Alix Norum, Nicole Fischer, Denise Charron, and Ashley McConnell.

The committee would also like to give a big thank you to ATRA's Symposium Producer, Charlotte Jordan. We could not have created such a great event without your knowledge, experience, and countless hours you have dedicated to supporting us.

This year's symposium brings you four sessions from presenters across North America on topics we hope you can take back with you and apply to your practice. We can offer 6 hours of education in a condensed one-day symposium. Topics include trauma, evidence-based practice, intimate relationships, and a very special Keynote Speaker: Dianne Bowtell, ATRA's outgoing Executive Director, long-term advocate, and champion of the profession.

Recreation Therapists show we are **Stronger Together** in our day-to-day work within communities of practice, allied health teams, research and education settings, and beyond. We see the amazing work, dedication, positive impact and innovation from all of you and your commitment to those we all serve.

On behalf of the Symposium Committee, we look forward to seeing you all online and interacting through Zoom Events!

Sincerely yours,



Lori Abrams

Chair of the ATRA 2023 Symposium

The Alberta Therapeutic Recreation Association acknowledges that we are on the traditional territories in Alberta of Treaty 6, Treaty 7, and Treaty 8. The many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries.

## MESSAGE FROM ATRA PRESIDENT — BEV SUNTJENS

Welcome, ATRA 2023 Symposium Delegates!

As recreation therapists, we are healthcare professionals proud to be experts in the power of connection. Our 2023 ATRA Symposium theme, **Stronger Together**, is easy to embrace. On behalf of the ATRA Board of Directors and Executive Director, it is a privilege to welcome you to this accessible and virtual opportunity to learn, wonder, explore, and connect.

As a Board, we are excited to have delegates coming together virtually from numerous treaty lands across Alberta and beyond. As we participate in this fantastic opportunity, we are reminded of our responsibility to honour Indigenous peoples' relationship with the land and our accountability to address the ongoing impacts of colonization that continue to affect Indigenous peoples.

If you are like me, you may sometimes struggle to stay focused while learning virtually. I know my mind can wander, and I want to multitask or check my email. I challenge all participants to be **stronger together** to maximize this professional development time. Plan to watch the sessions with other local participants or connect with a colleague during breaks to check in and reflect. Also, stretch yourself professionally and reach out to other delegates to widen your circle and connect. Many recreation therapists and educators became proficient in facilitating virtual care and learning authentically during the pandemic. Now it's time to use those tools to nurture our professional growth.

In closing, the ATRA Board of Directors would sincerely like to thank the 2023 Symposium Committee for their commitment to providing this much-anticipated professional development opportunity. The recipe for an excellent conference includes vision, meticulous organization, communication, and dedication, and this group has done an exceptional job of reminding us all that we are Stronger Together.

