

SOCIAL CONNECTION

Humans are wired to connect. **Social connectedness** helps buffer stress, reduce symptoms of anxiety and depression, and even improves physical health. **Quality of life** increases as individuals strengthen their **sense of connectedness** to self, to others, and to the world around them.



WHY RT?

Recreational Therapists are **uniquely trained and positioned** to identify, assess, and treat loneliness and social disconnection through evidence-based interventions that **promote social connectedness** and increase life satisfaction.



CONNECTION 101

Recreational Therapists design interventions that foster **authentic connection** and facilitate opportunities where participation is not an end in itself, but a means to rebuilding confidence, identity, relational self-efficacy, and social trust.

Recreational Therapists take the seemingly abstract goal of **social connection** and convert it into something lived, felt, and sustainable.

EXPERIENCE RT

Recreational Therapy **interventions** range from cooperative games and creative arts to adaptive sports and community engagement activities. Each **therapeutic activity** is structured intentionally to promote shared experiences.

Recreational Therapists turn loose ideas about belonging into structured, **evidence-informed experiences** that engage and empower. Through Recreational Therapy, participants experience:

Connection
Belonging
Meaning
Purpose
Discovery
Joy
Flow

[Learn More](#)



Recreational Therapists are **leaders** in social connectedness and the **preferred provider** for activity-based social and relational interventions aimed at reducing loneliness.

CONTACT ATRA

ATRA AMERICAN THERAPEUTIC RECREATION ASSOCIATION

@ATRAinAction

info@atra-online.com (857) 776-2872 atra-online.com

