



2025 Annual Conference

Saturday March 1st, 2025

9:00am - 4:00pm

Willard Hall
Oklahoma State University
Whitehurst Ln, Stillwater, OK 7407



Election Process:

This year for elections we will be sending out a link to your email once you have registered for the ORTA Conference OR have paid your Membership Dues. **Please note, in order for your vote to be placed, you will need to be registered by February 14th.** The polls will be open from February 17th-24th.

Board Positions Available:

- Treasurer (3 Year Term, 1 Virtual meeting monthly)
- Member at Large (3 Year Term, 1 Virtual meeting monthly)

We hope you consider joining our board and serving to make a difference for the Recreational Therapists in Oklahoma.

Social Event: 2/28- Board Games @ Stone Cloud Brewery

- Address: 917 S Husband St, Stillwater, OK 74074
- 7-9pm
- Free Admission
- Board Games will be provided



Hotel Room Blocks: 2/28-3/2 @ Home2 Suites and Best Western

- Rooms must be booked by 2/13 for the block discount to be applied.
- Single Bed Rooms: \$119
- Double Bed Rooms: \$119
- When booking, please inform them you're with ORTA 2025 OR

Use this booking link:

- https://www.bestwestern.com/en_US/book/hotel-rooms.37120.html?groupId=5W7YS6V7



Registration:

- Day of Registration
 - 8-9am Conference Site - Willard Hall on Oklahoma State Campus

Silent Auction: The ORTA 2025 Conference will continue the fundraising tradition with our silent auction baskets. The proceeds from these baskets are given to the OSU Recreational Therapy Student Club. The Student club utilizes these funds to help continue and grow the program, stay active on campus and help the community in Stillwater. These baskets will be found at the top of the lecture hall.



Conference Session Breakdown

Session #1 Keynote 9:00am - 10:00am

Location: Willard 010

Session Title: Finding Your Sense of Empowerment: How ATRA Empowers Recreational Therapist

Presenter: Brent Wolfe, PhD, CTRS, FDRT, ATRA Executive Director

Session Description: ATRA's mission is to empower recreational therapists and empowerment is at the core of everything we do. How does ATRA empower and advocate for recreational therapists? What has ATRA been doing lately to empower and advocate for recreational therapists? How can you feel empowered through ATRA? These are just some of the questions that we will be addressing in this session from your national professional association. Expect to leave feeling empowered and ready to change the world!

Learning Objectives:

1. By the end of this session, participants will be able to state ATRA's mission and vision
2. By the end of this session, participants will be able to List 3 ways ATRA is empowering and advocating for recreational therapists
3. By the end of this session, participants will be able to identify 1 way to get involved and experience empowerment

NCTRC Job analysis areas: PRO, ADM

10:00am - 10:15am Break

Breakout Sessions #2 & #3 10:15am - 11:15am

Session #2

Location: Willard 108

Session Title: FND and Recreational Therapy

Presenters: Heidi Ross, CTRS/L

Session Description: This session will provide an understanding of what Functional Neurological Disorder is (and isn't) and how recreational therapists can best support these patients and clients to meet their goals with functioning, mental health support and positive coping, and returning to a greater level of independence with their leisure.

Learning Objectives:

1. Define functional neurological disorder (FND) and characteristics of the disorder.
2. Identify 1 impact or barrier of FND on a person's leisure lifestyle.
3. Identify 1 RT intervention that can help meet the goals of a person with FND.

NCTRC Job analysis areas: AS, PL, IMP



CANCELLED: Session #3

Location: Willard 104

Session Title: Clinical Entrepreneurship

Presenter: Lilli Higgins, CTRS/L

Session Description: This presentation explores the concept of clinical entrepreneurship, emphasizing its role in bridging healthcare and innovation to meet patient and industry needs. It highlights the key skills and traits required for success, such as innovative thinking, business acumen, and collaboration. The slides provide actionable steps for launching a clinical venture, including identifying problems, building a business model, and navigating regulations. Additionally, it addresses the unspoken challenges of balancing clinical and business responsibilities, financial uncertainty, and resistance to change. Finally, the presentation redefines recreational therapy as a significant, evidence-based practice, showcasing its value in improving patient outcomes and supporting business growth.