With warm welcome,



Bev Suntjens,

ATRA President

# ATRA 2023 VIRTUAL SYMPOSIUM

## FRIDAY OCTOBER 20, 2023

FRIDAY, October 20, 2023			
TIME	EVENT	DESCRIPTION	CEU's
7:00 a.m. - 7:45 a.m.	Morning Energizer	Zumba with Joel	
7:45 a.m. - 8:00 a.m.	Welcome and Introductions	Chair: Lori Abrams President: Bev Suntjens	
8:00 a.m. - 9:00 a.m.	Keynote	<b>Dianne Bowtell</b>  Title: A Blast from the Past and a Promise for the Future: Reflections on the Advancement of the TR Profession in Alberta	1 hour = 0.1 CEU
9:00 a.m. - 9:15 a.m.	Break	Poster Presentations and Exhibitors	
9:15 a.m. - 10:45 a.m.	Session #1	<b>Dr. Koreen Martfeld</b>  Title: The Role of Activity in Treating Trauma and Attachment Disorders	1.5 hours = 0.15 CEU's
10:45 a.m. - 11:00 a.m.	Break	Poster Presentations and Exhibitors	
11:00 a.m. -12:00 p.m.	Professional Advancement Session	ATRA Board of Directors	1 hour = 0.1 CEU
12:00 p.m. - 12:15 p.m.	Break	Poster Presentations and Exhibitors	
12:15 p.m. - 1:00 p.m.	ATRA Awards	ATRA Board of Directors	
1:00 p.m. - 2:00 p.m.	Annual General Meeting	ATRA Board of Directors	
2:00 p.m. - 2:15 p.m.	Break	Poster Presentations and Exhibitors	
2:15 p.m. - 3:45 p.m.	Session #2	<b>Valerie Lazzara-Mould &amp; Rachel Bican</b>  Title: Utilizing Evidence Based Practice within Therapeutic Recreation	1.5 hours = 0.15 CEU's
3:45 p.m. - 4:00 p.m.	Break	Poster Presentations and Exhibitors	
4:00 p.m. - 5:00 p.m.	Session #3	<b>Jessica King &amp; Jennifer Piatt</b>  Title: Exploring and Reconnecting the Bonds of Intimacy in Romantic Care Partnering Relationships Following Stroke and Brain Injury	1 hour = 0.1 CEU
5:00 p.m. - 6:00 p.m.	Exhibitors	Visit our Virtual Exhibitors	

**6 hours = 0.6 CEU's**

## KEYNOTE SPEAKER

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### Dianne Bowtell

In 1985, Dianne was one of the signature founding members of the Alberta Therapeutic Recreation Association. In the following decades, Dianne remained committed to advocating for raising the profile and elevating consistency in standards of practice for the TR profession to better serve the public. Dianne has served in many positions on the Alberta and Canadian Therapeutic Recreation Associations as a practitioner, supervisor, educator, and researcher for four+ decades. After retiring from clinical practice, Dianne continued to follow her passion for developing the TR profession by accepting ATRA's inaugural Executive Director position.



In 2023, Dianne shifted gears yet again, retiring from professional endeavours to follow the dreams and opportunities of being a Lady of Leisure. This keynote address is an opportunity for Dianne to condense her experience gained growing stronger together with colleagues and her hopes to ignite a passion for advancing the profession as we move into the future.

Dianne is a proud grandmother of five, an avid lady of the lake, an enthusiastic distance cycle tourist, and full of creative ideas that will now have time to bloom.

## SPEAKER BIOGRAPHIES

### Session 1

#### Dr. Koreen Martfeld

In addition to more than 25 years of experience as an educator in schools and universities, Dr. Koreen Martfeld has been a Registered Psychologist in clinical/counselling, education, and forensic psychology for the past fifteen years. She has previously worked in inpatient health care settings and across rural Alberta in Metis and First Nations communities. She has a background in music education and music therapy. In addition to her work as Program Director for City University's Master of Counselling program, she works as part of an interdisciplinary treatment team with Alberta Children's Services at Yellowhead Youth Center, a campus-based intensive treatment program for youth. She has presented at several conferences and workshops on the impact of complex trauma on child development. Dr. Martfeld holds undergraduate degrees in education and psychology, a Master's degree in counselling, and a Ph.D. in psychology. She is a certified Clinical Traumatologist and practices through an integrated therapeutic approach that values the client's knowledge.



### Session 2

#### Valerie Lazzara Mould

Valerie Lazzara Mould, MA, CTRS, is a graduate of the University of Toledo with a Bachelor of Science in Recreational Therapy (2007) and a Masters of Art in Recreation Administration (2008). She has been a Certified Therapeutic Recreation Specialist since January 2018. Valerie began her career in inpatient physical rehabilitation and geriatric psychiatry and has worked with pediatric psychiatry since 2012. She is employed full-time at the Nationwide Children's Hospital in Columbus, Ohio. There, she serves as a therapist in the Youth Crisis Stabilization Unit and as the Evidence-Based Practice Coordinator for the behavioural health and inpatient acute teams.



