

# Post Conference Workshops

Schedule at a Glance | October 20, 2026

[VIEW FULL SESSION DESCRIPTIONS](#)

Attendees may select one workshop; all sessions run concurrently.

Sessions pending NCTRC pre-approval and subject to change.



## Prompts, Practice, and Professional Judgment:

### A Recreational Therapist's Guide to Generative AI

Susan Purrington, PhD, CTRS | Connecticut College

Session Time: 8:30 - 12:00 PM | **0.3 CEUs** (3 hours)

This workshop introduces foundational AI literacy for Recreational Therapy and its application within the APIED process. Participants will explore how generative AI can support clinical reasoning, treatment planning, documentation, and outcomes within an ethical, evidence-informed framework through hands-on activities and case-based scenarios. Key considerations include AI limitations, data privacy, and scope of practice to ensure responsible integration into real-world RT practice.

## Re-Tx Yourself: Sensory Activation for Nervous System Regulation Across Recreational Therapy Populations

Sami Dowling, CTRS, MSRT, LMT, PTA | Re-Tx Yourself, LLC

Co-Presenters: Gina Hess, CTRS, MSRT, Maddie Postma, CTRS, CPD, CDES

Session Time: 8:30 - 12:00 PM | **0.3 CEUs** (3 hours)

This experiential workshop introduces nervous system regulation through nature-based sensory activation, grounded in evidence-informed mental health and therapeutic recreation practice. Participants will explore how engaging the senses in natural environments can reduce stress, anxiety, depression, and burnout while improving cognitive and emotional functioning. Through applied examples from individuals with brain and spinal cord injuries and older adults with dementia, co-presenters will demonstrate how sensory-based interventions enhance communication, engagement, and well-being across diverse settings, along with practical strategies for adaptation.

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## **Standing Is Not Required: Using Rhythm as Rehabilitation Through Adaptive Tap Dance**

Victoria Moore, AOS | Victoria Moore Tap Dance

Session Time: 8:30 - 12:00 PM | **0.3 CEUs** (3 hours)

This workshop introduces adaptive tap dance as an inclusive, rhythm-based approach to recreation therapy that engages cognitive, motor, and emotional domains through “rhythm as rehabilitation.” Using auditory feedback, patterning, repetition, and adaptive tools such as tap mittens and lap boards, participants will explore how rhythmic movement can be made accessible across ability levels, including individuals with mobility impairments, Parkinson’s disease, and dementia. Through demonstration and guided practice, attendees will learn adaptable rhythmic exercises and real-world applications for integrating rhythm-based interventions into therapeutic and community settings.

## **Power Tools for Neuroplasticity: From Experiential Engagement to Clinical and Programmatic Change**

Mitzi Suzanne Hartwell, CTRS, QMHP | The ReSolve Center, LLC and Playful Pathways, LLC

Co-Presenters: Latasha Saul, LPC, Caitlin Cox, Zachary Hartwell

Session Time: 8:30 - 12:00 PM | **0.3 CEUs** (3 hours)

This workshop introduces the Power Tools Structured Neuroplasticity Model, a therapeutic recreation approach for building belonging, connection, and behavior change through structured group intervention. Grounded in neuroplasticity and evidence-based practice, the model uses repetition, experiential learning, and a predictable group framework of engagement, skill practice, debriefing, and feedback to support emotional regulation, social interaction, and personal accountability. Attendees will practice applying the model across settings to enhance engagement, promote prosocial behavior, and support therapeutic outcomes.