Learning Objectives:

1. Understand the Fundamentals of Clinical Entrepreneurship: Participants will gain a clear understanding of what clinical entrepreneurship entails, its importance in modern healthcare, and how it drives patient-centered innovation.
2. Develop Key Skills and Strategies: Participants will identify the essential traits and actionable steps needed to successfully launch and sustain a clinical venture, including innovative thinking, business planning, and interdisciplinary collaboration.
3. Recognize Challenges and Advocate for Value: Participants will learn to address common struggles in clinical entrepreneurship and effectively advocate for practices like recreational therapy by demonstrating their evidence-based significance and impact on patient outcomes.

NGTRC Job analysis areas: PRO, ADM

11:15am - 11:30am Break

Breakout Sessions #4 & #5 11:30am - 12:30pm

Session #4

Location: Willard 104

Session Title: Interoception and Mental Health: The Importance of Mind-Body Connection

Presenter: Anna Turner-Crane, CTRS/L

Session Description: This session is designed to teach clinicians the benefits of including interoceptive awareness in their Recreational Therapy practice. Specifically, participants will learn the meaning of interoception, how it impacts self-regulation, and how to implement evidence-based interventions targeting mind-body connection.

Learning Objectives:

1. Participants will identify 3 examples of how interoception impacts self-regulation.
2. Participants will identify 3 interventions they can use to improve interoceptive awareness.
3. Participants will identify 3 resources they can utilize to implement interoceptive awareness in their Recreational Therapy practice.

NCTRC Job analysis areas: AS, PL, IMP



Session #5

Location: Willard 010

Session Title: Thriving During the Internship Process: Panel

Presenter: Renee Maynard CTRS/L, Julie Costilla CTRS/L, Stacy Lawton CTRS/L, Sandy Bond CTRS/L, CYT-200, Sarah Sands CTRS/L, Brittany Dao PhD, CTRS/L, Megan Ellis CTRS/L, Brittany Mays PhD, CTRS/L

Session Description: This session will review and address guidelines and protocols for Recreation therapy Internships; then a panel of professionals will discuss protocols and guidelines used based on personal experiences and facility standards, and their secret for success as well as advice for the student.

Learning Objectives:

1. To identify 3 ATRA/NCTRC guidelines/protocols for the internship.
2. To identify 3 ways to increase professionalism in the field when taking on students.
3. To identify 3 strategies to having a positive internship experience for the student, the professionals and the facilities

NCTRC Job analysis areas: PRO, ADM



12:30pm - 1:45pm

FUZZY'S BOX Lunches sponsored by SSM HEALTH

ORTA Business Meeting/Awards

Breakout Sessions #6 1:45pm - 2:45pm

Session #6

Location: Willard 101 - Living Room

Session Title: Evidence Based Poster Presentations

Presenter: Oklahoma State Recreational Therapy Students

Session Description: This session will present 10 evidence-based poster presentations, and will include time for each therapist to discuss each poster with the individual presenter.

Learning Objectives:

1. Participants who attend this session will be able to identify a minimum of 5 potential interventions to use with identified populations.
2. Participants attending this session will be able to identify 5 different potential assessments related to specific diagnoses.
3. Participants attending the session will be able to identify the type of social interaction patterns required by patients participating in each intervention.