Valerie is also an instructor and social media coordinator for SMART CEUs Hub and the SMART CEU Retreat coordinator. Valerie is a member of the Ohio Recreational Therapy Association, where she has served on the board from 2017-2022 and is currently on two committees. She also serves on the Advisory Board for the University of Toledo's Recreational Therapy Department. She has given many presentations on mindfulness, family leisure participation, behavioural health programming at NCH, marketing TR, and Dialectic Behavioral Therapy. Valerie is involved in the American Heart Association Young Professionals Board outside recreational therapy.

## SPEAKER BIOGRAPHIES

### Rachel Bican

Rachel Bican graduated from Ohio State University Medical Center and earned her Ph.D. in Health and Rehabilitation Sciences in 2021. She is currently employed at Ohio University as an Assistant Professor in the Department of Physical Therapy. She is a contingent member of the clinical therapy department at Nationwide Children's Hospital, where she previously served as a research scientist. Rachel was the primary research scientist on the case study to be presented in this presentation.



### Session 3

### Jessica King

Jessica King, MSRT, CTRS, has researched the topic of intimacy in disability and sexual wellness, demonstrating a personal and knowledgeable approach. She comes from a background of vast lived experience with stroke survivors and subsequent intimate relationships due to her own husband's stroke in 2012. She has presented on this topic with both military veterans with polytraumatic brain injuries and staff at James A. Haley Veterans Hospital in



Tampa, FL. In addition, she has co-presented with Dr. Jennifer Piatt at the American Therapeutic Recreation Association's national convention in 2022. She currently practices in Bloomington, Indiana with clients of adult populations with a variety of needs. She is passionate about empowering her clients to discover their strengths and embrace a fulfilling and balanced lifestyle including the right to advocate for their intimate desires.

### Jennifer Piatt

Dr. Jennifer Piatt, CTRS, is a research fellow at the Kinsey Institute and the Co-Principal Investigator of the Disability and Sexual Health Initiative (DASHI). She is an associate professor at Indiana University-Bloomington, School of Public Health in the Department of Health and Wellness Design, where she is the director of the Community-based Rehabilitation Research (CBRT) Team that focuses on sexual health and individuals living with disabilities. The CBRT also examines the impact of socially assistive robots as a recreational therapy (RT) intervention. She is the faculty advisor for the Runway of Dreams Foundation Student Club at Indiana University and launched the first wheelchair basketball team at Indiana University. Dr. Piatt continues to advocate for equal access, especially within college experiences.





## PROFESSIONAL ADVANCEMENT SESSION

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In keeping with our symposium theme, the ATRA Board of Directors and Executive Director look forward to updating delegates on how we are moving the profession forward together. We will explore our next steps with our volunteer strategy, CEU resources and maintenance, member benefits and partnerships, and our response to new national developments by the Canadian Therapeutic Recreation Association. This engagement session will be informative and crucial as we represent our membership and are truly **Stronger Together**.

### Learning Objectives:

1. Participants will have increased knowledge on ATRA's volunteer management strategy and improvement guidelines.
2. Participants will have increased knowledge on CEU maintenance and credential maintenance.
3. Participants will have increased knowledge on the CTRA standards of practice and how this fits into ATRA's strategic plan.

## SESSION INFORMATION

**Keynote Session: A Blast from the Past and a Promise for the Future:** Reflections on the Advancement of the TR Profession in Alberta

**Presented by: Dianne Bowtell**

### Session Description:

ATRA's 2023 symposium theme **Stronger Together** is affirming and invites reflection from both an individual and a professional association perspective. This inspiring session provided by one of ATRA's Founding Members will cover the past, present, and future of therapeutic recreation in Alberta. This narrative photo evidence-based hour of reminiscing and forecasting promises an uplifting start to a day of growing stronger together. New grads, experienced clinical specialists, and seasoned TR leaders will have the opportunity to reflect on how their TR journey has been strengthened by growing together.

### Learning Objectives:

Participants will:

1. Explore the historical foundation, key milestones, and calls for action as we plan for the future of therapeutic recreation in Alberta and across Canada.

