

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.

CONTACT ATRA

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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.