NCTRC Job analysis areas: AS, PL, IMP



Session #7

Location: Willard 105

Session Title: Burnout in Recreational Therapy: Understanding, Preventing, and Supporting Faculty, Students, and Practitioners

Presenter: Brittany Mays, PhD, CTRS

Session Description: This presentation provides a structured approach to discussing burnout in recreational therapy across faculty, students, and practitioners. It addresses both the causes and consequences of burnout while offering practical strategies for prevention and support. Burnout in recreational therapy, whether experienced by faculty, students, or practitioners, is a complex issue that requires thoughtful solutions and support at multiple levels. By addressing the root causes and promoting self-care and organizational change, the field can work toward reducing burnout and supporting those working in this vital profession.

Learning Objectives:

1. This presentation will help the audience understand the specific challenges each group faces, from heavy workloads and emotional demands to lack of support and financial stress. Recognizing early signs of burnout is crucial for addressing and managing it effectively.
2. This presentation will explore how burnout negatively impacts faculty, students, and practitioners, including effects on job satisfaction, performance, well-being, and overall professional growth. It will also cover how burnout can affect the quality of care provided to clients.
3. This presentation will offer practical, evidence-based strategies for faculty, students, and practitioners to prevent and manage burnout. The focus will be on fostering a supportive environment, promoting self-care, and implementing organizational changes to reduce burnout risk.

NCTRC Job analysis areas: PRO, ADM

2:45pm - 3:00pm Break

Session #8 Keynote 3:00pm - 4:00pm

Location: Willard 010

Session Title: Raising Our Voice: Practical Advocacy that Makes a Difference

Presenter: Brent Wolfe, PhD, CTRS, FDRT, ATRA Executive Director

Session Description: As recreational therapists, we navigate a world where our actions and our profession often require explanation and defense. Advocacy isn't just an occasional effort—it's woven into our daily practice. Yet, how often do we stop to ask ourselves: Are we doing it effectively? In this dynamic and interactive session, we'll dive into the art of advocacy, breaking it down into actionable, practical, and inspiring strategies that any recreational therapist can implement. Discover simple yet powerful techniques to champion our profession, influence perceptions, and create meaningful change. This isn't just about learning—it's about doing. Be ready to roll up your sleeves and practice advocacy right in the session! Together, we'll turn knowledge into action and leave with the tools and confidence to advocate for recreational therapy like never before.

Learning Objectives:

1. Verbally identify three practical and tangible ways to advocate for recreational therapy
2. Demonstrate effective advocacy strategies through interactive practice activities



3. Develop a personalized definition and elevator pitch for recreational therapy

NCTRC Job analysis areas: PRO, ADM

**Virtual Sessions -
Links to all recorded and lunch and learns will be sent out
Wednesday, March 5th**

All session quiz responses are due April 15, 2025

Session #1

Session Title: Essential Oils for Wellbeing

Presenter: Astrud A. Ray-Kubier, CTRS/L, LMT

Session Description: A presentation on the various ways essential oils can be incorporated into recreation therapy programs to enhance therapeutic outcomes (e.g., aromatherapy, self-massage, or diffusing in group settings).

Learning Objectives:

1. Attendees will gain an understanding of the role of essential oils in promoting physical, emotional, and mental well-being.
2. Attendees will be able to identify the safe usage of essential oils.
3. Attendees will be able to identify ways essential oils can be incorporated to create a client-centered essential oil experience that empowers clients in managing their own well-being.

NCTRC Job analysis areas: AS, PL, IMP

Session # 2

Session Title: Demystifying AI in Recreational Therapy

Presenter: Susan Purrington, PhD, CTRS

Session Description: Artificial Intelligence (AI) isn't just a buzzword - it's already part of your recreational therapy practice, from the electronic health records you use to the adaptive technologies your clients enjoy. This engaging session breaks down AI fundamentals and explores how recent advances in generative AI can enhance your clinical practice while maintaining professional standards and ethical boundaries. Through practical demonstrations and real-world examples, you'll discover how AI tools can streamline documentation, enhance treatment planning, and create personalized client resources. Learn to leverage these emerging technologies, including a new free chatbot - the RT Buddy, to reduce administrative burden and spend more time doing what matters most - providing quality care to your clients.