2. Identify current trends in the maintenance of professional competency, regulation efforts, strategic planning, and professional networking.
3. Integrate reflective practice and the symposium theme into three professional learning / developmental goals.

### Session 1

**Session Title:** The role of activity in treating trauma and attachment disorders.

**Presented by: Dr. Koreen Martfeld**

### Session Description:

This workshop will provide information on how adverse life experiences such as abuse, neglect, and losses in relationships affect individuals in neurobiological, cognitive, emotional, and social ways, and discuss a trauma informed pathway to recovery. The importance of patterned, repeated, and rhythmic activity in this recovery will be discussed. Participants will have an opportunity to share ideas of how they can integrate these types of activities into a variety of different workplaces.

### Learning Objectives:

1. Participants will be able to state the neurobiological, cognitive, emotional, and social impact of adverse life experiences.
2. Participants will be able to state how activity plays a role in overcoming these impacts.
3. Participants will be able to name one or two activities that they could lead to help clients who are struggling with the impact of adverse life experiences.

## SESSION INFORMATION CONT'D

### Session 2

**Session Title:** Utilizing Evidence-Based Practice within Therapeutic Recreation

**Presented by:** Valerie Lazzara Mould and Rachel Bican

#### Session Description:

Utilizing evidence-based practice within Therapeutic Recreation can be difficult for many CTRS'. Nationwide Children's Hospital Clinical Therapy department, which houses Therapeutic Recreation, supports a robust evidence-based program to support the review and implementation of current literature as well as outlets for contributing to the evidence. During this presentation, the Knowledge to Action framework will be discussed, including potential barriers and facilitators to successful knowledge transition. A case study will demonstrate the pathway from establishing a clinical question to data collection to results that impact the APIE process. Finally, the session will discuss strategies for the implementation of evidence-based practice at organizations with established and less established evidence-based practices and supports.

#### Learning Objectives:

1. By the end of the session, participants will be able to identify the use of the Knowledge to Action framework to facilitate the adoption of evidence-based practice.

2. By the end of the session, participants will be able to discuss potential barriers and facilitators to the success of knowledge translation initiatives.
3. By the end of the session, participants will be able to identify strategies for the implementation of evidence-based practice at the organizations where they work.

### Session 3

**Session Title:** Exploring and reconnecting the bonds of intimacy in romantic carepartnering relationships following stroke and traumatic brain injury

**Presented by:** Jessica King and Dr. Jennifer Piat

#### Session Description:

Romantic relationships take on a new role when encountering a change in health status. Many couples and carepartners in the wake of stroke and TBI are in dire need of therapeutic and educational interventions to connect in a healthy romantic relationship. Utilizing person-centered theories of practice, this innovative session will describe the psychosocial effects of stroke and brain injury, the concept of romantic relationships after brain injury, and current information concerning this overlooked area of intimacy. While discovering how recreational therapy can take a leading role in ensuring a positive intimate relationship, attendees will come away with enhanced knowledge of interventional tools to promote a lifestyle adapted to a new and drastic change in health.

## SESSION INFORMATION CONT'D

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### **Learning Objectives:**

1. Identify at least two therapeutic needs for caregiving intimate partnerships
2. Demonstrate knowledge about at least two therapeutic interventions with caregiving relationships
3. Identify at least three clinical outcomes from interventions for caregiving relationships

## ATRA AWARDS

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ATRA's Awards Program has maintained a robust online archive of our award recipients since 1989. Make sure you check it out to see all past honourees!

ATRA's Awards Committee has 5 volunteers from throughout Alberta preparing for this year's Annual Awards Ceremony. After presenting the Awards Ceremony last year during our in-person Symposium, this year, the Awards Ceremony will take place virtually. During this year's Awards Ceremony, we will be celebrating and honouring our Professional

Award Winners, Member Anniversaries, Retirees and all our amazing Volunteers!

