

On-Demand Program

Schedule at a Glance | November 2 - 30, 2026

[VIEW FULL SESSION DESCRIPTIONS](#)

All sessions are pre-recorded | 0.1 CEUs per session (1 hour)

Sessions pending NCTRC pre-approval and subject to change.



ATRA Standards of Practice: How do I use this in my setting

A practical overview of the ATRA Standards of Practice and how they translate into everyday recreational therapy delivery across settings. Participants will learn how to apply each standard to strengthen service quality and professional accountability.

Practice Areas: Behavioral Health • Community • Physical Rehabilitation and Medicine • Older Adults • Schools

Speakers: Heather Bright, PhD, CTRS, FDRT – Slippery Rock University; MaryJo Archambault, EdD, CTRS, FDRT – Southern Connecticut State University; Joan Langella Sutton, MS, LRT, CTRS, CDP, FDRT – UNCG; Sarah R. Fischer, PhD, LRT, CTRS-BH – Catawba College

Belonging and Connecting Through Rhythm: Group Drumming as an RT Intervention for Mental Health and Well-Being

An experiential session exploring group drumming as an evidence-based intervention for belonging, mental health, and well-being. Participants will engage in rhythmic strategies while learning research-informed facilitation, assessment, and adaptation techniques for practice.

Practice Areas: Behavioral Health • Community • Higher Education • Research

Speakers: Rhonda Nelson, PhD, MTRS, CTRS, FDRT – University of Utah; Jamie Wibben, PhD, MTRS, CTRS – University of Utah; Kathleen Kuzmic-Taylor, BS – University of Utah; Sky Rudd – University of Utah RT Student

Belonging Starts with Leadership: Dare to Lead in Recreational Therapy

This session connects Brené Brown's Dare to Lead framework with recreational therapy practice to strengthen leadership, trust, and team culture. Participants will explore practical strategies for courageous leadership in RT settings.

Practice Areas: Management • Higher Education • Business/Private Practice

Speakers: Ashley Helmi, MS, CTRS – University of Utah; Ashley Bowen, PhD, MTRS, CTRS – University of Utah; Jamie Wibben, PhD, MTRS, CTRS – University of Utah

On-Demand Conference Program

Beyond Exercise: Using Boxing as a Therapeutic Tool for Mental Health, Aging, and Neurological Conditions

This session introduces non-contact boxing as an adaptable intervention to support physical, cognitive, and emotional health. Participants will explore practical strategies to increase engagement, confidence, and functional outcomes across populations.

Practice Areas: Adaptive Sports • Behavioral Health • Older Adults • Physical Rehabilitation and Medicine

Speakers: Lita Mae Button, BSN – Punch Positive

Beyond Sight: Nature-Based Recreation Therapy for Belonging and Connection

A sensory-focused approach to nature-based recreation therapy that promotes accessibility, connection, and emotional regulation. Participants will learn adaptable strategies that move beyond visual-based programming.

Practice Areas: Child and Adolescent • Community • Older Adults • Schools

Speakers: Vanessa Gonzalez, MS, CTRS, CNIT – Maryland School for the Blind & ATRA

Easy as ABC: How Team Resilience Shapes Patient Outcomes

The connection between team functioning and patient outcomes is often overlooked, yet team behaviors directly shape patient experiences and care quality. Using a simple ABC framework, attendees will explore practical strategies to strengthen team connectivity and resilience, with real-world examples and action planning for their own environments.

Practice Areas: Pediatrics • Behavioral Health • Schools

Speakers: Beth Vance, CTRS - PrairieCare

On-Demand Conference Program

From Prompt to Policy: Using AI to Draft and Revise Policies Aligned with ATRA Standards of Practice

A practical session on using AI tools to draft and refine policies aligned with ATRA Standards of Practice and organizational requirements. Ethical use, accuracy, and responsible implementation are emphasized.

Practice Areas: Management • Business/Private Practice • Behavioral Health • Physical Rehabilitation and Medicine • Community • Schools • Military/Veterans • Older Adults • Adaptive Sports • Child and Adolescent • Higher Education

Speakers: MaryJo Archambault, EdD, CTRS, FDRT – Southern Connecticut State University; Heather Bright, PhD, CTRS, FDRT – Slippery Rock University

Laughter as Medicine: Evidence-Based Strategies for Recreation Therapy Practice

An evidence-based exploration of laughter yoga as a therapeutic tool to reduce stress and enhance social connection. Participants will learn techniques and applications across diverse settings.

Practice Areas: Behavioral Health • Community • Physical Rehabilitation and Medicine • Older Adults • Adaptive Sports • Research • Schools • Business/Private Practice • Military/Veterans • Higher Education

Speakers: Keelin Jardin, PhD, CTRS, RTC – California State University, East Bay

On-Demand Conference Program

Outdoors For All: Creating and Launching Adaptive Adventure Sports Programs in a Community Recreation Organization

A practical guide to developing adaptive adventure sports programs using real-world examples in mountain biking and kayaking. Focus is placed on partnerships, accessibility, and sustainable program design.

Practice Areas: Research • Higher Education • Behavioral Health • Community

Speakers: Jennene Blakely, MS, CTRS, CPRP – M-NCPPC Montgomery Parks; Amanda Espinoza – M-NCPPC Montgomery Parks

Tendrils & Trellises: Accessing the Therapeutic Horticultural Activities Database (THAD) for Activity Plans that Grow Lasting Connections

This session explores therapeutic horticulture interventions using THAD resources to support connection, engagement, and nature-based therapeutic programming.

Practice Areas: Behavioral Health • Child and Adolescent • Community • Military/Veterans • Older Adults • Physical Rehabilitation and Medicine • Schools

Speakers: Kathryn Grimes, MAT – THAD Network