Learning Objectives

1. By the end of the session, participants will identify current AI applications within recreational therapy practice.



2. By the end of the session, participants will evaluate opportunities to ethically integrate generative AI tools into treatment planning, documentation, and resource development.
3. By the end of the session, participants will explore strategies to enhance existing recreational therapy services through appropriate Generative AI integration.

NCTRC Job analysis areas: AS, PL, IMP

Session # 3

Session Title: Balance: Enhancing Fall Prevention Through Dual-Task Training

Presenter: OSU Doctoral Student: Reed Holt, MS, ATRIC

Session Description: This session explores how boxing can be used as an effective intervention to reduce fall risk in older adults (ages 50–80) with and without cognitive decline. Through a focus on balance, coordination, and dual-task training, boxing drills can enhance conscious and unconscious movement patterns, improve reaction time, and develop the neuromuscular control necessary for mitigating falls. Participants will learn how to adapt boxing techniques for different ability levels and how to implement structured sessions that promote both physical and cognitive health.

Learning Outcomes:

1. Understand how boxing-specific movements enhance balance, coordination, and neuromuscular control to reduce fall risk in older adults.
2. Learn how to structure boxing drills that challenge both cognitive and motor function, improving multitasking ability and reactive stability during daily tasks.
3. Learn how to modify boxing techniques for older adults with varying levels of physical and cognitive ability, ensuring safety and accessibility.

NCTRC Job analysis areas: AS, PL, IMP

Lunch & Learn Live Virtual Sessions

These sessions will take place on March 11, 2025 and March 25, 2025 at 12:00-1:00 pm via zoom. A recorded link will be sent out for those who cannot attend and participants will have until April 15th to view and complete the sessions post quiz.

Session #4 - March 11th at 12:00-1:00

Session Title: Raising the Bar for Documentation

Presenter: ORTA Board, CTRS/L

Session Description: Join us for an in-depth exploration of the importance of adhering to current standards of practice in professional documentation. We will examine best practices for documentation, highlight common pitfalls to avoid, and engage in hands-on exercises to identify and correct errors in documentation examples.

Learning Objectives:

1. Recognize the importance of staying current with documentation standards to ensure accuracy, compliance, and professionalism.



2. Demonstrate proficiency in appropriate documentation practices, ensuring clarity, consistency, and adherence to best practices.
3. Distinguish between appropriate and inappropriate forms of documentation, understanding the implications of each.

Session #5- March 25th at 12:00-1:00

Session Title: Benefits of Sound Bathing

Presenter: Taylor Pendelton, MS CTRS & Shelby O'Keefe, NBC-HWC, 500 RYT

Session Description: Sound bath meditation is a meditative experience that uses sound waves to help people relax and feel more at peace. During a sound bath, participants listen to instruments such as singing bowls, gongs, and chimes to create a soothing soundscape. Sound bath meditation benefits include helping lower stress, reduce fatigue, and depressive systems. During this meditation experience participants can process through emotions and unblock chakras. This experience can help participants sleep better overtime and provide a positive opportunity for slowing the mind.

Learning Objectives:

1. Identify ways to show how sound can help the mind relax and the body release tension.
2. Improve ways to help participants focus on the present moment.
3. Identify ways to become certified in sound baths and how to offer them at your facility.

NCTRC Job analysis areas: AS, PL, IMP

Those conference attendees who participated in the virtual CEU session must confirm their full completion of the virtual educational session by selecting the link below and answering the question regarding the CEUs. If the question is answered falsely this action of the conference attendee will constitute a violation of the ATRA Code of Ethics and will be reported to the Oklahoma Licensing Board and the National Council for Therapeutic Recreation (NCTRC).

CEU Confirmation Statement Link:

https://okstateches.az1.qualtrics.com/jfe/form/SV_bJzsoKDHZ0inS3I