### **Professional Membership Categories:**

#### **DISTINGUISHED SERVICE AWARD**

This individual has demonstrated commitment to excellence throughout the length of their career and has advanced the practice of Therapeutic Recreation.

#### **PROFESSIONAL OF THE YEAR AWARD**

An individual who has made significant contributions to the field of Therapeutic Recreation in the past year.

#### **INNOVATIVE PRACTICE AWARD**

An individual who has demonstrated innovative practice or new service in Therapeutic Recreation.

#### **OUTSTANDING PRECEPTOR AWARD**

Preceptor in a clinical setting who demonstrates excellence in providing TR education in their workplace and values the importance of mentoring future professionals. Two awards will be given to a college and university-level preceptor.

#### **OUTSTANDING STUDENT LEADER AWARD**

A student who demonstrates leadership in school and externally, a promise of contribution to the field of Therapeutic Recreation. Two awards will be given to college and university-level students.

#### **COMMUNITY PARTNERSHIP AWARD**

A community organization or individual that has done something extraordinary to create inclusive opportunities for individuals in a community or has partnered with a TR professional to advance the field.

Feel free to contact our Vice President to learn more about our Awards Program:

[vicepresident@alberta-tr.ca](mailto:vicepresident@alberta-tr.ca)

## REGISTRATION INFORMATION

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### Early Bird Pricing

ATRA Professional Member - \$100

ATRA Alumni Member - \$100

ATRA Supporting Member - \$100

ATRA Student Member - \$50

Student Group Rate - \$350

Non-ATRA Member - \$200

Non-ATRA Student - \$100

### Regular Rate

ATRA Professional Member - \$150

ATRA Alumni Member - \$150

ATRA Supporting Member - \$150

ATRA Student Member - \$75

Student Group Rate - \$400

Non-ATRA Member - \$250

Non-ATRA Student - \$150

All sessions have received pre-approval for  
NCTRC CEU's.



### Regular Rate

ATRA Professional Member - \$150

# SOCIAL PROGRAMS AND POSTER PRESENTATIONS

## Morning Energizer

Morning Zumba with Joel will be a chance to energize the mind, loosen up the joints, and get your systems going. With over five years of teaching Zumba classes, I promise to bring on the moves, the fun, and the party.

For those new to Zumba, it is a choreographed Latin dance workout. Taking inspiration from the salsa, merengue, cha-cha, reggaeton, and more. We will review some of the basics in the beginning and some of the cuing I will use, then have fun with several of my favourite songs.



Dance on,

Joel

## Poster Presentations

Watch for our Poster Presentations and Brain Breaks in between education sessions.

Virtual poster presentations have been submitted by students and professionals in various areas of interest within Recreation Therapy .

## SPONSORS & EXHIBITORS

### HSAA - The Union of Healthcare Professionals

The Health Sciences Association of Alberta is a tradeunion representing approximately 29,000 paramedical technical, professional and general support employees in the public and private health-care sectors of Alberta.



### Norquest College

Norquest College is located in Edmonton Alberta. It serves 12,573 full-time and part-time credit students and has the unique ability to provide students with the skills Alberta needs in a supportive and inclusive environment. Their post-secondary diploma and certificate programs offer careers in health, community studies, and business - including Therapeutic Recreation.



### Exhibitors

We encourage all delegates to take advantage of the opportunity to connect with our exciting exhibitors. Exhibitors will have virtual booths for delegates to interact with throughout the day of the symposium.

StrongerU Senior Fitness

TR Centre For Excellence

University of Alberta - The Injury Prevention Centre and the Finding Balance program

More exciting exhibitors to come!





## CONTACT INFORMATION

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### ATRA CONTACT INFORMATION

[www.alberta-tr.ca](http://www.alberta-tr.ca) | [2023symposium@alberta-tr.ca](mailto:2023symposium@alberta-tr.ca)

Follow us on social media:



Alberta Therapeutic Recreation Association



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### #ATRA2023StrongerTogether

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